

# CONSCIOUSNESS OF SELF EMPOWERMENT AND CHANGE

*Recognize, Develop, and Maintain a Growth  
Mindset During Life Transitions*

## MINI WORKBOOK

SUPERHUMAN SUMMIT 2023

LIFE COACH CODE

11.11. 2023

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VORCIS PHYSICIAN COACHING

MEDICAL STUDENT COACH

PHYSICIAN COACH

# CHOOSE YOUR

*Life Transition*

Marriage  
Divorce  
Infertility  
Children  
Domestic Violence  
Death  
Family Illness  
Caregiver Role

Moving/Living  
Situation  
Gender Identity  
Finances  
Victim of Crime  
Imprisonment  
Attempted Suicide

Education  
Politics  
Personal Calling  
Religion  
Collective Event (War,  
Natural disaster)



LOVE



IDENTITY



BELIEFS

Job/Career Change  
Promotion  
Losing Job  
Starting Company  
Sexual harrassment  
Public recognition  
Retirement



WORK

Accident  
Illness  
Addiction  
Change in personal  
health habits



BODY

# GROWTH MINDSET



PICK ONE CATEGORY  
OF GROWTH MINDSET  
THAT YOU WANT TO  
APPLY TO THE  
TRANSITION YOU  
CHOSE

EMBRACE CHALLENGES

PERSIST DESPITE SETBACKS

EFFORT = MASTERY

FEEDBACK IS NOT CRITICISM

LEARN FROM SUCCESS OF OTHERS

# POSITIVE INTELLIGENCE PRINCIPLES

Celebrate who you are TODAY

Get Curious not Furious

Find ONE gift in your setback

Will this be important in 20 years?  
What would my older self tell me  
today?

What is the next, single step?

With the right mindset,  
we can't lose: we either  
practice what we've learned  
or we learn what we need  
to practice.

-Noura

# Let's Connect!



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