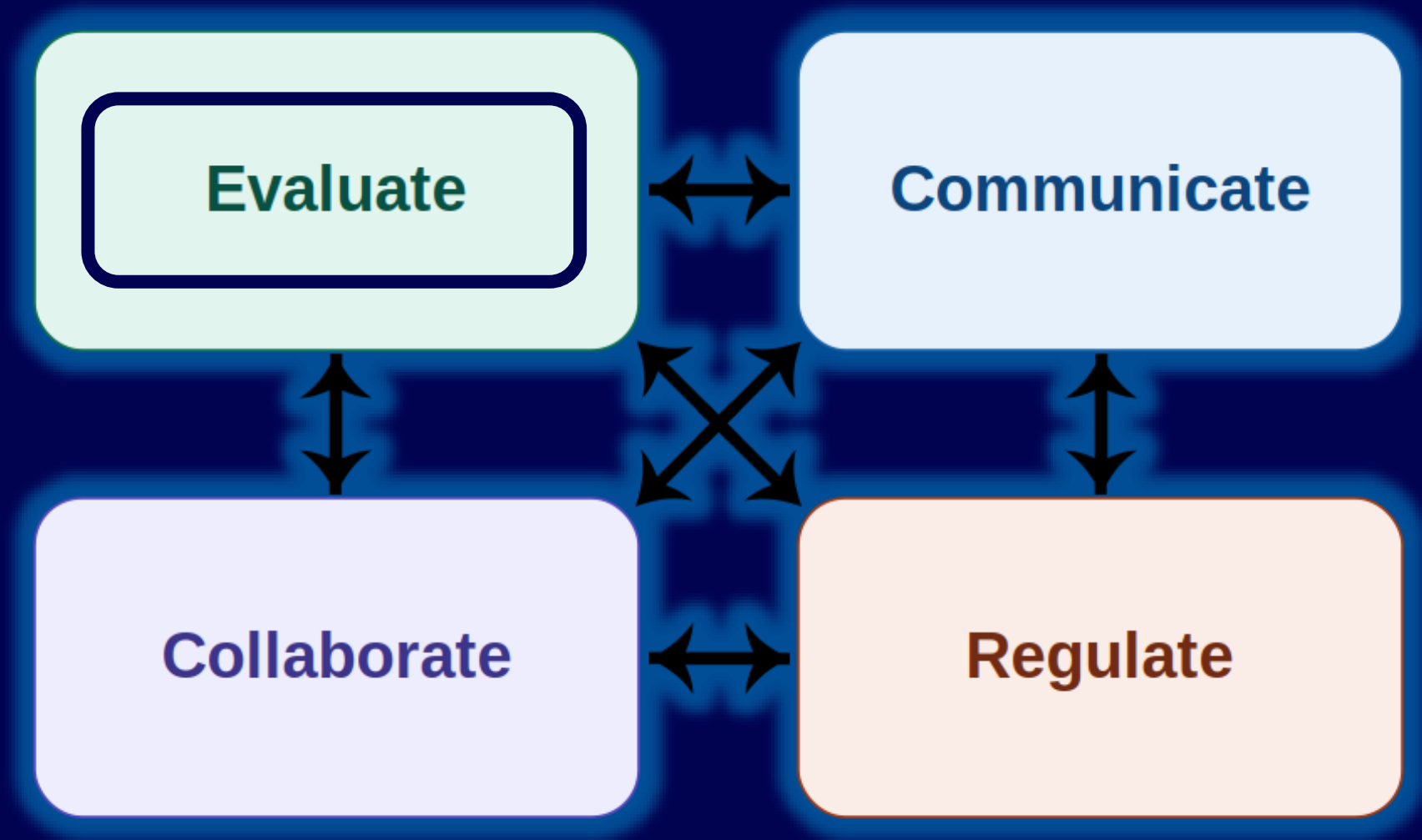


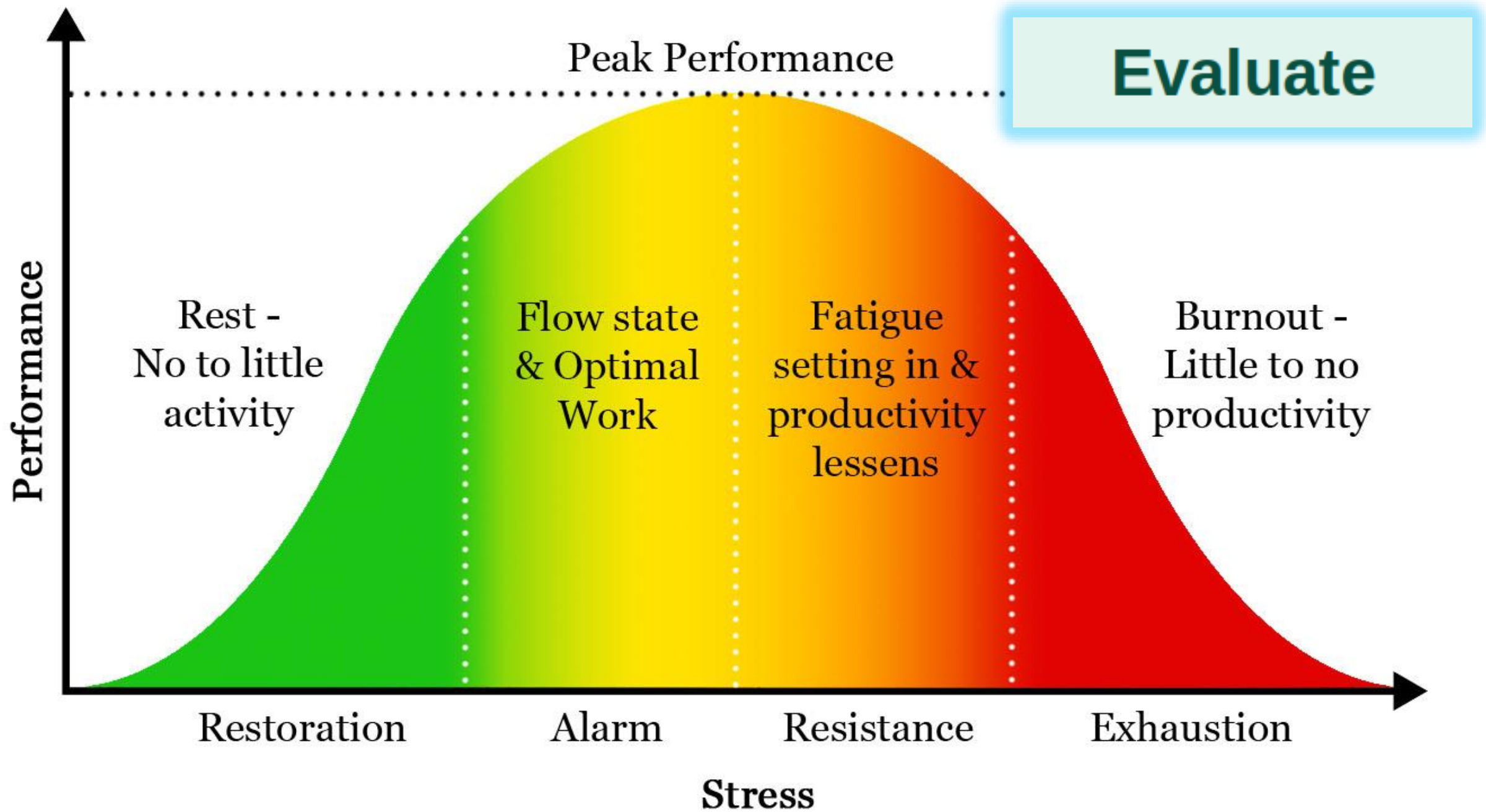
In This Together

The Road to Team Resilience

JM **Jason Maraschiello**

Resilience Road Map





Check In!

- 1.The most common sign I am stressed is...
- 2.The best way to support me is...
- 3.The best way to push me away is...
- 4.My go to restoration looks like...
- 5.One thing I would love more of from this association is...

