



COVID-19 Recovery and Resilience Programme

## EPISODE 11

# Surviving Disruptions in Life and Work

### FACILITATOR

*Dr. Richmond Acquah Coleman*



A partnership between



### WORKBOOK

*This workbook is a personal guide designed to accompany the CoRe Programme's audio and video lesson for the week. Download it for free on our website [www.core.com.gh](http://www.core.com.gh)*

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Disruptions** are events or problems that interrupt an activity or our way of life. For example, when the lights go off in the middle of an evening event, it is a disruption.

Examples of life's disruptions are:

- COVID-19 pandemic
- Job loss
- Sickness
- Relationship break ups
- Marriage
- Pursuing further education
- Changing career path
- Accepting a new job offer
- Changes in work or the design of work

List **two positive** and **two negative** life disruptions you have encountered this year?

No	Positive Life Disruptions	Negative Life Disruptions
1.		
2.		

**Resilience** is the process of recovering or adapting well to a life changing situation such as stress, COVID-19 infection, illness, trauma, or tragedy. Resilience consists of behaviors, thoughts and actions that can be learned.

**Four Strategies for Building Resilience and Surviving Disruptions**

- Build a quality social support system
- Promote good health and well-being
- Be purposeful in your endeavors
- Maintain a positive outlook

To maintain a positive outlook and build resilience, you need to be OPTIMISTIC.

What one thing are you going to do to build your resilience and survive disruptions?

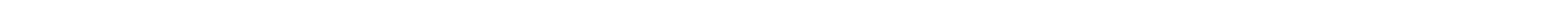
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Why?

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It is so important to us to hear from you.

1. What is the biggest lesson you have learnt from this episode and the workbook?
2. What one thing are you are going to do help you survive life and work disruptions?
3. What question would you like to ask the facilitator?

Share your answers to these or any comments you may have on:

Facebook Page: <https://web.facebook.com/CoReProgramme/>

Twitter Page: <https://twitter.com/CoreProgramme>

Instagram Page: <https://www.instagram.com/coreprogramme/>

WhatsApp hotline (+233) 55 153 55 33 and we will respond to you within 24 hours.

**Visit our website [www.core.com.gh](http://www.core.com.gh) and follow us on social media @CoReProgramme for more interesting sessions.**

**For further information send us a WhatsApp message on (+233) 55 153 55 33**



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