

enable.me

financial strategy & coaching



How to Build Personal & Team Resilience

With Hannah McQueen

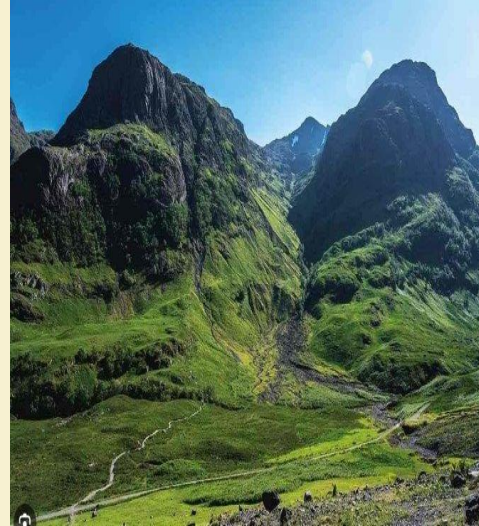
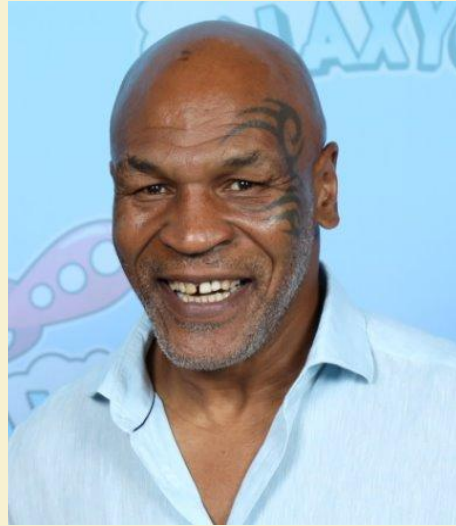
Building Resilience

Hannah McQueen

Founder - enable.me (financial
strategy + coaching)



