

Coaching and Mentoring at Work Annual Conference – 1st July 2015, London



Onwards & Upwards

Mastering models and techniques to
enhance coaching and mentoring practice



Coaching and Mentoring at Work conference

1st July 2015

Holiday Inn, Bloomsbury, London

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www.coaching-at-work.com

Telling Stories: working with the narrative of resilience loss

Dr Carole Pemberton

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Resilience?



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Resilience



Daryl Waller: The Black Dog and the Lighthouse

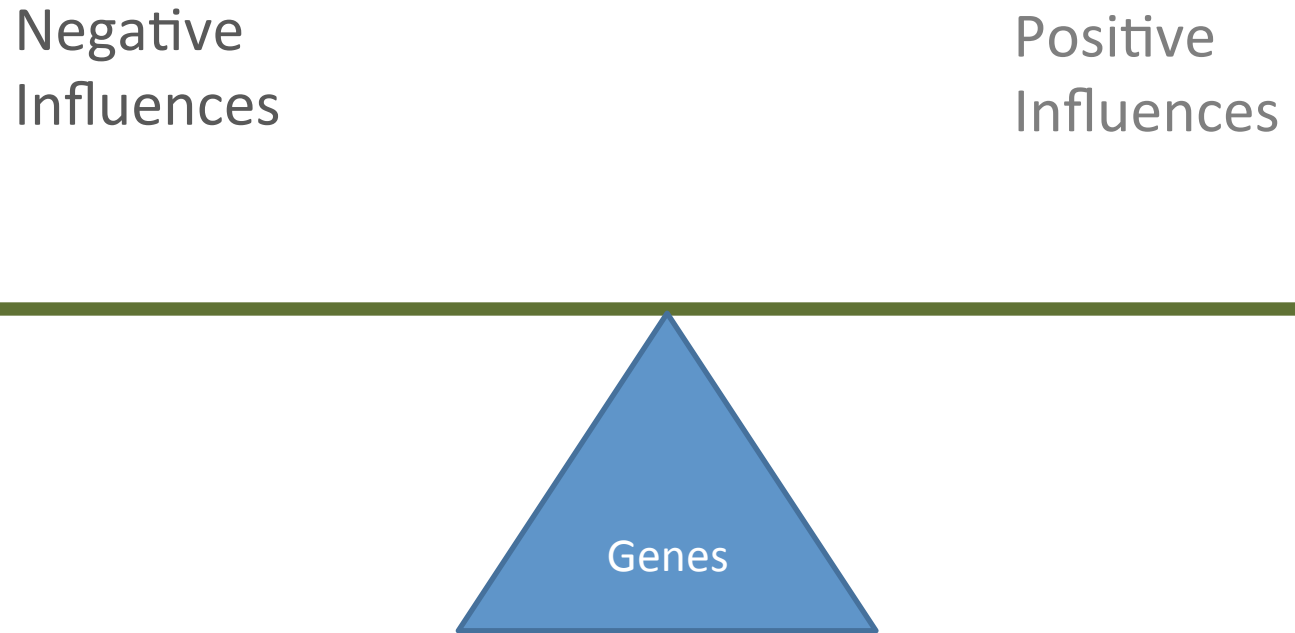
Resilience: A Definition

The ability to remain flexible in our thoughts, feelings and behaviours when faced by a life disruption or extended periods of pressure, so that we emerge from difficulty stronger, wiser and more able.

