

Xcellence Program Session 13 Pt1 & Pt2

Developing Resilience.



Learning Outcomes - Resilience



This session seeks to help you understand Resilience:

- **Pt 1- Developing Resilience.**
 - In this session we will explore your reactions to life's events.
 - What you have learnt about yourself.
- **Pt 2 - Developing Resilience.**
 - We will look at tactics and strategies to help you increase your resilience.



Resilience Defined

- Resilience is generally considered to be the ability to withstand adversity (trauma, failure and disappointment) and bounce back from challenging life events.
- Being resilient does not mean that a person doesn't experience stress, emotional upheaval and suffering.
- Resilience describes our capacity to work through and recover from adversity.



Ref: Crucial Conversations



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Developing Resilience Timeline Activity

Your journey so far

Sometimes in order to discover who we are, we need to explore our inner workings. In relation to resilience, it can be quite revealing to look at the past, and how we dealt with a variety of situations we faced to move forward.

This activity allows you to review your life journey for the last 10 years and analyze how you reacted in good times and bad!



Life events timeline example



Life events – Your timeline

Think about the events of your life over the last 10 years. I'm sure there have been highs, lows and situations that fall somewhere in-between. Use this space to record any significant events in your life for the last 10 years. On the next slide, answer the questions



Map your events & look for any mental, physical and emotional patterns that may have occurred?

- How did/do you experience the highs?
 - What effect have these events impacted you mentally, physically and emotionally?
 - Is there anything you could have done to maintain the momentum of those times?
- How do you experience the lows?
 - What did you *learn* about yourself from the challenging or low points in your life?
 - What effect have these events impacted you mentally, physically and emotionally?
- Think about your reaction over time? What happened to your self-esteem/confidence? Did the effects of the situation filter through to other parts of your life?
- As you think this through, can you identify attitudes and behaviours that validate your strengths, or highlight your weaknesses?
- What can you take away from this activity that will increase your resilience?



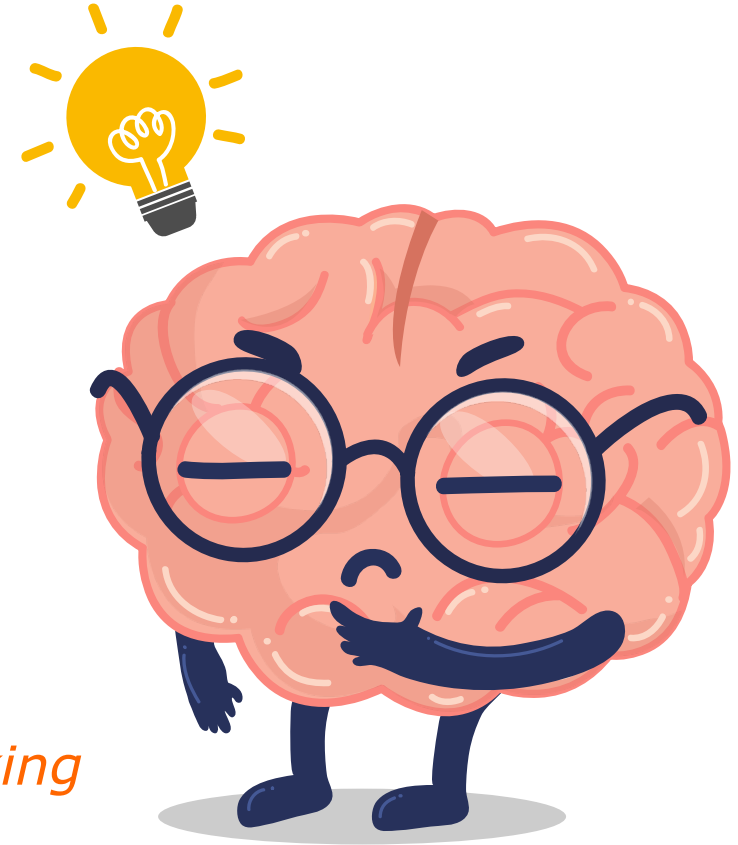
Becoming more Resilient

- Develop self-awareness.
- Build self-regulation skills.
- Learn coping skills.
- Increase optimism.
- Strengthen connections.
- Know your strengths.