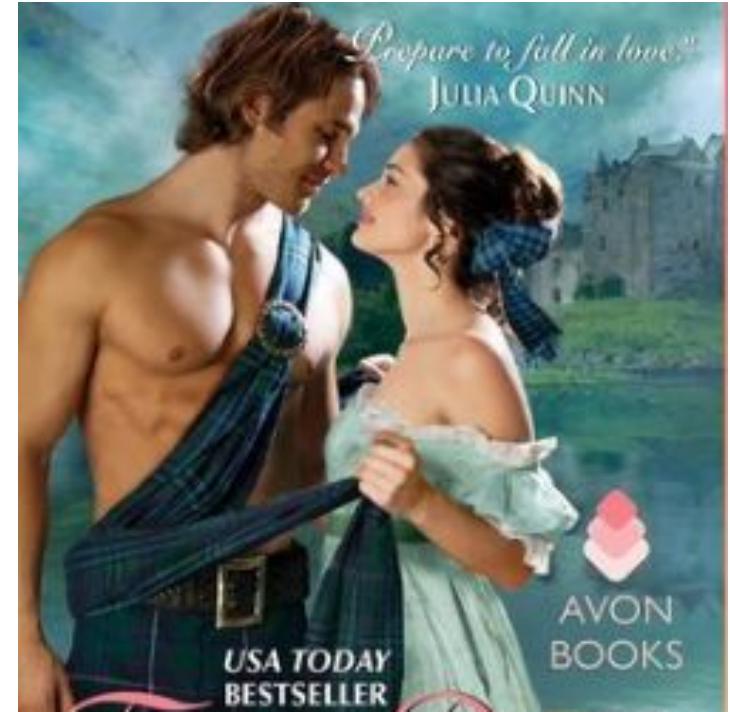
4 ditties

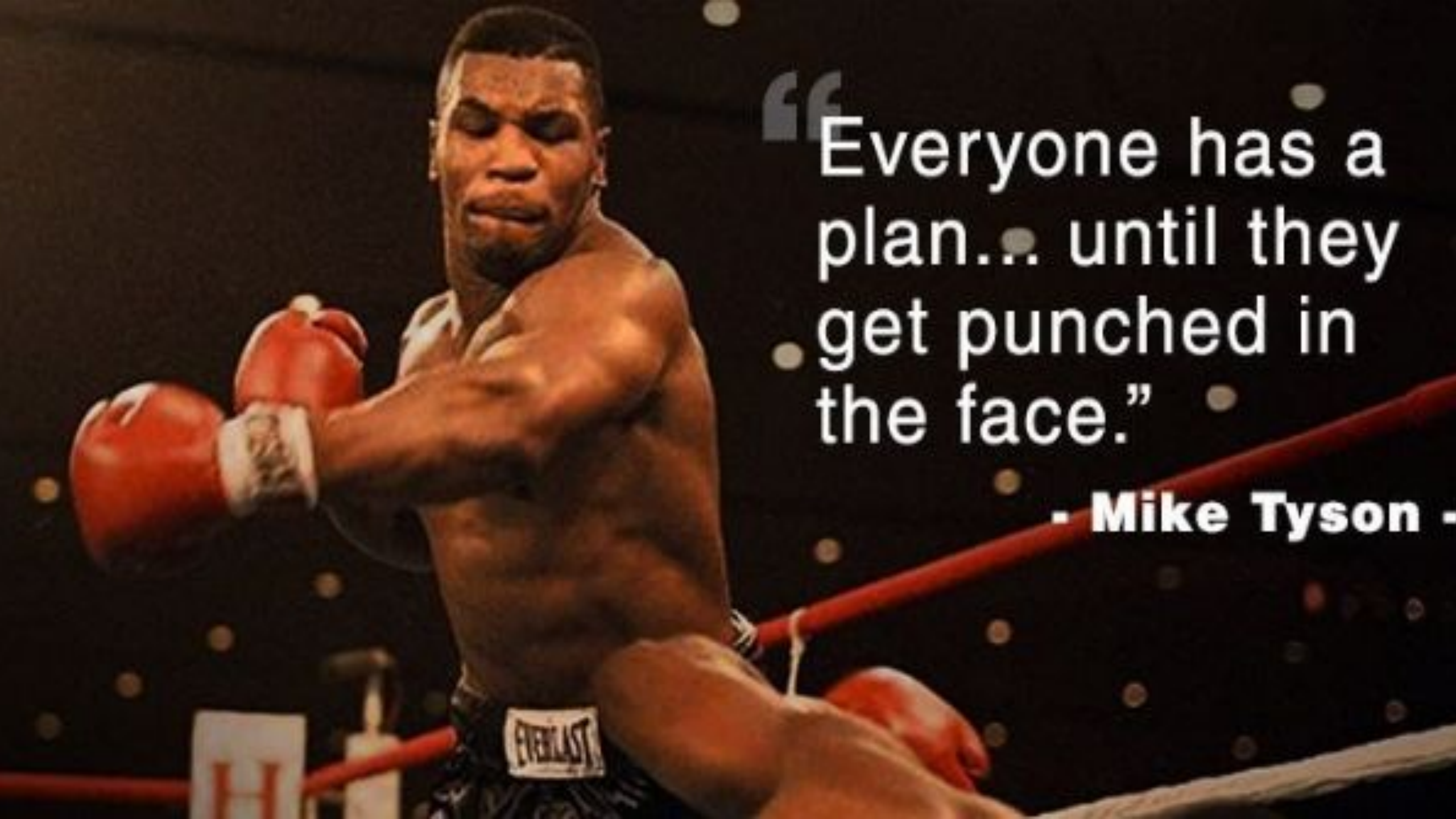




The romance is different from the reality

How my 'big idea'
initially got me fired



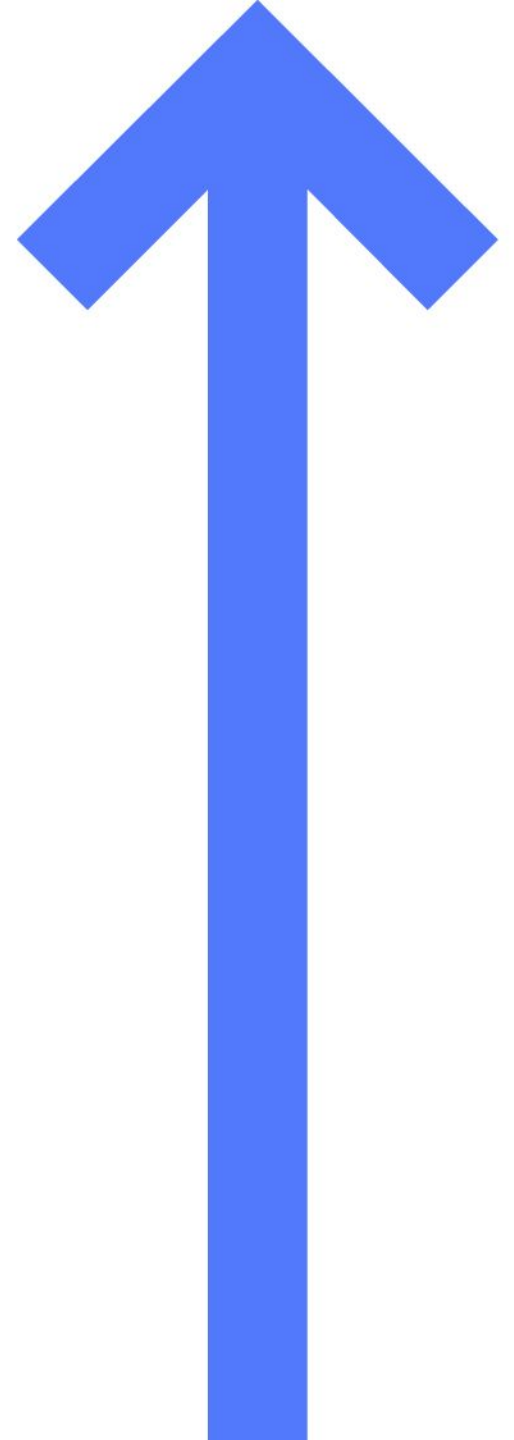
A photograph of Mike Tyson in a boxing ring, shirtless and wearing red boxing gloves and black Everlast trunks. He is in a defensive stance, looking forward with a serious expression. The background is dark with some bokeh light effects.

“Everyone has a plan... until they get punched in the face.”

- Mike Tyson -

The courage to start

There is no
perfect time



Learning who to listen to

Everyone will have an opinion ...