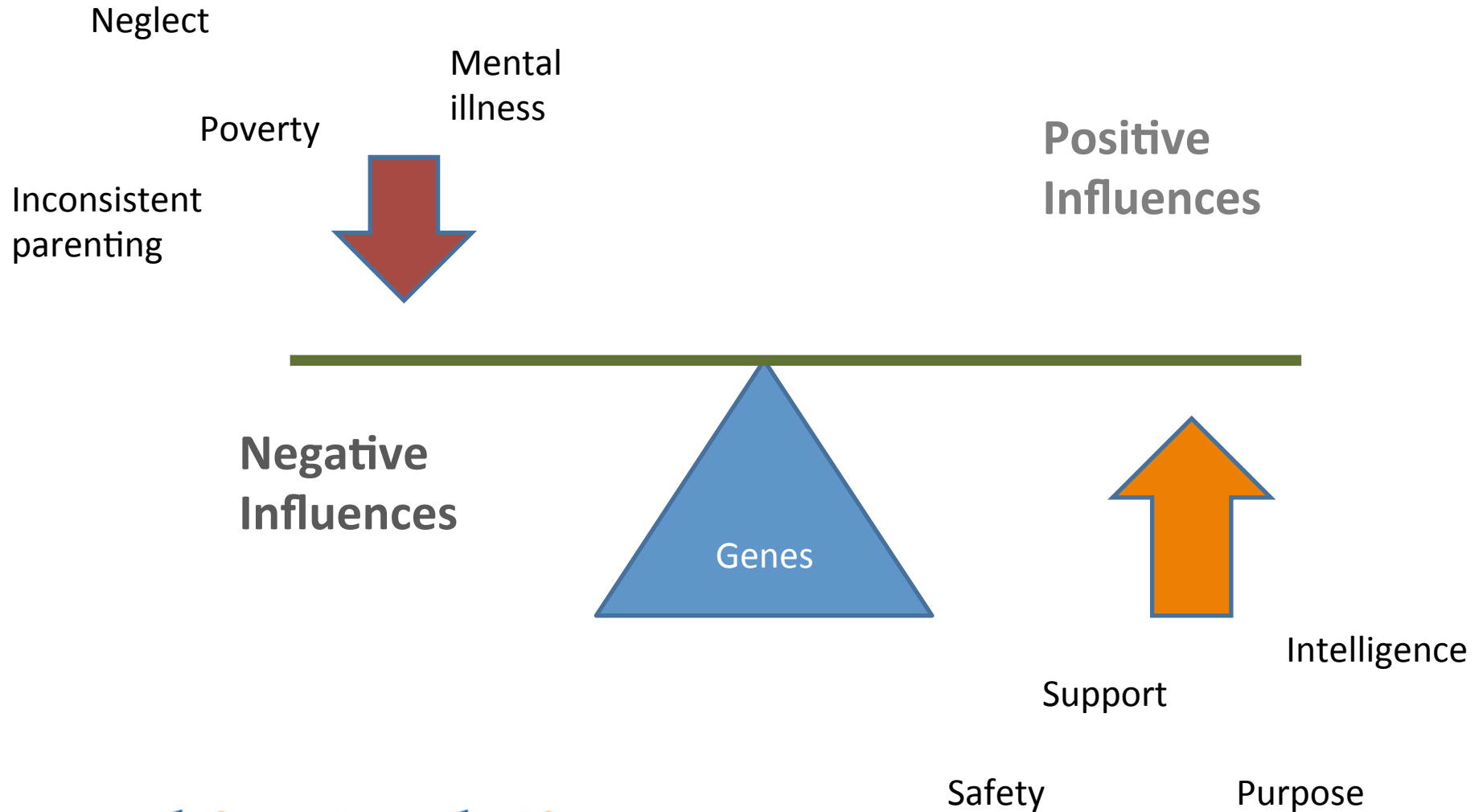
Pemberton



The Resilience Fulcrum



The Resilience Fulcrum



The Added Factor

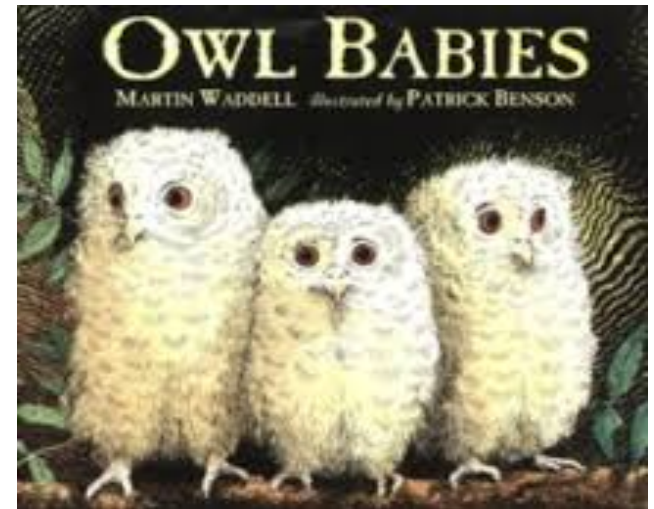


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The Power of Narrative

“A man is a teller of tales, he lives surrounded by them . . . He sees everything that happens to him through them, and he tries to live his own life as if he were telling a story”

