

# Xcellence Program

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# Building 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 and tactics and strategies to help you increase your resilience.

# Backward Brain Bicycle



# 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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# 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.



# Developing Resilience Timeline Activity

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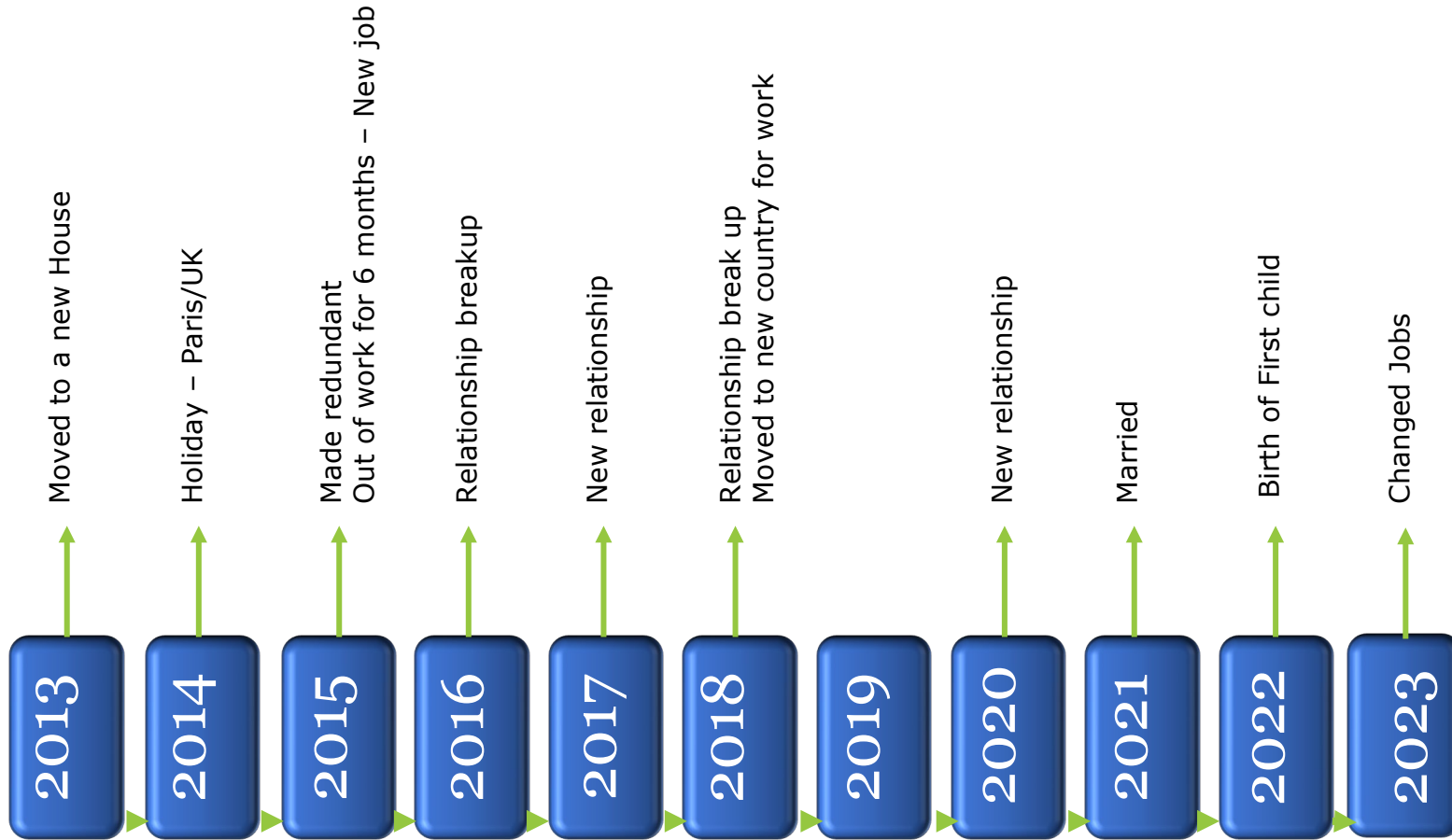
## Your journey so far

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!

