

PRAESTA PROMPT: YEAR END REFLECTIONS

During the forthcoming well-earned break, what will be the dominant voices in your head? How might feelings of exhaustion or frustration be calmed? What encourages you and gives you hope about the future?

Our series of Praesta Prompts this autumn has been about managing the negative chatter in our heads. We have reflected on how we might: tame our inner critic, handle setbacks, value our strengths, be conscious of what we are avoiding, and recognise that self-talk affects other too.

Themes that have resonated with leaders include:

- How might you show to yourself the compassion and kindness that you seek to bring to others?
- There is little point in ruminating about past events that cannot now be changed.
- What apparent setbacks have helped build your resilience and longer-term contribution?
- When you write down your strengths, do you notice that your inner critic gives undue emphasis to your weaknesses?
- There is value in facing into difficult situations rather than letting your anxiety get the better of you.

Over the holiday period we are encouraging leaders to:

- Seek to move on from anguish or disappointment in 2021
- Park uncertainties about work and allow their batteries to recharge
- Cherish the gift of good relationships, searching out the people who make them smile, and bringing smiles to the faces of others
- Look to the future with a degree of hope, seeing opportunities in even the toughest situations, and not just relentless expectations
- Anticipate the positive influence they can have during 2022.

We send you our best wishes for whatever type of break you are able to have, as you seek to tune into the voices of family and friends, and to your hopes for the future.

You can access the five previous Prompts in this series on **managing the chatter in our heads** if you click [here](#).