



Build Resilience

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By the end of the Power Hour Expert session you will be able to:

- Describe (in broad terms) what resilience is and why it is important
- Recognise get into good habits that underpin resilience
- Describe the habits of resilient people
- Select at least one practical action to develop your own resilience



Definitions

"The General Capacity for flexible and resourceful adaptation to internal and external stressors" - Klohen (1996)

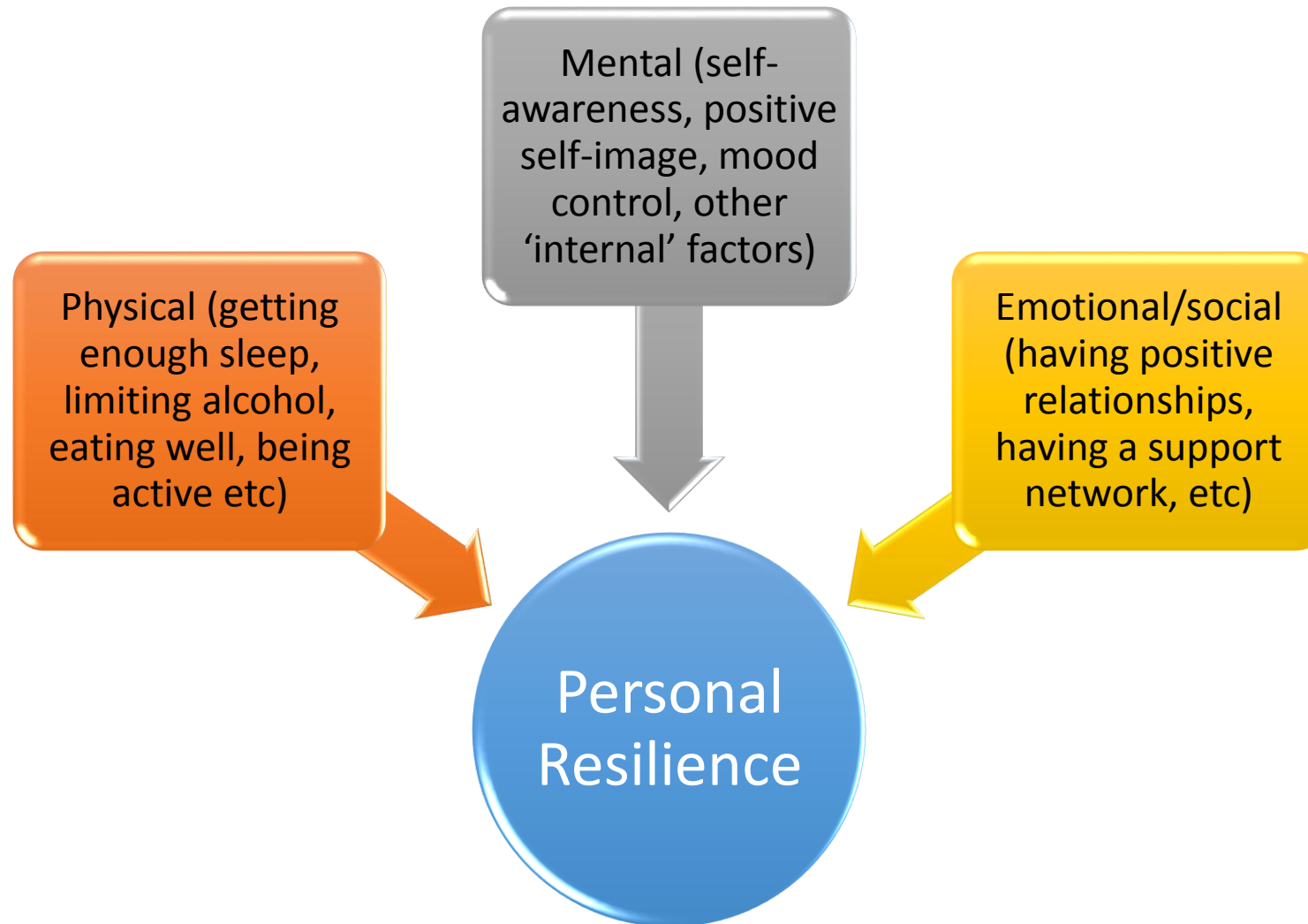
"An ability to experience and 'bounce back' from negative emotional experiences by adaptation, to check the changing demands of stressful experiences" - Tugade and Fredrickson (2004)

"Effective coping and adaptation when faced with hardship and adversity" - Collins (2008)