Jean Paul Sartre



Martin Waddell

Confession is Good for the Body and the Mind



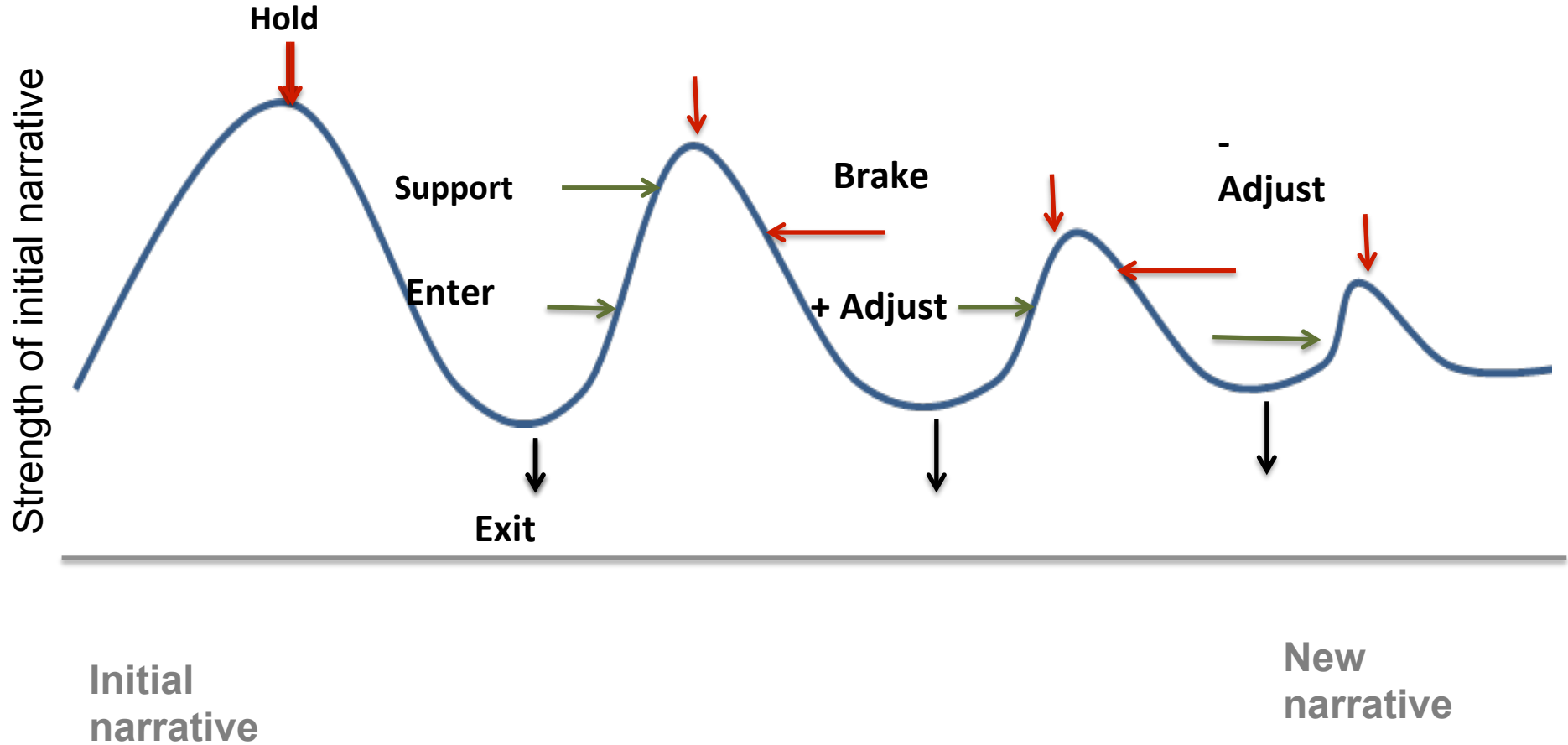
James Pennebaker

Identity



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The Narrative Wave™



Your Resilience Story

- Recent but processed
- Don't need to share content
- What identity was challenged by the event?
- What 'shadow identity' emerged
- What did you access to move you forward?



Further Resources

**Coaching at Work
Series of Masterclasses 2015**



**Resilience Coaching: Working with the Wobble and the
Fall**
24th November 2015

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