

J&J Wellbeing Program
Workshop 1: Embracing vulnerability - WORKBOOK
With certified coach Desi Jagger

BECOMING AWARE OF YOUR VULNERABILITY

Where in your work and life do you feel most vulnerable right now?

What is your first reaction to vulnerability?

How does your reaction to vulnerability affect your mind? Your body? Your wellbeing?

EMBRACING YOUR VULNERABILITY

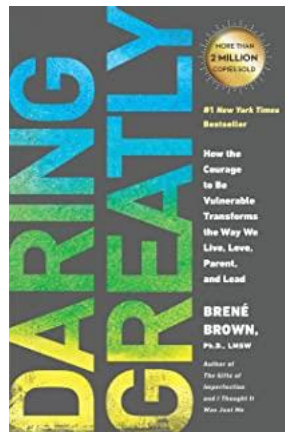
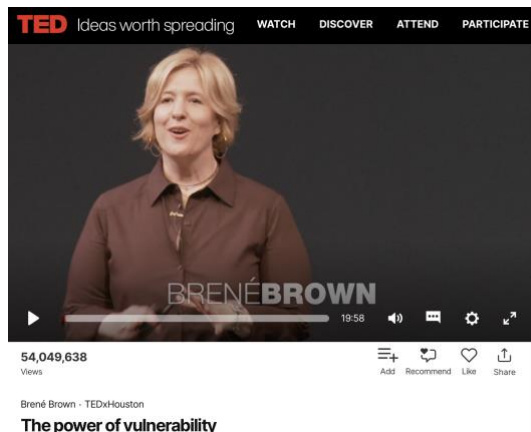
What came up for you in the visualisation? Write or sketch what you experienced.

What would it feel like to embrace vulnerability instead of fighting it?

What level of vulnerability are you willing to tolerate?

What would be different in your work and life if you could increase your tolerance for vulnerability?

RESOURCES



Brene Brown TED Talk:

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en#t-1741

ACCOUNTABILITY (TO COMPLETE BEFORE THE NEXT SESSION)

→ Watch Brene Brown's TED Talk on The Power of Vulnerability

Note down your key insights