but not everyone is worth
listening to

**“IF YOU AREN'T IN
THE ARENA ALSO
GETTING YOUR ASS
KICKED, I'M NOT
INTERESTED IN
YOUR FEEDBACK.”**

BRENÉ BROWN

**You've got to know
where you're going:**

The right equipment

The right fitness level

The right terrain

The right mountain



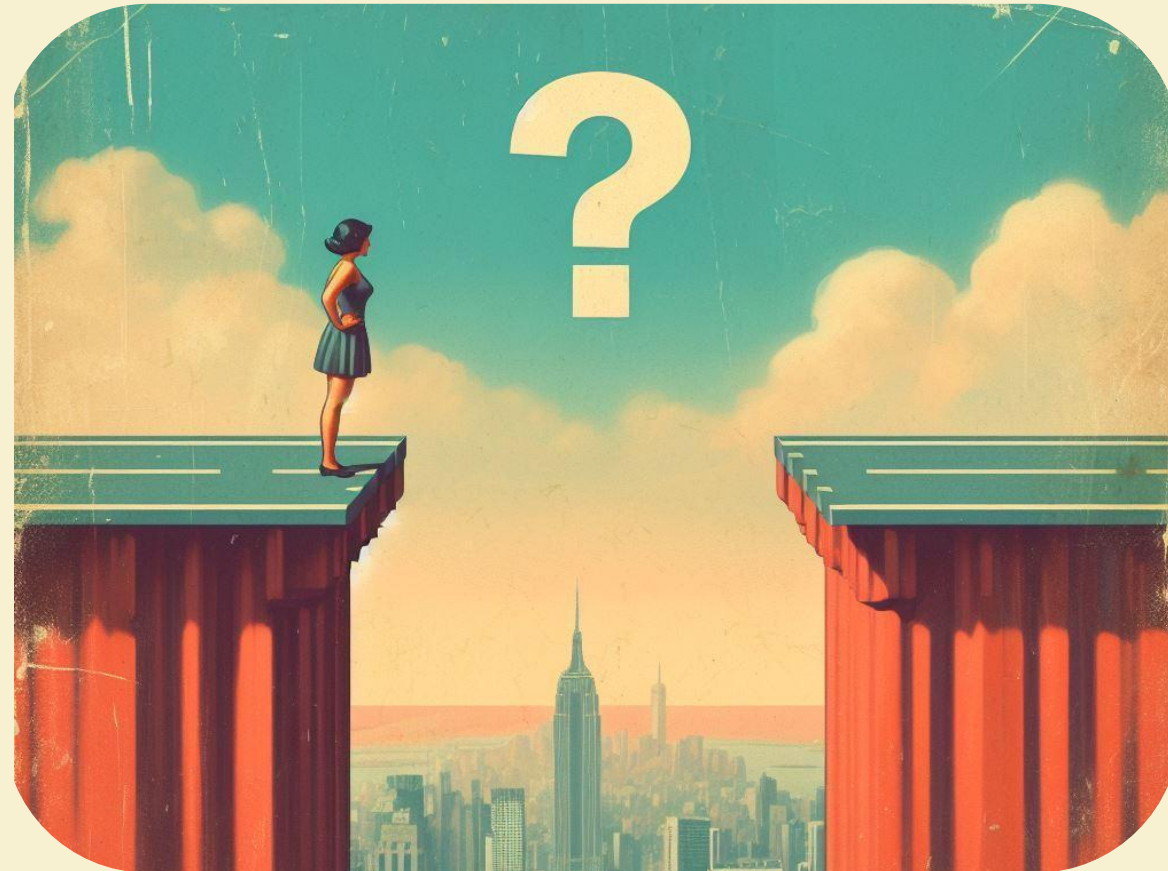
Female Superpower:

The mirror of self-awareness



Resilience starts with Brutal Honesty

What you
have to offer



Where you
want to be

And the **belief** that you can aim beyond the gap

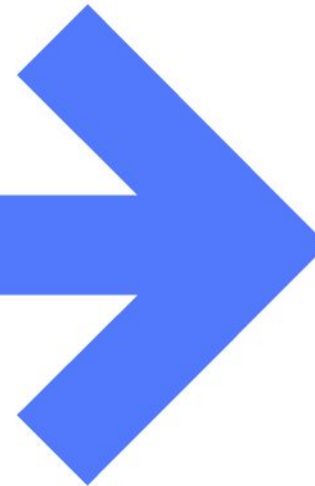
The Power of a Coach

- Provides accountability
- Helps you reset quickly
- Identifies blind spots
- Identifies new capabilities

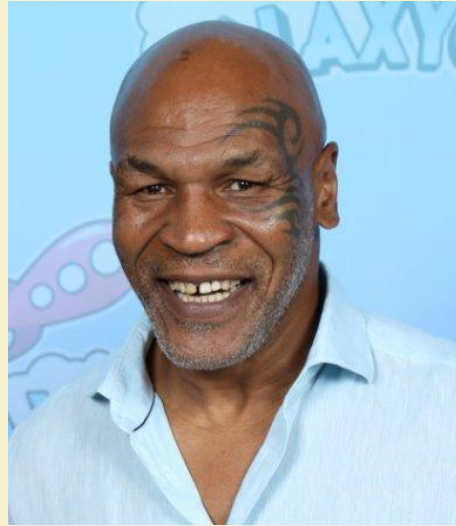
And makes sure you're climbing the RIGHT mountain

Resilience isn't just
about how you feel

Why building financial
resilience is crucial



4 ditties



Never be so kind,
you forget to **be clever**

Never be so polite,
you forget **your power**

