

THRIVING DURING ISOLATION



A step-by-step guide to your personal 'thriving during isolation' strategy

The Thriving During Isolation module is a free resource that Coaching Culture have made available as part of their Mindset Digital Self Coaching modules, throughout this period of isolation.

It starts with a self-assessment to raise your awareness of your wellbeing during isolation, this creates your own personalised profile outcome.

It then allows you to work through some simple but effective self-coaching exercises to help with your thoughts, your mindset and your behaviours during isolation.

Covering topics such as:

RESILIENCE

PHYSICAL WELLBEING

EMOTIONAL WELLBEING

POSITIVE ATTITUDE

SOCIAL CONNECTEDNESS

EMPATHY

MINDFULNESS

*Includes a
printable
workbook*