Check In!



Check In!

- 1.The most common sign I am stressed is...
- 2.The best way to support me is...
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Evaluate

Emotional Intelligence



Self

Awareness &
Management

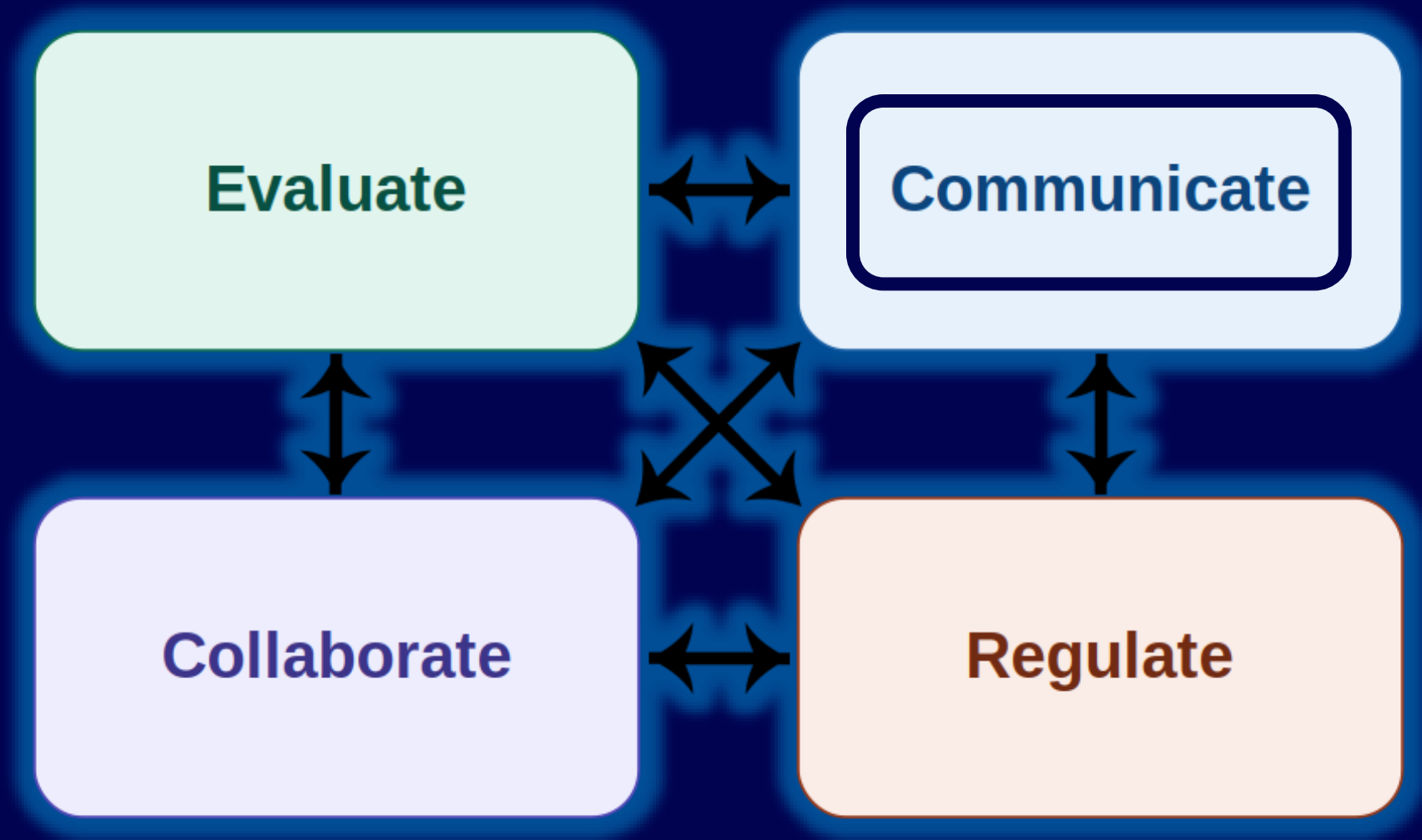
Social

Awareness &
Management

Self-Awareness & Social Awareness



Resilience Road Map



Communicate BRAVELY

