



Tool: Self-efficacy

A tool for developing resilience through efficacy

Outcome: You understand your capabilities to utilise your abilities to accomplish objectives. You will be able to use your own potential more efficiently.

Positive past, Step 1

Gratitude for the past and positive memories. What has been the main career driver for you?

Forgiveness - positive past also requires forgiving and forgetting. What would you like to change if you could? Why?

Positive present, Step 2

Mindfulness: living in the present and slowing down.

Do you tend to multitask? Why? Savoring: appreciating the present.

What is the most important issue for you currently in your life?

Flow: positive presence requires participation. What makes you happy in this moment?

Positive future, Step 3

Positive vision of the future. What would you like to achieve in your life?

Optimistic vision of the desired future. What would you like accomplish in the future?



Tip: Work with your memories and emotions.

