



MAEVE LANKFORD
COACHING & FACILITATION

STANDING FIRM

4 WEEK COURSE

What is Standing Firm?

Standing Firm is a 4-week programme teaching strategies and tools to support participants in creatively responding to challenge and disruption in their lives and staying out of reactivity. Each webinar provides approx. 45 minutes of live input, with time at the end for comments, Q&A and support. Complemented with a worksheet/resources to apply the teachings between sessions, over the course of 1 month, participants gain:

- **Enhanced perspective on their current (and past) challenges**
- **More optimistic outlook on what is possible in their lives**
- **Tools to manage their mindset and create calm**

Using an interactive platform to deliver the webinar it is proving to be a great asset to connect staff who are working remotely and provide some on-going support and guidance.

What Participants Say

“

Standing Firm provided an anchor in the uncertain times and prompted me to go deeper at this time. Every aspect of the course and every resource sustained and nourished and nudged!

N Joyce

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“

Many thanks for a super course, you have given me lots of great insights supporting ourselves during these challenging times

Anon

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“

The training is helpful, motivating and inspiring. We need such supportive training at this moment in time

In-house participant

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Key Themes

Week 1

- Neutralise the experience you're having
- Staying connected with your resourceful self and using affirmations to repattern your responses
- Deciding to get the gift (the silver lining) from this experience

Week 2

- The power of perspective and tools to manage yours -Using Gratitude as a tool for shifting perspective
- Looking for the good in what's happening
- Staying curious and open to possibility

Week 3

- Staying in neutral and managing your mindset - Releasing grief
- Harvesting the good from your current (and past) challenges by identifying how you've grown, new skills learned, insights gained
- Developing an unconditional friendship with yourself

Week 4

- Staying alert to life's soft signals – those prompts that are calling you to make changes
- Assessing your structures of support – people, content, habits
- Making a decision for the outcomes you want to achieve