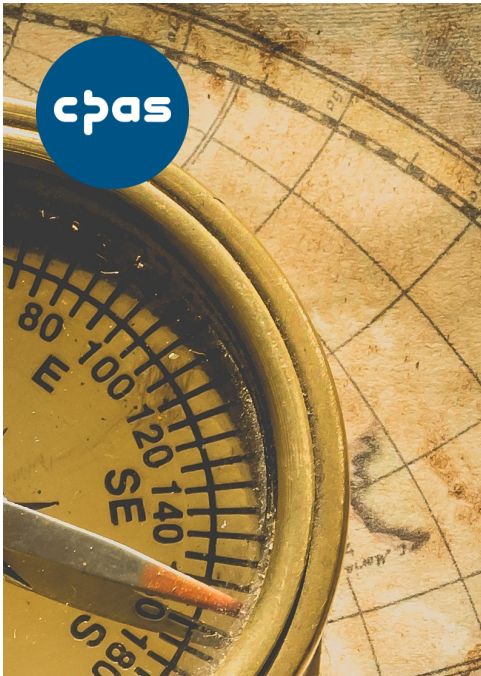




REGION 2: LEADING AS A FOCAL MINISTER
SITE 6: GROWING IN RESILIENCE

THE GUIDE ©CPAS

WHAT IS STRETCHING YOUR SPRING?

Thinking about the different weights:

- Change.
- Lack of alignment.
- Unrealistic expectations.
- Isolation.

Take a moment to identify which of these is your heaviest weight at this time (put it at the top), through to the lightest at the bottom.



MY HEAVIEST WEIGHT AT THIS TIME

MY LIGHTEST WEIGHT AT THIS TIME

Reflect: why have you ordered them in this way?