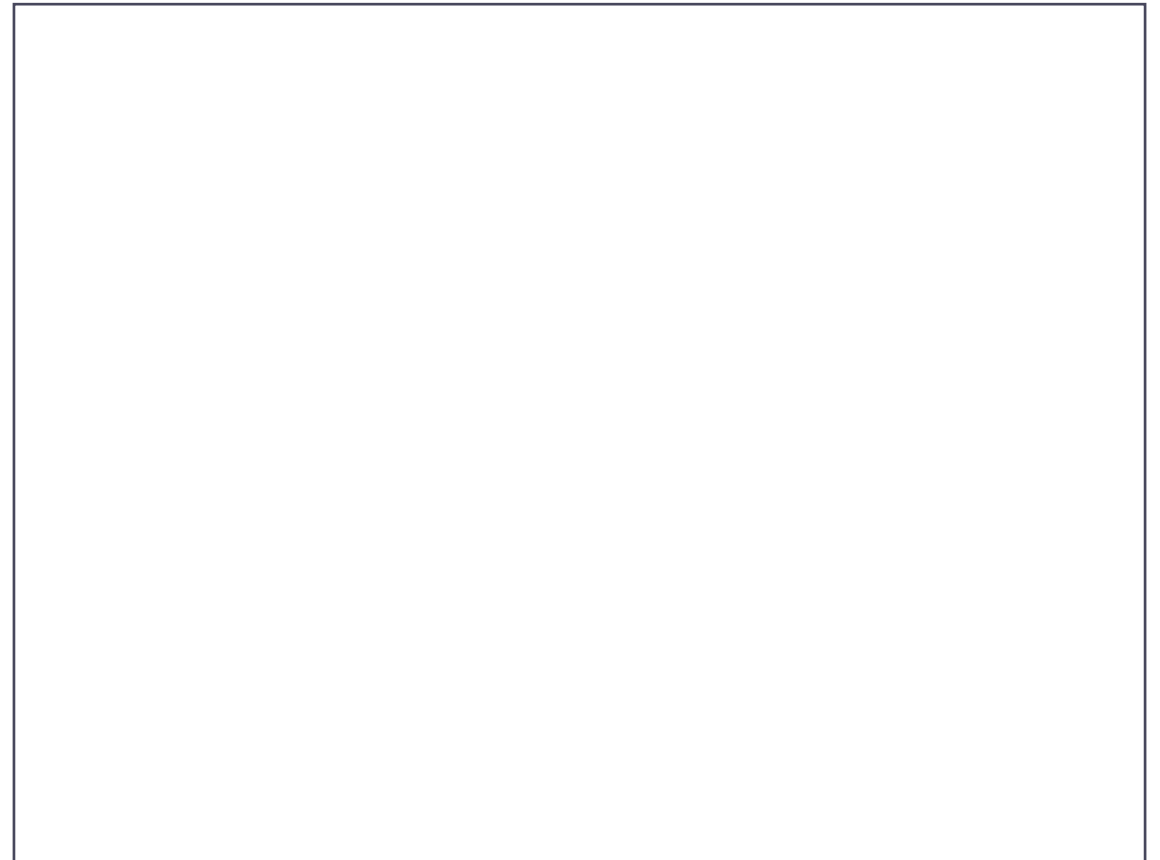


*Resilience*

# Resilience

What it's NOT	What it IS
Surviving	Thriving
Stoically powering on	Agile, flexible and adaptable
Coping and managing to keep your head above water	Optimistic and seeking opportunity
Flopping on the sofa feeling like you've been dragged through a hedge backwards, necking a bottle of wine and congratulating yourself that you are still alive!	Perseverance, tenacity & grit
	Protect physical & mental wellbeing
	Build on strengths, mitigate gaps and asks for help when needed

The warning signs:



# Personal Resilience model




Notes:

# Twisted v's Untwisted Thinking

- Inappropriate beliefs
- Too high expectations of others
- Catastrophising
- Over-generalising
- Discounting the positive
- Mind reading
- Predicting the future/scaremongering
- Black and white thinking
- Taking things personally

My personal susceptibility to unconscious bias:

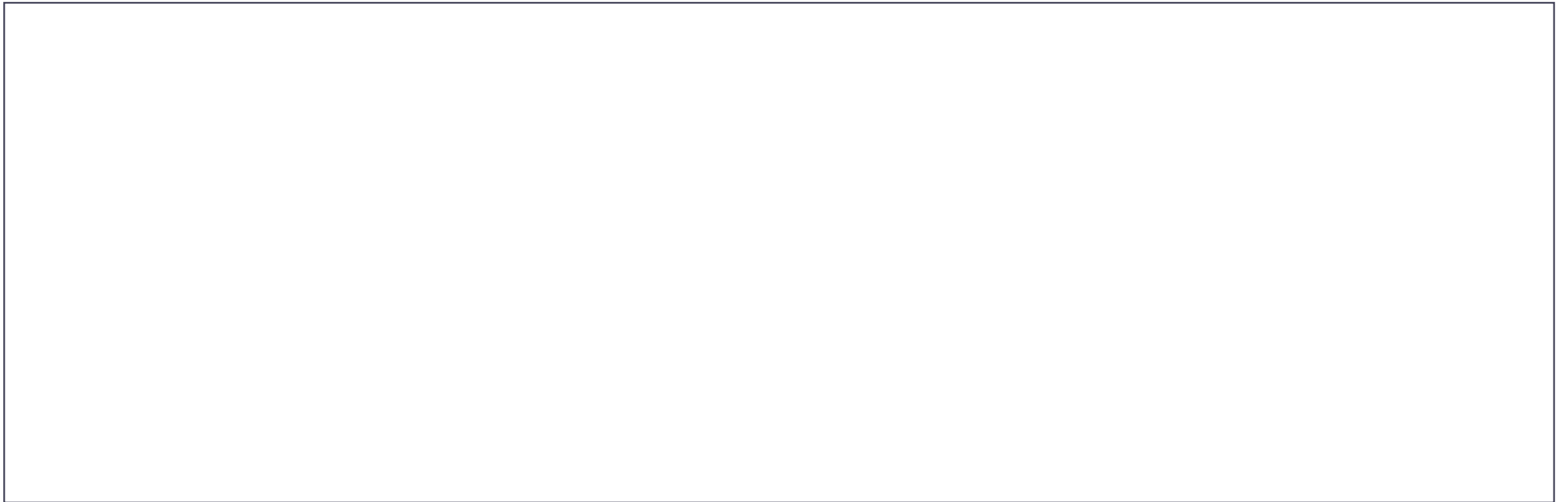
A large, empty rectangular box with a thin black border, intended for a person to write their personal susceptibility to unconscious bias.

# Pressure into Performance

What are your sources of pressure right now?

What twisted thinking is at play for you?

How can you untwist that to develop a new and more effective response?

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# Self Belief

What limiting beliefs do you hold about yourself?

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# Self Belief - Shift & Reframe

- Is what I'm saying really true?
- What evidence is there to support my view?
- How does this way of thinking/view impact on the way I behave?
- If I believed the opposite view, how would it impact my behaviour positively?
- What else could be happening?
- What are the advantages/disadvantages of thinking this way?
- Am I using 'extreme' language to support my thinking?
- How accountable am I being?
- What ideas do I have to change/influence the situation?
- What is the benefit of focusing on things I cannot change?

# Motivation

- Which 2 needs are most prevalent for me right now?
- Am I meeting those needs healthily or unhealthily?
- If unhealthily, how can I meet this need in a healthy way?

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# Humility

- How can I practice gratitude?
- What are the signs of needing help and support for me? What might stop me from reaching out and how can I mitigate this?
- Who can I surround myself with that cares about me and I trust?

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# Focus

## The power of focus:

- 1-3 things = Excellence
- 3-10 = Mediocrity
- 10+ = Good luck!

## What you can do:

1. Work on 1 thing at a time - multi-tasking is a myth!
2. Time block
3. Take breaks & drink water
4. Be present & practise mindfulness
5. Exercise & eat healthy fats - avocados are your BFF!

Scoring:

80 + Very resilient!

65-80 Good strategies in place

50-65 Stoically powering on

40-50 Warning signs - take time out

40 or under seek help

# Self Assessment

1

2

3

4

5

In a crisis or chaotic situation, I calm myself and focus on taking useful actions					
I'm usually optimistic. I see difficulties as temporary and expect to overcome them					
I can tolerate high levels of ambiguity and uncertainty about situations					
I adapt quickly to new developments. I'm good at bouncing back from difficulties					
I'm playful. I find the humour in rough situations and can laugh at myself.					
I'm able to recover emotionally from losses and setbacks. I have friends I can talk with. I can express my feelings to others and ask for help. Feelings of anger, loss and discouragement don't last long					
I feel self-confident, appreciate myself. and have a healthy concept of who I am					
I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things					
I learn valuable lessons from my experiences and from the experiences of others					
I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense					

1

2

3

4

5

I'm good at making things work well. I'm often asked to lead groups and projects					
I'm very flexible. I feel comfortable with my paradoxical complexity. I'm optimistic and pessimistic, trusting and cautious, unselfish and selfish, and so forth					
I'm always myself, but I've noticed that I'm different in different situations					
I prefer to work without a written job description. I'm more effective when I'm free to do what I think is best in each situation					
I "read" people well and trust my intuition					
I'm a good listener. I have good empathy skills					
I'm non-judgmental about others and adapt to people's different personality styles					
I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others					
I've been made stronger and better by difficult experiences					
I've converted misfortune into good luck and found benefits in bad experiences					

# Action Plan

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# Recommended Reading & Viewing...

The 3 secrets of resilient people - Lunch Hone: <https://www.youtube.com/watch?v=NWH8N-BvhAw>

The secret to becoming mentally strong - Amy Morin: <https://www.youtube.com/watch?v=TFbv757kup4&t=135s>

The power of vulnerability - Brené Brown: <https://www.youtube.com/watch?v=iCvmsMzIF7o&t=454s>

Training your mind to perform under pressure - Simon Sinek: <https://www.youtube.com/watch?v=GBF9xXhSFRc>

Why we do what we do - Tony Robbins: <https://www.youtube.com/watch?v=BwFOwyoH-3g&t=695s>

## Books:

Good Vibes, Good Life - Vex King

The Mental Toughness Handbook - Damon Zaharides

Daring Greatly - Brené Brown

The Fear Bubble - Ant Middleton