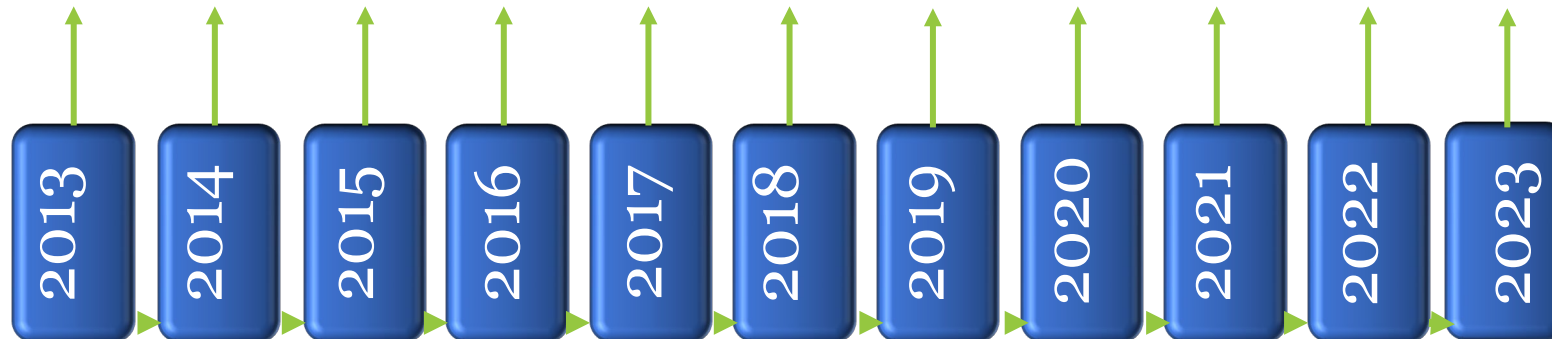


# Life events timeline example



# 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





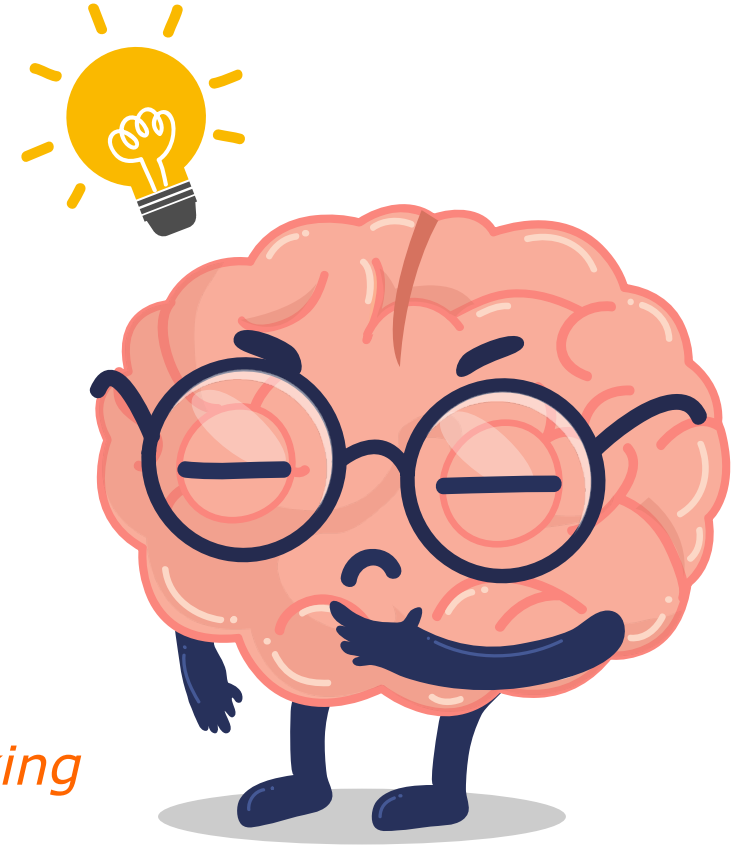
Map your events & look for any mental, physical and emotional patterns that may have occurred?

- 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/s 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?



# Resilience Plan

*Supports, Strategies, Sagacity & Solution Seeking*



# Resilience Plan – 4S's

## Supports

What 'supportive people' in your life kept you standing when it would have been easier to fall down?



## Strategies

What 'strategies' did you use to help yourself cope with any negative thoughts and feelings that showed up in response to the difficulty?



## Sagacity

What 'sagacity' helped you bounce back from this difficulty? foresight, discernment, or keen perception; ability to make good judgments.



## Solution Seeking

What solution-seeking behaviors did you display to help you actively deal with the problem?



