

Rewired for Strength - The Leader's Mindset

E + R = O

(E)vent + (R)esponse = (O)utcome

Self Awareness

- Control the Controllables
- Focus Responses on being Positive and Grateful
- Understanding the External Scorecard vs the Internal Scorecard

Self Managing

- Press Pause
- Breathing and the Brain
- Positive Self Talk

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