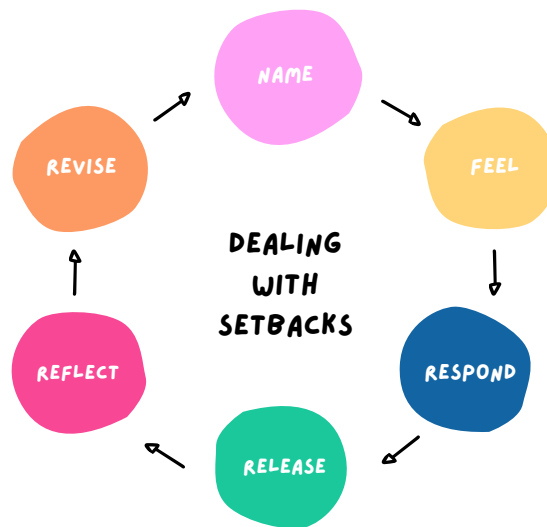


# DEALING WITH SETBACKS

Setbacks are a natural part of life and leadership.

The way that we work through them (our personal 'bounce') has a direct impact on our ongoing adaptability as well as our leadership.

Jo's personal process for managing setbacks:



## 1. NAME

Call the setback what it is and try to name how you feel about it. Give it words.

## 2. FEEL

Let yourself be in the discomfort of what you are feeling. Allow yourself to safely feel it all, whatever that looks like for you.

## 3. RESPOND

Respond to yourself with loving compassion. Prioritise your self care and safety as you tend to your heart.

## 4. RELEASE

Support yourself to let go of the story you had about how things would play out. Allow space and time to grieve.

## 5. REFLECT

Reflect on the lessons and the things you know will be helpful in moving forward based on this experience.

## 6. REVISE

Set some immediate next actions for yourself that will help to bring about some 'quick wins'. Build a new plan as soon as you feel able.