Avanti | Academy

AVANTI ACADEMY IN PRACTICE

Keeping Your Balance

A personal resilience toolkit

Workbook

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How to use this workbook

Each part of Keeping Your Balance includes a short Try it activity. When the narration invites you to pause, turn to the matching sheet here and take ten minutes or so to work through it for your own role. There are no right answers. The point is to leave with something you will actually do. Keep your completed sheets: they make a useful record for supervision, appraisal or your personal development plan.

Part 1 · Understanding Your Own Pressure

My pressure signals

Map how pressure shows up in you. Note what you notice in your body, your thoughts and your behaviour when pressure builds, what a colleague might spot first, what genuinely restores you, and one small recovery you will build into tomorrow.

In my body, I notice:
In my thoughts, I notice:
In my behaviour, and what others might notice first:
What genuinely restores me, rather than simply stopping me:
One small recovery I will build into tomorrow, and when:

To reflect on: *What is the earliest sign, in your body or your behaviour, that pressure is starting to build, and who around you might notice it first?*

My resilience plan

Score yourself on the six areas, where you are and where you need to be. Choose the single largest gap, pick one recovery practice that genuinely restores you, name a check-in partner, and set a date to look at the plan again.

My scores on the six areas, where I am and where I need to be
The one gap I will work on, and why it matters now
My recovery practice, and when it will happen
My check-in partner, and when we will next talk
The date I will look at this plan again

To reflect on: *Who could be your check-in partner, someone who will ask you an honest question and hear an honest answer?*

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