

LEADING with HONOR

Leadership Lessons from the Hanoi Hilton



Coaching: BOUNCE BACK – BE RESILIENT

Lesson 6

The expanded coaching materials are provided to help readers implement the lessons taught in the book.
Use them for individual or group development.

Reflect on how you deal with setbacks in your everyday life. Engage in ***Self Coaching*** by thinking back and looking forward to strengthen your resilience.

Respond to these questions and write down your most honest answers:

Look back.

1. Recalling examples of resilience from this chapter and from the lives of people you know, what lessons can you learn from their experience?

2. Think about times you've taken a hit physically, mentally, professionally, relationally or financially.
 - a. What did you do to bounce back?

- b. Who provided encouragement?

LEADING with HONOR

Leadership Lessons from the Hanoi Hilton



Look at today.

1. How might resilience help you deal more effectively with troublesome issues you are experiencing at work and in other areas of your life?

2. Who is providing encouragement and support to you now in this situation?

3. How connected are you spiritually? _____ What could you do to gain inspiration in this area?

4. Right now, who might gain much needed resilience from your mentoring, coaching or encouragement?

Look ahead.

1. What mindset or principles about resilience could you adapt that would serve you well in the future?

2. What family members, friends, mentors, coaches, or other people around you regularly offer you support, counsel and encouragement?

LEADING with HONOR

Leadership Lessons from the Hanoi Hilton



Look at your responses and think about setbacks you've personally experienced in your life. Which setback, past or present would you rate as the most significant one?

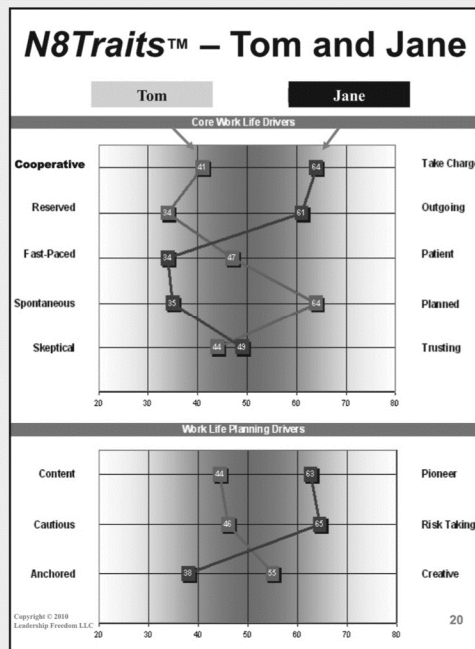
As a result of this setback, how have you, or *are* you, tapping into your reservoir of resilience to tackle life's day-to-day struggles?

TAKE THE NEXT STEP IN YOUR LEADERSHIP JOURNEY

LeadingWithHonor.com has tools and resources to help you and your team lead with honor –

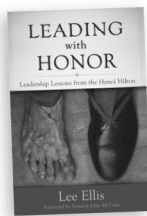
The **N8Traits™ Profile** reveals your authentic self, for working at your very best. You'll discover your natural “go-to” behaviors, providing powerful information for self-management, building relationships, and leading others.

You will discover your strongest behavioral talents and the key influencers you are most likely to use in making leadership and life decisions. The report includes your key strengths and struggles and your relationship essentials. Additionally, you'll receive beneficial suggestions on how to relate to others more effectively to improve your leadership, communications, and teamwork.



For a limited time, **SAVE 10%** when you order a *N8Traits* Assessment!
Enter Coupon Code **HONOR14** when placing your order.

At **LeadingWithHonor.com**, FREE materials are available to dig deeper into the lessons provided in *Leading With Honor* –



- Read helpful articles that you can use for personal study or with your team
- Download more Coaching materials to help you or your team apply *Leading With Honor* lessons
- View more photos of Lee's POW experience

© 2011 Leadership Freedom LLC. *Leading With Honor* and The *N8Traits™* Profile are property of Leadership Freedom LLC. All Rights Reserved. Published by FreedomStar Media.