Be Present

Respectful Honesty

Assumption Awareness

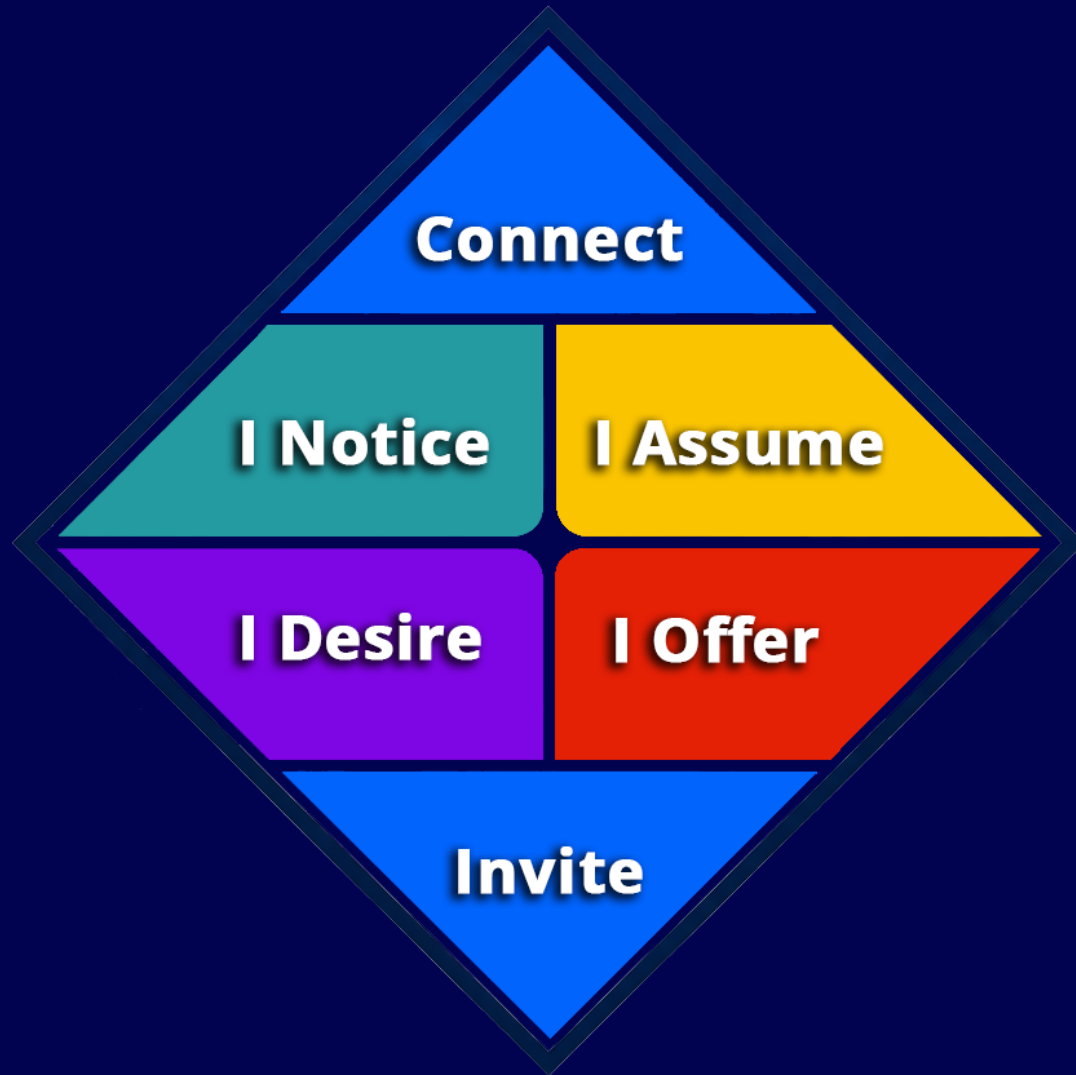
Validate

Empathise

Listen for Shifts

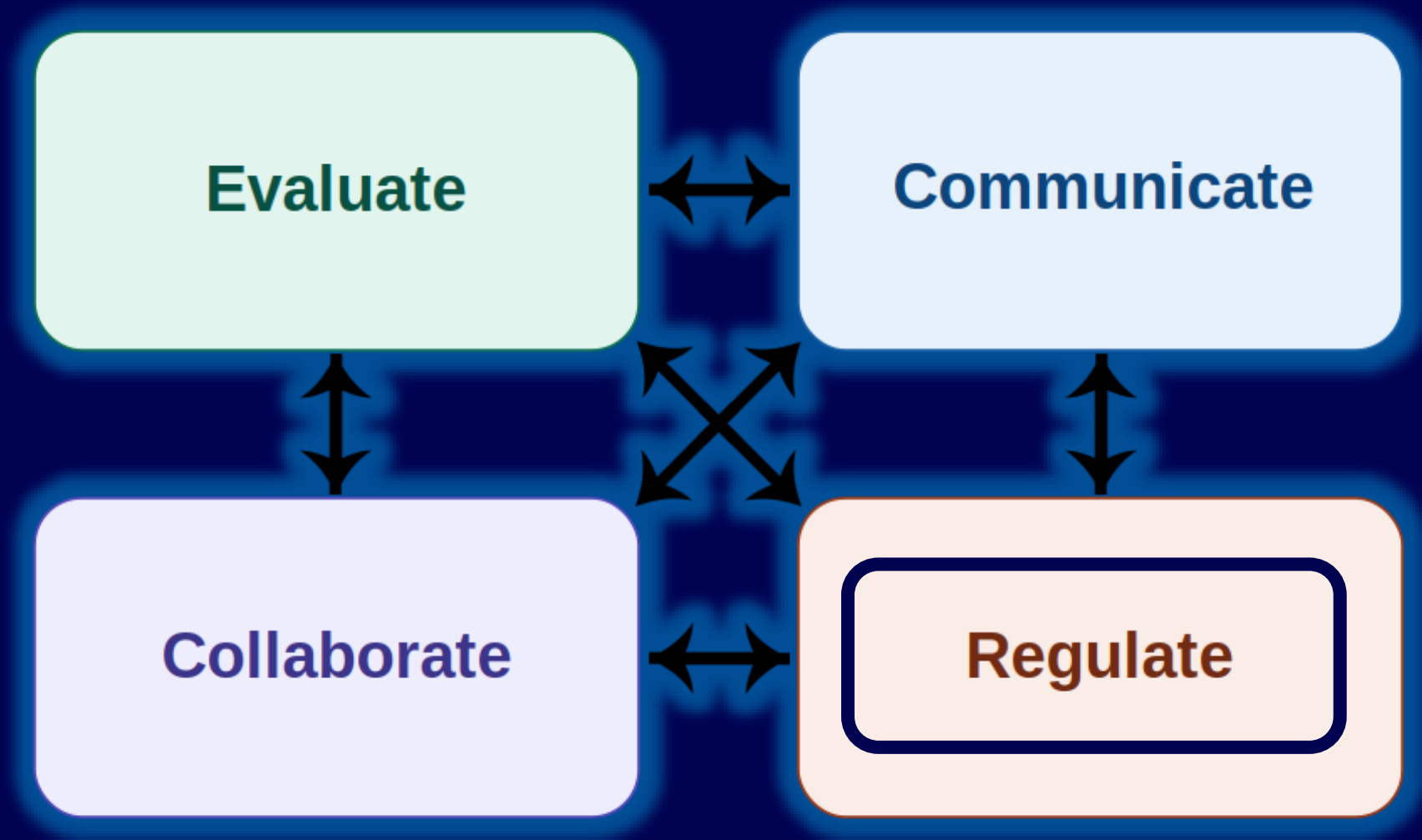
Yes, and...

