

EOFY Resilience Toolkit for Finance Professionals

Why This Matters

End-of-financial-year pressure is real — deadlines, scrutiny, and a non-negotiable workload can stretch even the most experienced professionals. This quick-reference guide offers simple strategies to help you stay grounded, focused, and energised through the peak period.

The Adaptive Stability Model - *Grounded at the core, flexible at the edges.*

Adaptive Stability supports you through pressure with three key shifts:

- **Mindset** from reactivity to steady focus
- **Flexibility** from doing it all to smart prioritisation
- **Resilience** from doing it alone to collective support

Your EOFY Resilience Plan

Before the Peak

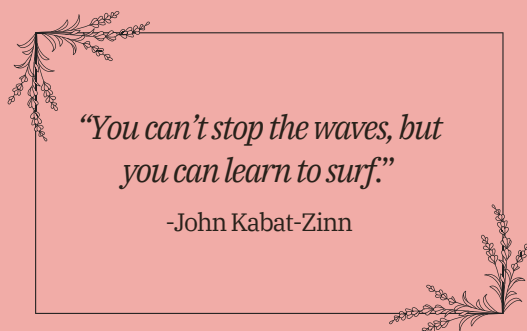
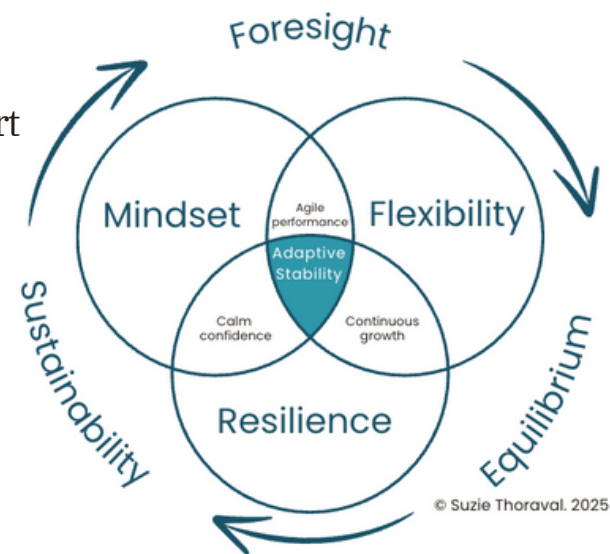
- Block out focus time in your calendar
- Share the real workload early
- Use a pre-EoFY checklist to track tasks and dates

During the Crunch

- Use the 3-3-3 breathing technique to reset focus
- Apply the 'Must / Might / Park' method to triage tasks
- Switch off notifications for 1 hour of deep work

After the Deadline

- Book a team debrief — what worked and what could improve?
- Take at least a full day off, even if it's a Tuesday
- Thank yourself and your team



Reflect:

- What really *must* be done today?
- What will I stop doing that drains my energy?
- How can I protect habits that ground me?

Want support putting these strategies into action?
Let's chat: suzie@suziethoraval.com