

Chapter 3 Reflection Questions: Finding Inner Peace in Challenging Times

Understanding Personal Peace Practices

1. What are your current indicators that stress is affecting your coaching presence?
2. Which situations most challenge your ability to maintain calm?
3. What personal practices help you regain balance during difficult times?

Supporting Others Through Change

4. How do you maintain perspective when those around you are struggling?
5. What signs tell you a teacher needs more stability support or more growth challenge?
6. How do you balance being a calm presence and authentically acknowledging difficulties?

Building Sustainable Peace

7. What structures could you create to better support your stability during change?
8. How might you build more restorative moments into your daily coaching practice?
9. What boundaries need strengthening to maintain your peace amid chaos?