# 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 I 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 – well intended yet  
not helpful advice  
Mental focus and Preparation

## Sagacity

Powerful inner voice  
said ***you will be OK***  
Confronted my fears  
Sage Advice / Words  
of Wisdom  
Trusted the process

## Solution Seeking

Asking for help/assistance  
is ***OK***  
Who can help/advise – I  
accessed the best  
information and in the  
business

# Resilience Plan – Personal Review x 3

<h2>Supports</h2> <p>What supportive people did you have in your life that kept you moving forward when you felt like giving up?</p>	<h2>Strategies</h2> <p>What strategies did you put in place to cope with any negative thoughts and feelings?</p>
<h2>Sagacity</h2> <p>What foresight did you gain? Are you able to apply those learnings?</p>	<h2>Solution Seeking</h2> <p>What solutions seeking behaviours did you put in place to help you cope?</p>

X 3

# Tools for Developing Resilience



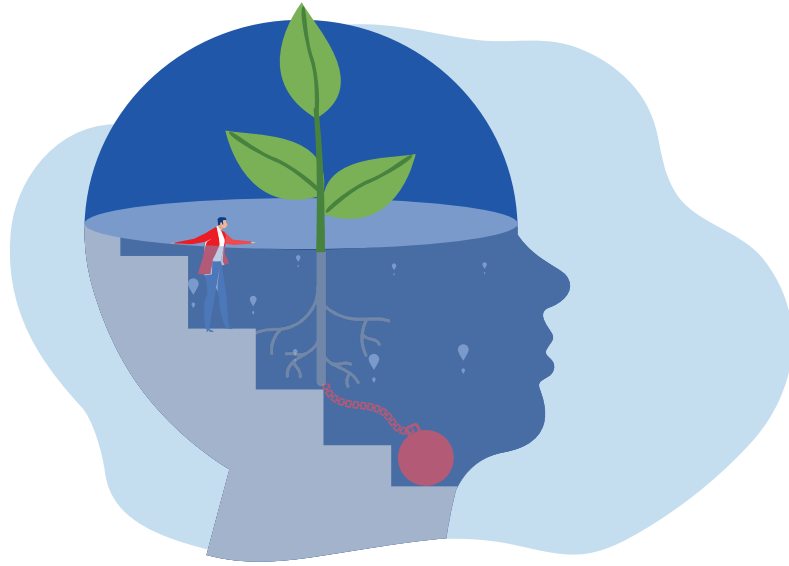


# Video - Methods to be Resilient

- 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



# 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?



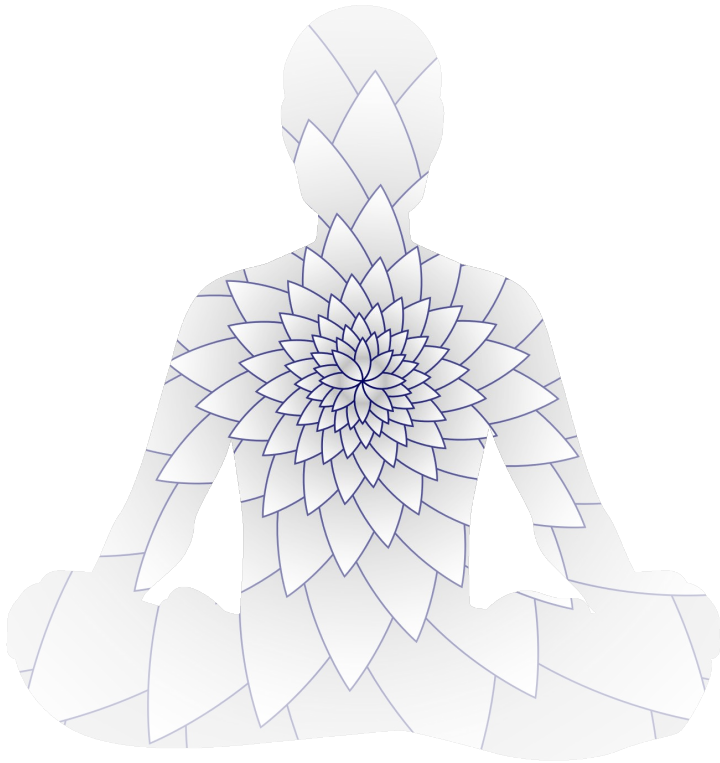
# Emotional Intelligence (EQ)

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



# Mindfulness & Visualisation



- 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.



# Wrap for Session 4