



Bridging the Gap: A Workbook for Navigating Personal Trauma and Career Advancement

A Free Resource from Resilient Wonders

Transform Dreams into Reality: Let's Shape Your Vision Together.





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01 Introduction

This workbook is designed to guide you in understanding the connection between personal trauma and career advancement. Through structured exercises, you will explore your experiences, identify challenges, and develop strategies to move forward with confidence. Approach each section at your own pace in a distraction-free environment, and feel free to revisit them as your insights evolve over time.

02 Understanding Personal Traumas

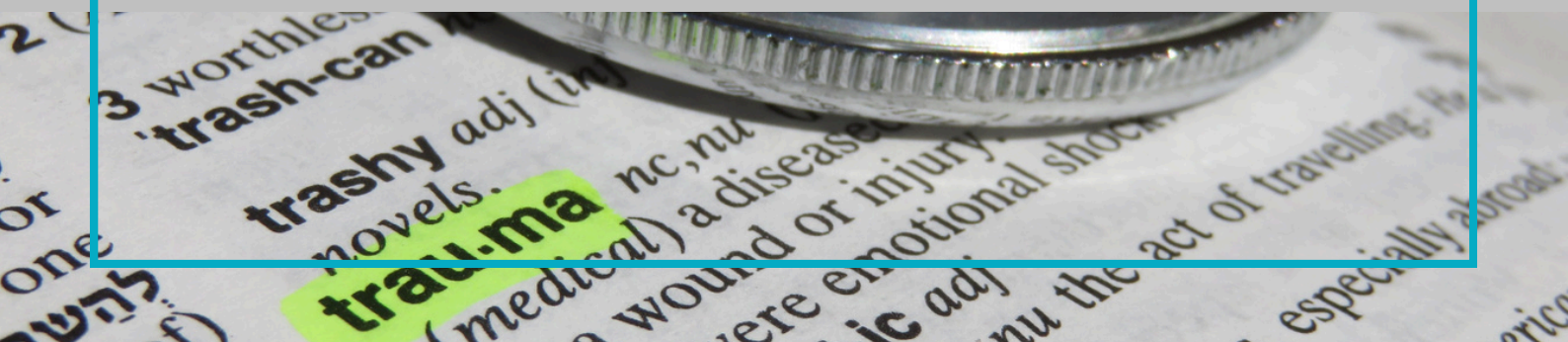
Definition: Personal trauma refers to distressing experiences that profoundly impact emotional, psychological, and social well-being. This can include events such as loss, abuse, illness, or significant life changes.

Types of Trauma:

- **Acute Trauma:** Resulting from a single event (e.g., an accident).
- **Chronic Trauma:** Resulting from repeated exposure to harmful events (e.g., domestic violence).
- **Complex Trauma:** Exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature (e.g., childhood abuse).

Reflection Exercise: Write a brief description of a significant trauma you've experienced. How did it affect you emotionally and psychologically?

Your Response:





Impact of Trauma on Career Advancement

Emotional Effects: Explore how trauma can lead to anxiety, depression, and self-doubt, impacting work performance and motivation.

Interpersonal Relationships: Trauma can strain relationships with colleagues, making collaboration difficult.

Career Aspirations: Personal trauma can result in self-sabotage or avoidance of career opportunities due to fear or low self-esteem.

Reflection Questions:

- Can you identify specific instances where your personal experiences impacted your career decisions?

Your Response:

- How do you believe trauma has shaped your view of success?

Your Response:

04 Identifying Your Challenges

Challenge Inventory: List personal challenges affecting your career advancement, such as emotional struggles, health issues, or family responsibilities.

Your Challenges:

1. _____
2. _____
3. _____
4. _____
5. _____

- **Challenge Matrix:** For each challenge, rate its impact on your career (1-10) and urgency (1-10). Use this matrix to prioritize which challenges to address first.

Challenge	Impact (1-10)	Urgency (1-10)
Example: Anxiety	8	9
Your Challenge:		
Your Challenge:		
Your Challenge:		
Your Challenge:		
Your Challenge:		

04 Identifying Your Challenges

Reflection Questions:

Which challenges do you feel are the most significant barriers to your success?

Your Response:

How do these challenges manifest in your work life?

