



How Resilient are You?

As lawyers, we use *analytical skills* every day, so let's put them to work identifying our resilience strengths and weaknesses. In this way, you can also recognise the current resilience/stress management strategies that you use to survive your 'bad days'.

In my book **Business Skills? Don't be Daft I am a Lawyer! Section 4 Chapter 4.2** I discuss resilience in more detail and 29 lawyers share how they manage their highs and lows. The exercises here are to support my blog [How to Build Your Resilience as a Lawyer](#)

It is in three parts:

1. Write down the situation which tests your resilience the most



2. Now write down '*What is working*' and '*What is not working*'.

What is working	What is not

As Aristotle said 'We are what we repeatedly do. Excellence is a habit not an act.'



3. What would help me to achieve this is?

- What could I do consecutively over 30 days to build my resilience muscle?

- How do I want to track or measure this?

- What or Whose support might I need?

Making a lasting change is challenging especially when you are feeling stressed or overwhelmed. This is because generally it takes 21-30 days to embed a new habit. It is consistency, which is important to build resilience. A coach is invaluable here.

If you want a coach/mentor and trainer who knows the legal industry inside out and has trained nearly 7000 lawyers since 2003 then [Contact me](#) for a friendly, no-pressure chat **to discuss your requirements.**



Other relevant blogs that you will find helpful are:

- [You Can't Read the Label from Inside the Jar](#) This blog guides you on the key points when choosing a coach.
- [You Can't Read the Label from Inside the Jar – Part 2](#). This one provides examples of how lawyers use coaches.
- [An Introduction to Mindfulness for Lawyers, Part 1](#) This introduced the first core concept of 'being present' and my clients found that it helped them to spot when they moved from evaluating the future to being obsessed with the 'what ifs' and the impact of that on their performance.
- [An Introduction to Mindfulness for Lawyers, Part 2](#) This second blog provides insights to the concept of acknowledgement and acceptance. This puts you in a more resilient and effective Mindset.
- [An Introduction to Mindfulness for Lawyers, Part 3](#) the final blog provides insights into how detachment can assist you in uncertain times.
- [How to Build Your Resilience as a Lawyer](#)
- [How Do You Lead When You Are Not in Charge?](#)
- [Are You a Carrot, an Egg or a Coffee Bean](#)
- [You've Been Made Redundant - So What Now?](#)
- [Manage Your Mood with this One Simple Technique](#)
- Another useful habit to counter the inner critic is [The Gratitude Habit](#)

About Ann

Ann is a non-practising solicitor with over 28 years' experience in the business world. Since 2003 she has trained nearly 7000 lawyers in leadership, management, business and interpersonal skills. She is the founder of [Yorkshire Courses for Lawyers](#)

Ann has trained with the Coaching Academy and holds a H.N.L.P. certificate in coaching. She is NLP Master Practitioner, as well as a member of the Professional Speaking Association and Professional Speakers Academy.

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