

It is those who refuse to give up that the world knows as survivors, champions and heroes!

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SURVIVE & THRIVE RESOURCE KIT

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“Whether you think you can, or you think you can't--you're right.”

Henry Ford

“We must accept finite disappointment, but we must never lose infinite hope.”

Martin Luther King, Jr.

“Next to trying and winning, the best thing is trying and failing.”

L.M. Montgomery

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SELF

[Coping Strategies to Survive & Thrive In Hard Times](#)

[Revitalizing Stress-Busters](#)

[Self-Coaching Yourself towards Productivity and Success](#)

[Re-wiring Your Brain for Success](#)

[Self-Questioning Limiting Beliefs](#)

[Overcoming Impostor Syndrome & Self-doubt](#)

[Let Go of Perfectionism & Gatekeeping](#)

[Leading and Succeeding as a Minority Woman](#)

TEAM

[Managing Remote Teams: Keeping it Effective & Personal](#)

[Boosting Communication During a Pandemic](#)

[Top Coaching Tips for Managers During a Crises](#)

[Empathetic Communication](#)

[Boosting Team Motivation](#)

[Workplace Bullying & Harassment](#)

[Time to Stop Valuing Presenteeism](#)

[Women Leadership Articles](#)

FAMILY

[Top Tips for Parents Working From Home](#)

[How to Make the Most as a Working Mum](#)

[Ditch Perfectionism and Re-frame Failure](#)

[20 Activities to Keep Your Child Busy — No Screen Time Required](#)

[Navigating Through a Negative Relationship](#)

[Date Night Ideas Better Than Netflix](#)

MEDITATION & MINDFULNESS

[10 Percent Happier](#)

[Waking Up with Sam Harris](#)

[Calm](#)

[Insight Timer](#)

[Headspace](#)

[Oren Jay Sofer](#)

[Anushka Fernandopulle](#)

EXERCISE & FITNESS

[7 Best at Home Workouts](#)

[Family Work-outs](#)

[Joe Wicks' New Daily Online PE class](#)

[10 Yoga Poses You Should Do Everyday](#)

FOOD

[16 Easy Lockdown Dinner Recipes](#)

[Most Popular Recipes Since Lockdown](#)

[How to Reduce Stress with Diet](#)

[9 Healthy Foods to Boost Immune System](#)

[9 Grocery Tricks That Make Groceries Last](#)

[Grocery Deliveries](#)

“It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed.”

Doe Zantamata

“He knows not his own strength who hath not met adversity.”

William Samuel Johnson

“The greatest glory in living lies not in never failing, but in rising every time we fail.”

Nelson Mandela

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Learn More

Webinars

We offer a wide variety of live and recorded leadership webinars. Visit our website to learn more.

Online Group Coaching

Group coaching enables participants to get unstuck quickly as the facilitator provides clarity and focus to their goals by asking meaningful questions. Participants will become self-aware of their emotions, thoughts and feelings so that they can question themselves, challenge self-limiting beliefs and achieve an increased sense of accountability to achieve goals.

Virtual Check-Ins

These webinars are a great way to let off steam. Moderated by experienced coaches, the purpose of these webinars is to find out how the team is doing and what exactly are their top challenges. Participants share a fun activity together which leaves them energized and uplifted.

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ENTERTAINMENT

[Virtual Museum Tours](#)

[Online Best Films & TV-theatre](#)

[Free Online Experiences During Lockdown](#)

[250 best Netflix Movies to Watch In Lockdown](#)

[Best Comedy TV Shows](#)

[Got the Lockdown Blues. Songs to Play During the Pandemic](#)

READING

[Hira's Top Ten Book Recommendations](#)

[Ease Your Mind During Lockdown with These Inspiring Self-Help Books](#)

[10 Best Self-Development Books By Women to Get Stuck Into Reading](#)

[Free Audio Books for Children](#)

OTHER USEFUL LINKS

[Covid 19 Useful Information](#)

[Links to Useful Websites](#)

[5 Ways Covid Is Adversely Impacting Women](#)

30 Coping Strategies to Survive & Thrive

- *Be Aware Of Your Feelings & Acknowledge them*
- *Find Reasons to Be Positive and Grateful*
- *Find Support Groups, Have Virtual Catch-ups-*
- *Seek out Coaching & Mentoring*
- *Use Empowering Language*
- *Practice Positive Visualization*
- *Self-Question Limiting Beliefs*
- *Use the Brain Flip*
- *Hit the Mental Delete Button/ Cut Cords*
- *Practice Compassion*
- *Help Others*
- *Adjust your expectations*
- *Let go of Perfectionism and Gate keeping*
- *Establish a Schedule*
- *Minimize Decision Fatigue*
- *Allocate Work Spaces to Family Members*
- *Learn to Let Go & Delegate*
- *Hit the Pause Button Often*
- *Get Enough Sleep*
- *Laugh Heartily & Often*
- *Exercise*
- *Make Use of Relaxation Techniques*
- *Distract/Shift Your Thoughts*
- *Practice Mindfulness & Meditation*
- *Fill Your Mind with Happy & Meaningful Thoughts*
- *Limit the Use of Social Media*
- *Be Adaptable & Seek New Ways to Learn*
- *Reconsider Your Perception of Failure*
- *Show Willingness to Start Afresh*
- *Pursue Your Goals Relentlessly Even When Unsure*