



COVID-19 Recovery and Resilience Programme

**EPISODE 4**

**DEALING WITH THE  
UNEXPECTED**

**FACILITATOR**

*Dr. Erica Danfreakua Dickson*



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)*

1. How are you feeling today?

I feel.....

- a. Excited
- b. Worried
- c. Unsure

2. How do you assess this year so far?

This year has been.....

- a. Great
- b. Average
- c. Difficult

3. When you compare where you are now to where you thought you would be at the beginning of the year, how would you rate yourself?

I am.....

- a. Ahead
- b. Behind
- c. At par

4. When you look into the future, how do you feel?

I feel.....

- a. Confident
- b. Helpless
- c. Unsure

5. Share one positive experience you have encountered this year.

---

---

6. Share one negative experience you have encountered this year.

---

---

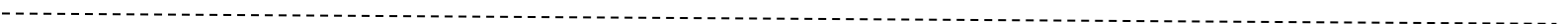
7. Share one thing you are thankful for this year.

---

8. Which two of the ten ways to deal with the Unexpected will you act on immediately?

- Recognise that changes will definitely come in life
- Do not assume
- Gather enough information
- Look for the positives
- Find something to be grateful for
- Create a positive network of friends
- Stay calm and pause before you act
- Trust in your solutions
- Find creative solutions
- Always keep hope alive

Why?



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 determined to do to help you achieve your goals?
3. What question would you like to ask the facilitator?

Share your answers to these or any comments you may have on our Facebook Page

<https://web.facebook.com/CoReProgramme/>, Twitter page

<https://twitter.com/CoreProgramme> or our Instagram Page

<https://www.instagram.com/coreprogramme/> or on our WhatsApp hotline (+233) 55 153 55 33 and we will respond to you within 24 hours.

<https://web.facebook.com/CoReProgramme/>, Twitter page

<https://twitter.com/CoreProgramme> or our Instagram Page

<https://www.instagram.com/coreprogramme/> or on our 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**



055 153 5533



[www.core.com.gh](http://www.core.com.gh)



@coreprogramme