Your Response:



05 Recognizing Your Strengths and Values

Strengths Assessment: List your top five strengths and provide examples of how you've successfully applied them in your career.

Your Strengths:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | |

Example: I successfully led a project team through a challenging deadline by organizing our tasks effectively.

- | |
|----------|
| 1. _____ |
| 2. _____ |
| 3. _____ |
| 4. _____ |

Values Clarification: Identify your core values (e.g., integrity, family, ambition). Why are these values important to you?

Your Values:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | |

Reflection Exercise: How can your strengths and values help you overcome the challenges you've identified?

Your Response:

06 Setting SMART Goals for Growth

Goal Setting Template: Write down at least three SMART goals related to your career advancement. Ensure they are:

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Identify how you will measure success.
- **Achievable:** Ensure your goals are realistic.
- **Relevant:** Align goals with your values and long-term aspirations.
- **Time-bound:** Set a deadline for achieving your goals.

Example Goal: “I will attend two networking events in the next month to expand my professional connections.”

Use the next three pages to set your SMART Goals for Growth



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

SMART GOAL:

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R

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T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

SMART GOAL:

07 Developing an Action Plan

Goals

Action Steps

Resources Needed

Deadline

- ---
- ---
- ---
- ---

Potential Setbacks

- ---
- ---
- ---
- ---

Notes



Building Resilience

Resilience Skills Inventory: Identify resilience skills you currently possess (e.g., adaptability, problem-solving). How have these skills helped you in the past?

Your Skills:

1. _____
2. _____
3. _____

Mindfulness and Self-Care Practices: List three mindfulness or self-care practices you will incorporate into your routine (e.g., meditation, journaling, exercise).

1. _____
2. _____
3. _____

Reflection Questions:

How can you apply these resilience skills to your career challenges?

Your Response:

What new skills would you like to develop to enhance your resilience?

Your Response:

Steps to CULTIVATE RESILIENCE



Develop a Strong Support System: Surround yourself with positive influences.



Practice Self-Care: Activities like meditation, reading, or even walking can rejuvenate your mind.



Embrace Change: Accept that change is a part of life and look for ways to adapt and learn.



Set Realistic Goals: Setting and working toward achievable goals can boost your confidence and sense of purpose.

Action Plan:

Choose one area where you feel least resilient and actively work on it for a month. Note your progress and obstacles, and refine your approach as needed.

09 Establishing a Support System

Support Network Map: Identify individuals in your personal and professional life who can support you. List their names, roles, and how they can assist you.

Name	Role	How They Can Assist You
Example: Jane Joe	Mentor	Provides Guidance and support.
Your Support:		
Your Support:		
Your Support:		
Your Support:		

09 Establishing a Support System

Networking Strategies: How will you reach out to your support network? Consider social media, professional events, or one-on-one meetings.

Your Strategies:

Reflection Questions:

- Who can you reach out to for mentorship or guidance?

Your Response:

- How can you strengthen these connections?

Your Response:





Celebrating Your Progress

Achievement Log: Keep a log of your milestones and successes. Reflect on each achievement, no matter how small.

Your Achievements:

Reflection Exercise: How does celebrating your achievements motivate you to continue pursuing your goals? Write a paragraph on how you plan to celebrate future successes.

Your Response:

10

Progress Review: Set a schedule (e.g., monthly) to review your progress. Reflect on what strategies have worked well and what hasn't.

Your Schedule: Next Review Date: _____

Adjustments: Based on your reflections, list any changes you need to make to your action plan or goals.

Your Adjustments:

[illegible]

12

Resources for Further Growth

- **Books:**

- _____
- _____
- _____
- _____
- _____

- **Podcasts:**

- _____
- _____
- _____
- _____
- _____

- **Support Groups:**

- _____
- _____
- _____
- _____
- _____



Consider this workbook a living document that grows with you as you embark on a journey of resilience and transformation. Resilience is built not only through challenges but also through intentional steps forward. This guide serves as the starting point, helping you identify goals, tap into your strengths, and reflect on your growth.

