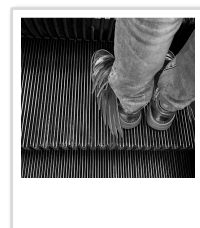


Essential skills for Rett families in challenging times Part 1



Maxine Gooding



1

Options & Choices

How to feel grounded

- Simple techniques to help you think situations through robustly
- Build confidence to evaluate your options and choices
- Develop strategies to help you navigate really tough decisions
- Mind tools to stay focused



2

Tuning in....

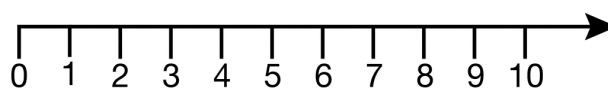


What does this uncertainty feel like for you?
 What is possible now that was not possible before?

What feelings or emotions are familiar to you in this?
 What feelings are new?

What are you finding it hard to let go of?
 What are you glad to let go of?

Where are you currently?

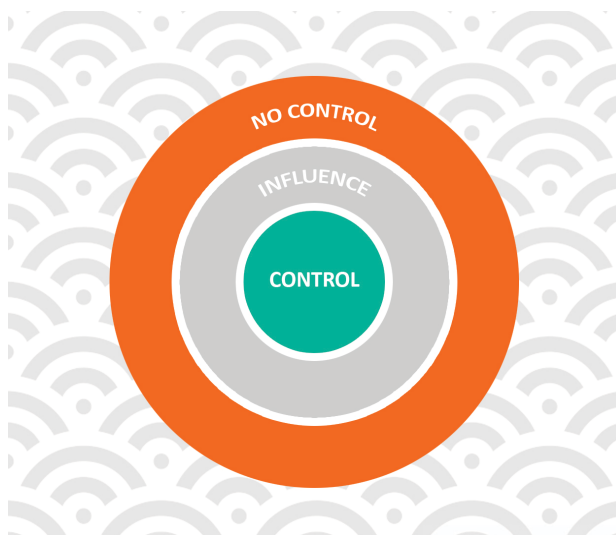


- How FOCUSED are you?
- How DISTRACTED are you?
- How ABLE are you to manage your day?
- How CONFIDENT are you with your decisions?

**If it can be solved, there
is no need to worry;
and if it cannot be solved,
worry is of no use.
- His Holiness the 14th
Dalai Lama**

STAYING 'AT CAUSE'

Locus of control



7





ROBUST THINKING

De Bonos 6 Hats



 <p>RED</p> <p>Emotions, subjective, opinions</p>	 <p>YELLOW</p> <p>Optimistic, best-case-scenario</p>	 <p>BLUE</p> <p>Structural, procedural, big-picture-thinking</p>
 <p>GREEN</p> <p>Creative, constructive, brain-storming</p>	 <p>WHITE</p> <p>Objective, analytical, facts, information</p>	 <p>BLACK</p> <p>Logical, risk assessment, critiquing, identifying problems</p>

9



Don't let the perfect get in the way of good enough

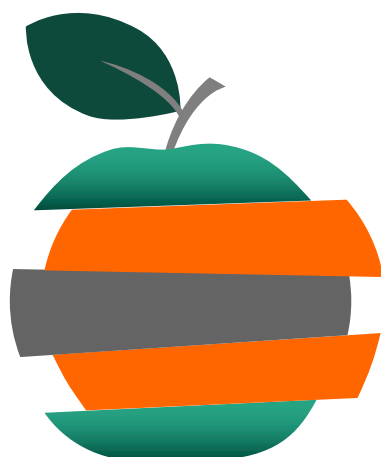
TRUST IN...

Remember the time when....

When have you made difficult decisions in the past?

When have you successfully trusted your instinct?

HERE & NOW



- A Allow & Accept
- P Pause & Slow Down
- P Pull Back & Notice
- L Label & Let it Go
- E Experience

Join us for the next webinar:

- Wednesday 22nd April, 2-3pm
- **Essential Skills for Rett Families in Challenging Times - Part 2 - Staying Resilient: Mind techniques to keep you resilient**
 - Understand how to spot unhelpful thinking and how it impacts you and others
 - Explore different techniques to help shift your mental state
 - Plan how you'll use these techniques to help yourself



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