



In collaboration with



## Introduction: The Power of Reflection, Resilience, and Renewal

Life and coaching share a common rhythm — action, reflection, growth, and renewal. When we pause long enough to notice who we’ve become, appreciate how far we’ve come, and stay mindful through change, we build a deeper form of resilience.

The following four short videos explore these universal themes through storytelling, reflection, and mindfulness practice. Together, they remind us that growth isn’t always about striving — sometimes, it’s about pausing, noticing, and choosing how to continue.

Use these as reflective prompts for yourself or clients, or as conversation starters in supervision, training, or group coaching.

### 1. Never Give Up | Story of a Poor Little Boy | Motivational Story

A touching narrative that illustrates perseverance against adversity. The story follows a young boy who faces hardship but never stops believing in his potential. His persistence becomes a reminder that our circumstances do not define us — our choices and resilience do. Ideal for sessions exploring self-belief and growth mindset.

### 2. Are You Now Who You Were?

A reflective piece inviting us to consider identity, change, and the ongoing evolution of self. It encourages viewers to see personal growth not as losing who we were, but as an unfolding journey of becoming. This video pairs beautifully with coaching conversations on values, purpose, and transition.

### 3. Appreciate Yourself

A gentle but powerful reminder to recognise and celebrate your own worth. The video explores self-appreciation as an antidote to burnout and self-criticism — an essential practice for coaches and clients alike. It frames self-compassion not as indulgence, but as fuel for sustainable growth and giving.

### 4. How Can an Intentional Pause Boost My Mindfulness? – Buddhism Reflections

A short Buddhist reflection on the transformative power of pausing intentionally. The speaker explains how even brief pauses — in breath, thought, or action — cultivate mindfulness and deepen awareness. Practical and grounding, it’s ideal for introducing clients to the practice of mindful presence.