Understanding Resilience

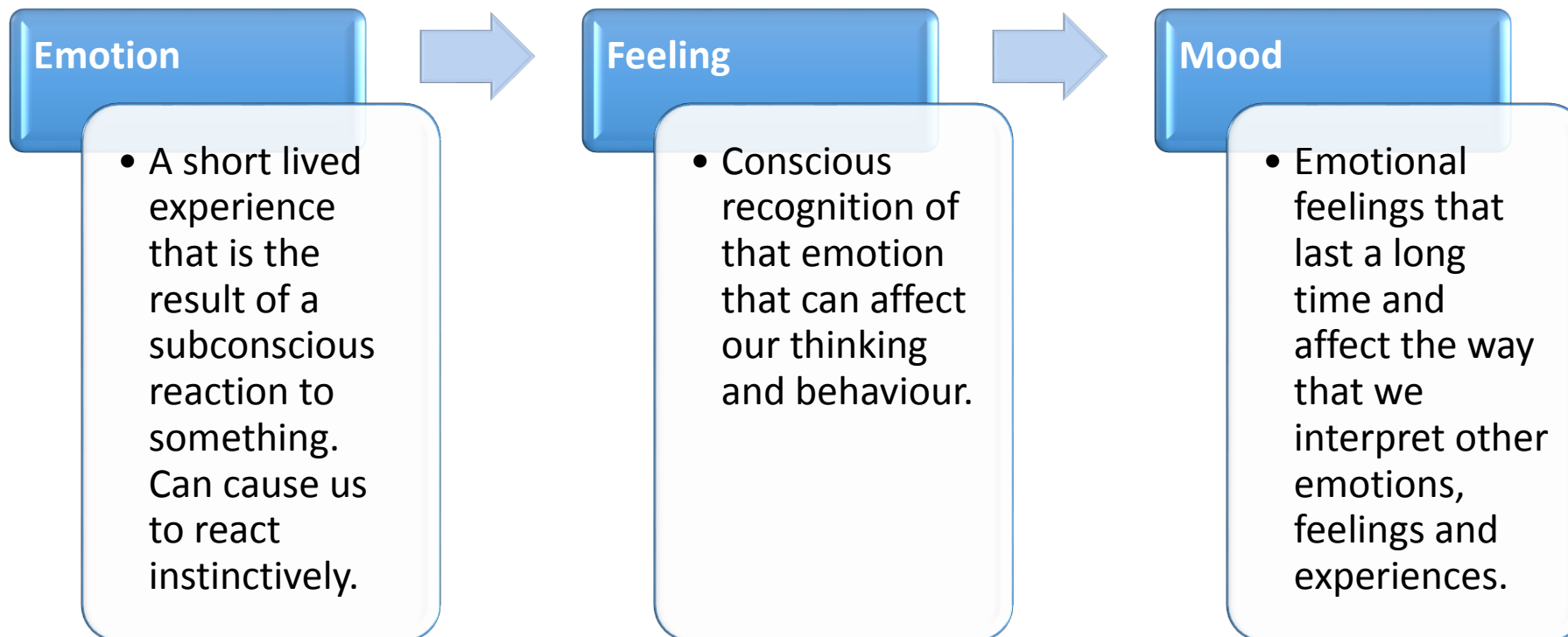
- WHAT is resilience?
- WHY is resilience important?
- WHEN would being resilient be useful?

What factors do you think contribute to building resilience?



Emotions, Feelings and Moods

When something bad or unexpected happens, we react instinctively. We go into **fight or flight mode**, as a defensive response driven by an **emotion**.



Habits of Resilient People

A Positive Outlook

- Resilient people tend to look for the positive in all situations. This doesn't mean they ignore the negative - simply that they are able to balance it out.

Big Picture Focussed

- Resilient people focus on the long term and 'don't sweat the small stuff.'

Adaptability

- Resilient people are willing and able to change their approach and plans rather than being fixated on one outcome or way of doing something.

Sees Different Perspectives

- Resilient people are able to see things from a different point of view. Even if they don't agree with it, they can respect other perspectives and drivers.



Habits of Resilient People

Take Control

- Resilient people focus their energy and attention on what is within their direct control rather than on things that they cannot influence.

Display Emotional Intelligence

- Resilient people recognise and respect their emotions/feelings but don't let them define who they are or drive their behaviour.

Challenge Assumptions

- Resilient people recognise when they are leaping to conclusions, and challenge the assumptions they are making and the conclusions they have drawn. They look for evidence to prove or disprove their thoughts.

Habits of Resilient People

Develop a good support network

- Resilient people build good relationships inside and outside of work, and ask for help when they need it.

Practice mindfulness

- Resilient people focus on the here and now. They live in the present and are aware of their feelings, but don't let them drive their actions.

Reflect and Recharge

- Resilient people understand the importance of mental and physical rest. They take time to reflect and so learn before leaping into the next situation.

Make it Work at Work

What are you going
to **DO** as a result of
this Power Hour
Session?





Thank You
&
Good Luck