



From Restless* to Resilience: The WISDOM Model™



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INTRODUCTION

Explore
The WISDOM Model™
Your guide to resilience.

Through being listened to,
acknowledged and supported in a
safe and confidential space:

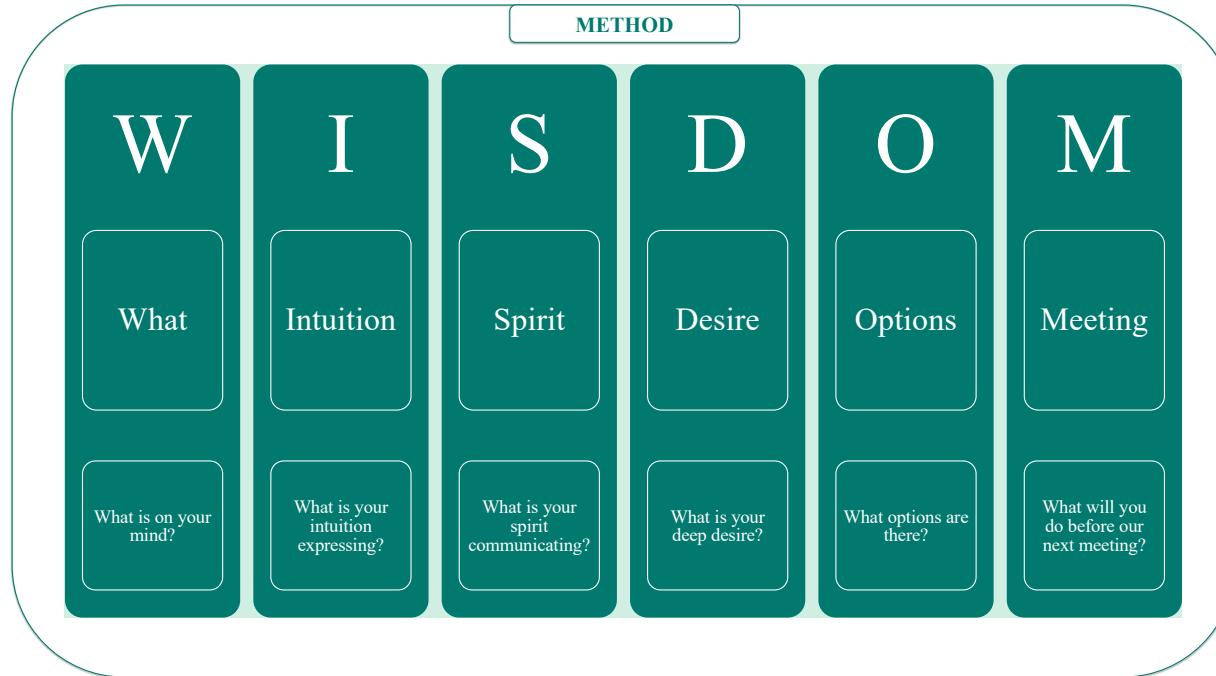
Access your intellectual, spiritual
and emotional dimensions.

Enhance self-understanding and
personal growth.

Discover profound insights and
meaningful change.

Move from awareness to action.

METHOD



OUTCOMES

Embrace
The WISDOM Model™
To support resilience.

Develop self-awareness: What.

Illuminate your path: Intuition.

Reveal your true course: Spirit.

Fuel your journey: Desire.

Weigh the possibilities: Options.

Commit to action: Meeting.

Feel supported to create the life
you want to live, building
resilience as you go.

DEVELOPMENT

The WISDOM Model™ has been
developed and created by Siobhán
Cahalan, BTech, MA.

It has been inspired by her work as a
coach and coaching supervisor, helping
people develop resilience through
accessing their innate wisdom.

LITERATURE

*In *The Confessions*, Saint Augustine
writes “our hearts are restless until they
rest in You.”

I see restlessness as one of our major
human challenges and opportunities.

ACKNOWLEDGEMENTS

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CONTACT

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