Key Factors in Navigating Change

TRUST
- I believe what others say or do is reliable and trustworthy
- I have reason to feel positive about what will happen

HOPE
- I have an anchor to hold on to when things get stormy

STABILITY
- I feel connected to others who care about me

COMPASSION

Think about what you and other’s need and how you can make it so.

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The ideas in this poster are based on ideas from ‘Strengths Finder leadership’ Tom Rath & Barrie Conchie (2008)
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