The Diamond Model



- Rearrange as needed
- Find the synonyms
- Ask or tell
- About me or them

Resilience Road Map







JM Jason Maraschiello

CONNECT WITH ME

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1.226.979.4799

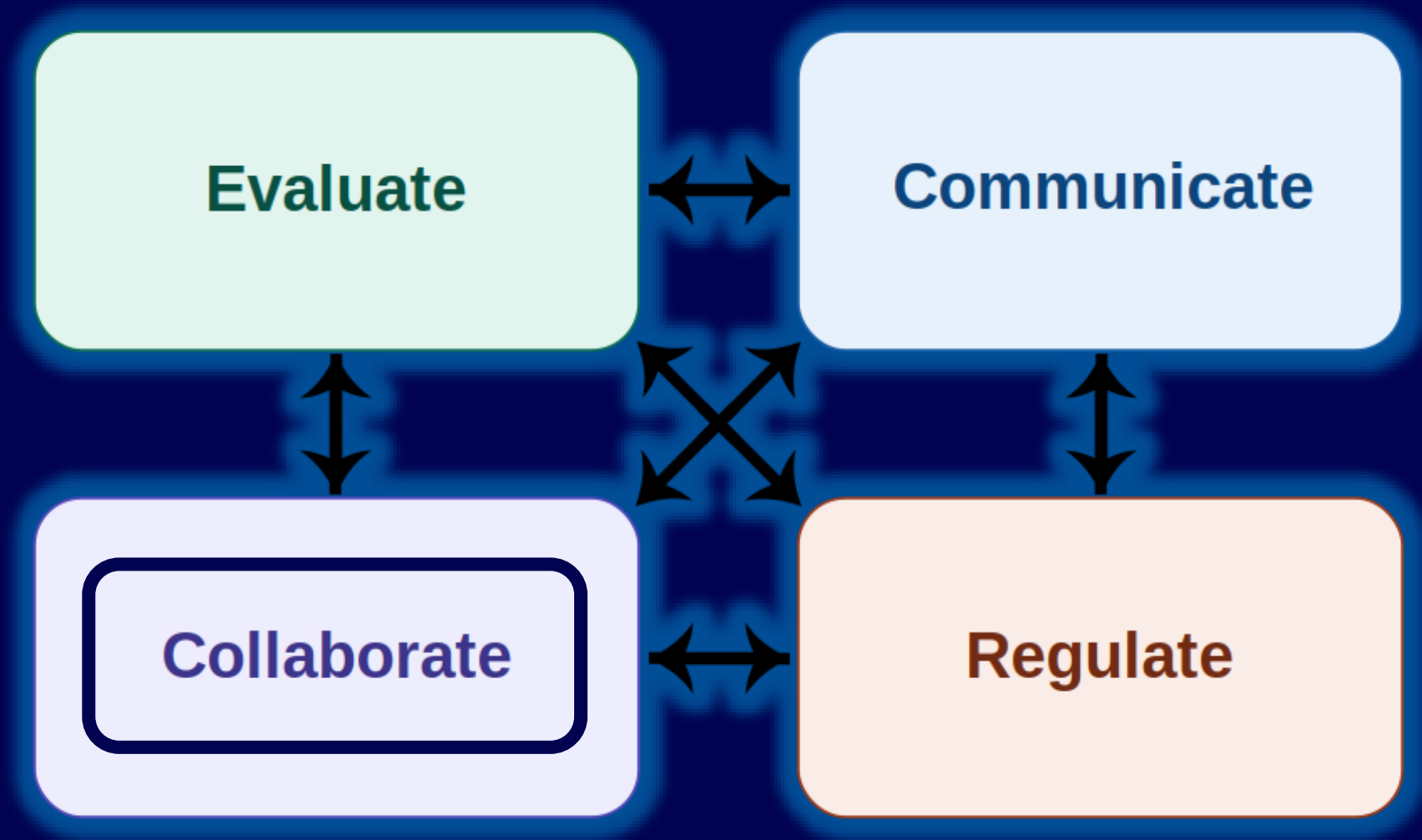
EMAIL

Info@JasonMSpeaks.com

Free Resources



Resilience Road Map



Collaborate



Thank You

JM Jason Maraschiello