Resilience Plan

Supports, Strategies, Sagacity & Solution Seeking



Resilience Plan - Example



Supports

Partner, Parents,
Daughters, Friend
Medical Team
Cancer Council

Strategies

Medical team
Surgeon, Oncology,
Pathology
They rang me!
Meditation - everyday

Sagacity

Powerful inner voice
said you will be OK
Confronted my fears
Trusted the process

Solution Seeking

Asked for help from
nursing staff
Went to several
seminars dealing with
cancer treatment



Resilience Plan – What did you discover?

Supports

Partner, Parents,
Daughters, Son
Extended family
Close Friends

Strategies

What ever it takes!
Make a plan, execute the plan
Change or eliminate the
unnecessary
Mental focus and preparation

Sagacity

Powerful inner voice
said you will be OK
Confronted my fears
Trusted the process

Solution Seeking

Asking for
help/assistance is OK
Who can help/advise
The best in the
business

Resilience Plan – Process x 3

Supports What supportive people did you have in your life that kept you moving forward when you felt like giving up?	Strategies What strategies did you put in place to cope with any negative thoughts and feelings?
Sagacity What foresight did you gain? Are you able to apply those learnings?	Solution Seeking What solutions seeking behaviours did you put in place to help you cope?

X 3

Your plan – uniquely you!



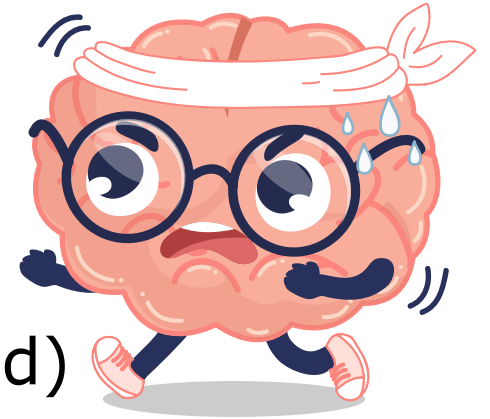
Resilience - Learned Behaviour

1. Developing greater self-awareness.
2. Build self-regulating skills.
3. Learn coping skills & strategies.
4. Increase your level of optimism.
5. Strengthen your connections.
6. Know your strengths.

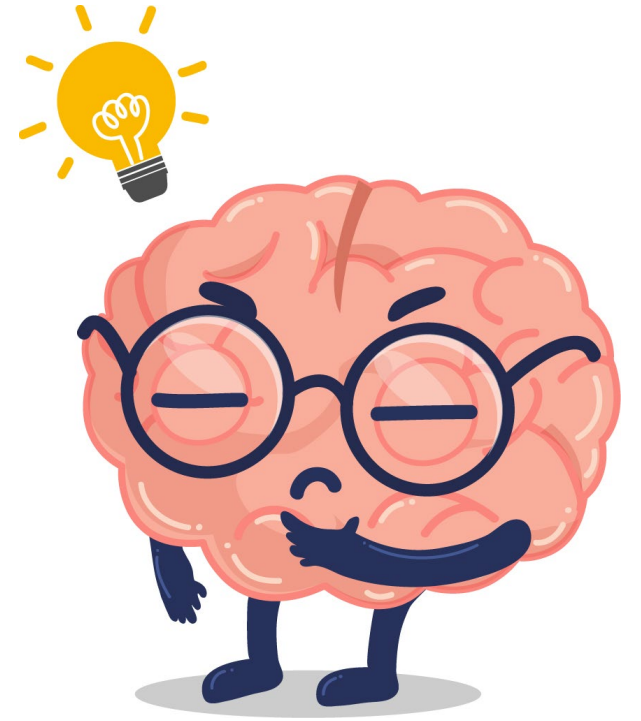


Methods to be Resilient

1. Be Proactive
2. Protect your downtime
3. Change your mindset about Adversity
4. Build Healthy Relationships
5. Focus on the Present
6. Know that life isn't Fair (yeah that was expected)
7. Stay Flexible
8. Focus on what you can Change
9. Be Grateful (Negativity kills resilience)
10. Practice Resilience in the Wild



