

# THE SPRING BLUEPRINT

**BLUE  
COLLAR  
CONSULTING**

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# Free Virtual Coaching Session with the Purchase of Your Personalized Resiliency Assessment!

Maximize your potential for success with a Personalized Resiliency Assessment, which includes a **FREE Personal Coaching Session!** The PR6 Resilience Assessment is distinct in that it examines a combination of mental and physical factors in a holistic way. You'll get a comprehensive view of your individual resilience using the 6 Domains of Resilience (Vision, Composure, Reasoning, Collaboration, Tenacity, and Health) that was pioneered by HelloDriven. By taking the PR6 assessment, you can identify your areas of strength and weakness, and each domain is made to be learned and improved with effort. Don't miss this incredible opportunity to become a more resilient and successful individual. Start your journey today!

[Purchase](#)

**\$39**



Blue Collar Consulting Coaches are  
Certified Resilience Coaches!

# Resilience: Why it Matters

By, Brooke Sena, LMFT, MBA

Resilience is the ability to positively respond to stress and adversity. It allows individuals to adapt to difficult situations, cope with stress and maintain a positive outlook. Examples such as bouncing back from an illness, handling a setback positively, or effectively managing the everyday challenges of work, homelife, and relationships. Resilience isn't something you are born with. It is a skill that can be developed over time. In this article, I'll discuss how improving your resilience can help your life.

## Emotional Regulation & Mental Health

When you develop your resilience skills, you learn to manage your emotions better. And you gain greater control over your reactions to challenging situations. As a result, you will experience fewer negative emotions like anger, frustration, and anxiety. This improved control over your emotions can reduce the risk of developing mental illnesses such as depression and anxiety.

## Improved Physical Health

Studies have shown that people who are more resilient have better physical health outcomes. They have lower rates of chronic diseases such as diabetes, high blood pressure and heart disease. Resilience enhances the immune system's performance, reducing the risk of illnesses caused by a weakened immune system.

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up.

Figure out how to climb it, go through it, or work around it." -

Michael Jordan



## **Greater Life Satisfaction**

People who possess resilience have the ability to focus on the positive in any situation. They maintain a positive outlook and remain optimistic about their future. Resilience helps individuals maintain a sense of control and purpose, even amid difficult circumstances. This mindset can lead to a greater sense of life satisfaction and fulfillment.

## **Improved Interpersonal Relationships**

Resilience can help individuals manage their emotions in interpersonal relationships, leading to better communication and helpful conflict resolution skills. The ability to remain calm and level-headed, even in the face of conflict, helps prevent relationships from deteriorating. Improved communication, understanding, and empathy all lead to stronger, more resilient relationships.

## **Improving Your Resilience**

The first step to improving your resilience is to be self-aware. Recognize your thoughts and feelings and how they affect your actions. Develop problem-solving skills and create a support system. Learn to cope with stress in healthy ways such as through exercise, meditation or journaling. Finally, cultivate positive relationships and engage in activities that bring you joy and satisfaction. By taking our Resiliency Assessment, you'll have a starting point!

In conclusion, improving your resilience skills can have a profound impact on your overall quality of life. Being able to handle stress, manage your emotions, and maintain a positive outlook through challenging times can lead to improved mental and physical health, greater life satisfaction, and stronger interpersonal relationships. So, if you're feeling overwhelmed, start working on developing your resilience skills today! Even better, let Blue Collar Consulting work with you by signing up for personalized coaching.

**Schedule your complimentary consultation now!**



# Howl You Doing?

## Dog of the Month Spotlight:

Henry



As a dog enthusiast, nothing compares to the sweet, endearing, and committed nature of a Golden Retriever. My loyal companion, Henry, has been by my side for 13 years, starting from his puppy days. You may have seen his charming face in some of my recent blogs, as he holds a special place in my heart. Remarkably, Henry has bravely defeated cancer twice (thank goodness for pet insurance).

To me, Henry is the epitome of charm, affection, and LOVE. His gorgeous blonde fur glimmers in the sunlight, and his big brown eyes exude kindness (although they are a little cloudy now). He welcomes

everyone with a wagging tail and a friendly grin. One of the things I love most about Henry is his unyielding loyalty. He remains dedicated to me and my husband Brad, offering his unwavering support regardless of our circumstances. Be it good or bad days, he somehow understands our needs and expresses care in his unique way.

I fondly recall the days when we used to run the Northern Californian trails and swim in the lake, pushing ourselves for miles. Nowadays, we prefer strolling leisurely to the food bowl and snuggling on the couch. Henry remains a constant presence by my side, always providing unconditional love and unwavering support. I am acutely aware of his age and the limited time I have with him, so I appreciate every moment with him.

If you have a "Henry" in your life, I would love to hear about him/her. Post a comment on one of our social media accounts, or send me an email. Thank you for reading!

Brooke

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# What We're Up To & Who We Are Working With

- Pilsen Wellness Center (Chicago)
- Waukesha County Department of Health and Human Services (Wisconsin)
- Wisconsin Community Services (Milwaukee)
- Supportive Housing Providers Association/Lutheran Social Services-Illinois (Chicago)
- Great Lakes Mental Health Technology Transfer Center (Midwest)
- Prevent Child Abuse North Carolina (North Carolina)
- Pure Solution Family Services, Inc. (California)
- Maricopa County Public Health (Arizona)
- State of Wisconsin Department of Children and Families (DCF) - Bureau of Regional Operations (BRO)
- State of Wisconsin Children's Court Improvement Project (CCIP)



**Pilsen Wellness Center**  
Centro Bienestar Pilsen



**Prevent Child Abuse**  
North Carolina™



**Wisconsin Department of  
Children and Families**



Great Lakes (HHS Region 5)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





On behalf of our company, I would like to express our sincerest gratitude and appreciation for taking the time to read our newsletter. We take pride in providing you with valuable insights into our products, services, and industry updates.

We understand that your time is valuable, and we are honored that you have chosen to stay informed about Blue Collar Consulting and what we do. Please do not hesitate to reach out to us if you have any questions or feedback. We look forward to continuing to provide you with relevant and informative content in our future newsletters.

With appreciation,

Brooke Sena

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