

Practice Management Nugget © Learning Resources Guide

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Guest Expert: **Zaheen Nanji**
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1. What is Zaheen's #1 Tip?

2. Who are your mentors? Who could you ask to be your mentor?

3. What is the 3 step resilience system?

4. A Resilience Champion is one who:
 - Understands that going through adversity or a challenge will cause discomfort, but knows how to cope and move forward.
 - Bounces back from adversity and grows through it, bringing back new learnings and opportunities.
 - Is very aware of her emotions but parks them to one side so she can cope with the situation and grow through it.
 - Understands self-mastery.

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Zaheen is available to help you! Contact Zaheen at <http://ZaheenNanji.com>

[Download the Free guide, 7 Habits of Resilient Women](#)

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