On the next few pages, you'll find an overview of the Empowered Resilience Program, including our Five-Step Framework for Success, along with my personal journey and the inspiration behind creating this program. The Empowered Resilience Program offers the next step—a comprehensive, 12-week coaching experience designed for women ready to turn personal challenges into strengths and reach their career goals. The program includes an initial assessment session to establish a baseline and clarify your aspirations, followed by six one-on-one bi-weekly coaching sessions. These sessions are designed to help you reframe limiting beliefs, set SMART goals, build emotional resilience, and explore pathways for career advancement. You'll also receive ongoing support via messaging to stay accountable and encouraged, along with access to a personalized resource package that includes worksheets for goal setting, curated articles, and stress management tools. The program concludes with a progress review session to celebrate milestones and reflect on your achievements.

While this workbook is a powerful tool, true transformation requires ongoing guidance, accountability, and support. Completing this guide is just the beginning—by continuing with the Empowered Resilience Program, you'll gain access to personalized coaching, a strategic roadmap tailored to your unique needs, and the community support essential for lasting progress.

As a thank-you for downloading this guide, we're offering an exclusive 10% discount if you book the Empowered Resilience Program with Resilient Wonders today. Let's keep moving forward together and unlock the fulfilling career and life you envision.

Visit my website:

www.resilientwonders.com

THE RESILIENT JOURNEY FRAMEWORK

● Initial Assessment and Goal Setting

- **Personal Consultation:** Begin with an in-depth assessment to understand the individual's unique experiences, challenges, and career aspirations.
- **SMART Goals:** Collaborate to define clear, achievable goals using the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound).

● Personalized Coaching Plan

- **Customized Roadmap:** Develop a tailored coaching plan that outlines specific milestones and action steps aligned with the client's goals.
- **Resource Identification:** Identify relevant resources, tools, and workshops that can support the client's journey.

● Empowerment and Skill Development

- **Strengths Identification:** Facilitate exercises to help clients recognize their strengths and build self-confidence.
- **Practical Strategies:** Provide actionable tools and techniques to address emotional barriers and enhance essential skills (e.g., communication, time management).

● Ongoing Support and Accountability

- **Regular Check-Ins:** Schedule consistent coaching sessions to track progress, reassess goals, and make necessary adjustments.
- **Community Engagement:** Encourage participation in support groups and networking events to build a strong support network.

● Reflection and Celebration

- **Progress Reviews:** Conduct regular reflections on achievements and areas for growth, adjusting the coaching plan as needed.
- **Celebrate Success:** Encourage clients to recognize and celebrate their milestones, reinforcing their sense of accomplishment and resilience.

ABOUT *Coach Shawnie*

*"The obstacles are
going to come, Trust
God and keep going!"*



Shawnie Washington, SHRM-CP

Shawnie is a dedicated wife and mother of two, hailing from a small town where opportunities were scarce. Her journey began as a housekeeper, but through hard work and perseverance, she climbed the ladder to become an Assistant General Manager within just five years. This role ignited her passion for leadership and growth, and she later transitioned to a new company as an Office Manager, ultimately rising to the position of HR Director.

Shawnie's career path hasn't been without challenges. She bravely navigated a difficult seven-year domestic violence relationship, yet her unwavering faith and resilience guided her through those tough times. Along the way, she faced profound losses, including the passing of her beloved Nana, who raised her, and her father. Additionally, she supported her child through surgery, which tested her strength and resolve. Balancing her roles as a wife, mother, and professional, Shawnie learned invaluable lessons about strength, perseverance, and the importance of support. Her experiences have fueled her passion for empowering others to harness their inner strength and thrive despite adversity.

At Resilient Wonders, Shawnie's mission is to empower individuals to understand how their lived experiences shape their passions and impact their career strategies. She believes that everyone has the capacity to transform their professional lives, no matter their circumstances. Shawnie's coaching approach is grounded in empathy and real-life insights, allowing her to connect deeply with clients and guide them through their unique journeys.

Together, Shawnie and her clients unlock their potential, navigate the challenges posed by their experiences, and create fulfilling careers filled with purpose. She invites everyone to recognize and embrace the resilience within them as they strategize for career advancement and success.

[Click the link to book now!](#)

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“Ümitvâr görünmeye çalışarak, içimde bir mahşer kabarırken bir taş sükuneti tahta taşımaya onu uyutmaya çalıştım.”
Halide Edib Adıvar
Hindistan