Tools for Developing Resilience



Growth Mindset



- What is your tendency toward (dysfunctional) perfectionism?
 1. See learning as part of growing OR
 2. Do you fear being seen as incompetent?
- How do you view effort exerted toward your goals?
 1. See if it as a pathway to success OR
 2. See if it as ineffective
- How do you respond to obstacles when they arise?
 1. Persisting in the face of change OR
 2. Give up easily
- What is your typical response to criticism?
 1. Embracing feedback growth OR
 2. Avoid criticism for fear of appearing incompetent
- How do you view the success of others?
 1. See as evidence of what is possible OR
 2. Feel threatened

Choosing & Setting Boundaries

- Who do you most need to set boundaries with? (Make a list if needed)
- Where do you need to set boundaries with yourself?
- Trying to ask yourself, 'if I say yes to that, what will I be saying no to?' Then if 'I say no, what will I be saying yes to?'
- What is the biggest thing that stops you from setting and maintaining your boundaries?
- What three boundaries could you set today to ensure your needs are met?



Emotional Intelligence (EQ)

Emotional intelligence is a set of emotional and social skills that collectively establish how well we:

- Perceive and express ourselves
- Develop and maintain social relationships
- Cope with challenges
- Use emotional information in an effective and meaningful way

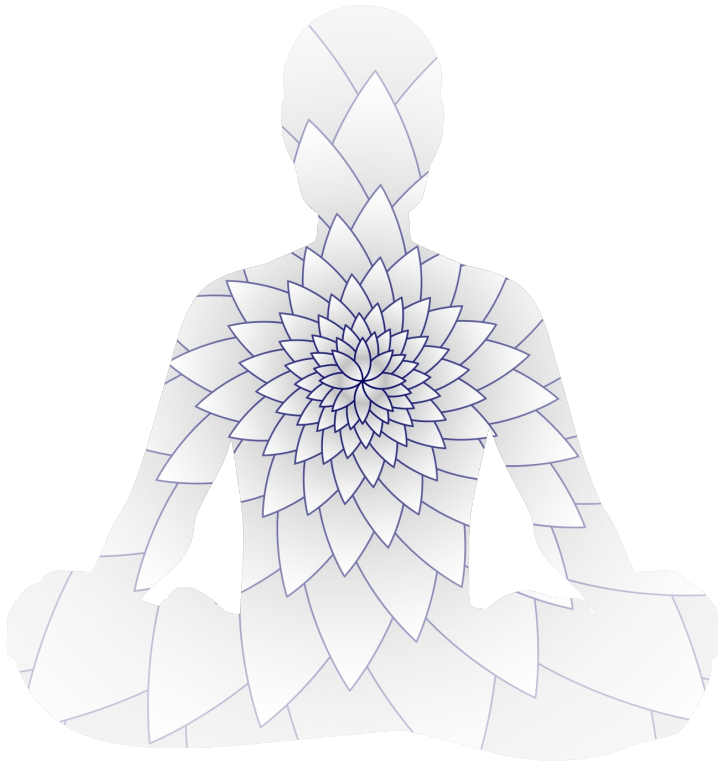


Emotional Intelligence is Not IQ

- ❁ Emotional Quotient (EQ) is estimated to account for 27% -45% of job success.
- ❁ EQ and IQ are *not highly correlated*
- ❁ IQ is set and peaks around 17 years of age, *EQ is not fixed and rises steadily with age*



Mindfulness



- Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.
- When mindfulness is present, we can see our thoughts, feelings, motivations, reactions, and responses with greater clarity and wisdom.
- We can pause before reacting and choose the appropriate response for the moment we are in.

The Visualisation Activity has been made into separate video and can found on this page!
You are welcome to download and use.

Wrap for this Session

“
Great
Job
Today!”

