



Resilience for Work and Life

Training Program

NAME:

DATE:

THE 4 PARTS

1. Mental Resilience

2. Social Resilience

3. Emotional Resilience

4. Physical Resilience

4

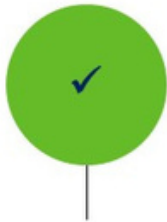
Motivating yourself

Support network

Positive Emotions

Physical Condition

First Things First ...

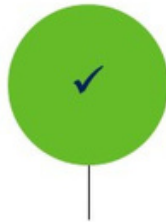


About You

Best communicator?

Why?

Favourite Movie?

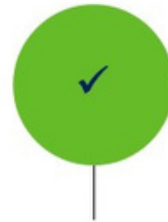


About Me

Resilience Coach

Married 29 years

Triathlete



About Us

Open

Honest

Safe

First Things First ...

8

10

12

2

WORKSHOP SLIDES

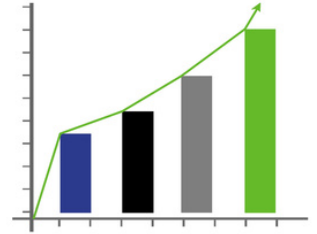
What do you hope to get out of the next two days?



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Where are you starting this program?



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NOTES / REFLECTION

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What could you say thank you to?

THANKS
for being awesome


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noun

The capacity to recover quickly from difficulties; toughness

Advancing



Towards your goals ...

Despite



By being prepared for ...

Adversity



The inevitable challenges

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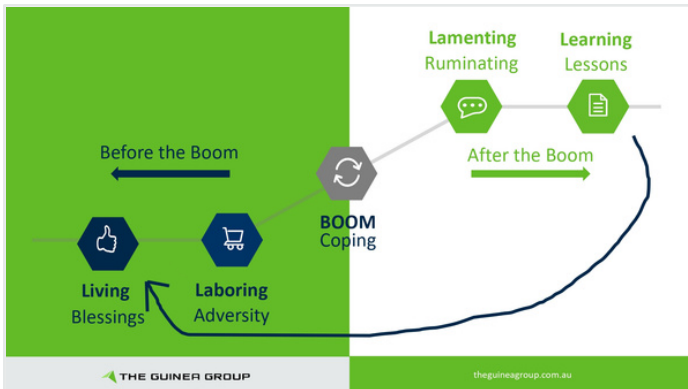
NOTES / REFLECTION

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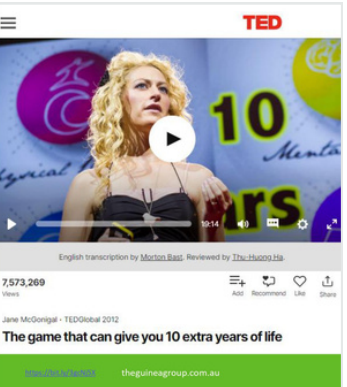
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WORKSHOP SLIDES



In this moving talk, McGonigal explains how a game can boost resilience - and promises to add 7.5 minutes to your life.



English transcription by [Mickun Bass](#), Reviewed by [The History Hub](#)

7,573,269 Views

Jane McGonigal - TEDGlobal 2012

The game that can give you 10 extra years of life

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NOTES / REFLECTION

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What did you learn?



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1. Mental Resilience

- Vision
- Goals
- Actions

Motivating yourself



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NOTES / REFLECTION


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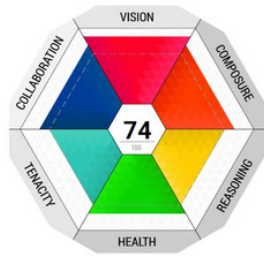
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WORKSHOP SLIDES


PR6






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NOTES / REFLECTION

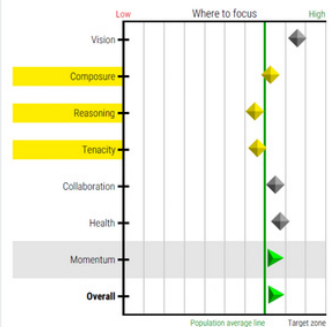
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What did you learn?







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Your **vision** is what you aspire to be like as an individual, along with a sense of confidence that you can achieve the bold goals that you set for yourself.



NOTES / REFLECTION

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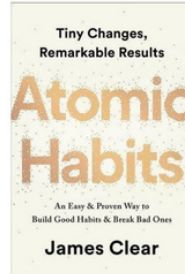
WORKSHOP SLIDES



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Having clarity about your **goals** allows you to be decisive when facing tough choices, and challenges, and to maintain perspective when facing obstacles. Clarity creates focus.

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"Goals are good for setting a direction, but systems are best for making progress" –
From the book *Atomic Habits* by James Clear

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NOTES / REFLECTION



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Follow your systems

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What does your vision look like?

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NOTES / REFLECTION

ACTIVITY



What does your vision look like?

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WORKSHOP SLIDES

2. Social Resilience


- Connect
- Collaborate
- Call




Support network

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Over the past 12 years as the Director of Education at the National Hispanic Cultural Center, Dr. Shelle VanEtten de Sánchez learned indispensable lessons about the power of collaboration in situations of limited fiscal resources, staffing, and time.



The power of collaboration: Dr. Shelle VanEtten de Sánchez at TEDxABQWomen

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<https://www.youtube.com/watch?v=00000000000>
[theguineagroup.com.au](https://www.guineagroup.com.au)

NOTES / REFLECTION


There are four basic needs: The need for **Attachment**; the need for **Control/Orientation**; the need for **Pleasure/Avoidance of Pain**; and the need for **Self-Enhancement**.



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<https://www.guineagroup.com.au>

Collaboration occurs when people work together to achieve a goal. It's another way of looking at teamwork.



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NOTES / REFLECTION

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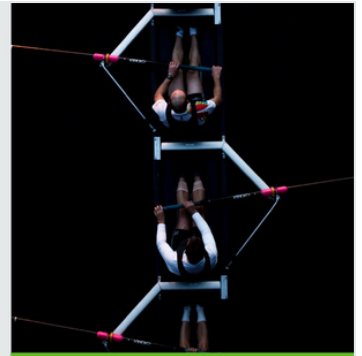
So even if you have 100 people ready to support you, if you don't realise this, you will not feel supported.



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Life is a team sport that we do alone!



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NOTES / REFLECTION

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Who could you collaborate with?



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Team Building Activity – Spaghetti Tower

28

For: Creative Problem Solving & Collaboration Skills
Link: There are times when you need to work together to solve problems

Required: 1 bag of uncooked spaghetti, 1 roll of sticky tape & 1 bag of marshmallows for each team

Instructions: Using just these supplies, which team can build the strongest tower?
 Note that there must be a full marshmallow at the very top of the spaghetti tower, and the whole structure has to stand on its own (that means no hands or other objects supporting it!) for as long as judging takes!!!

Duration: 10 minutes for planning
 30 minutes for building
 20 minutes for debriefing

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NOTES / REFLECTION

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ACTIVITY



What could you collaborate with?

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What did you learn during that activity?

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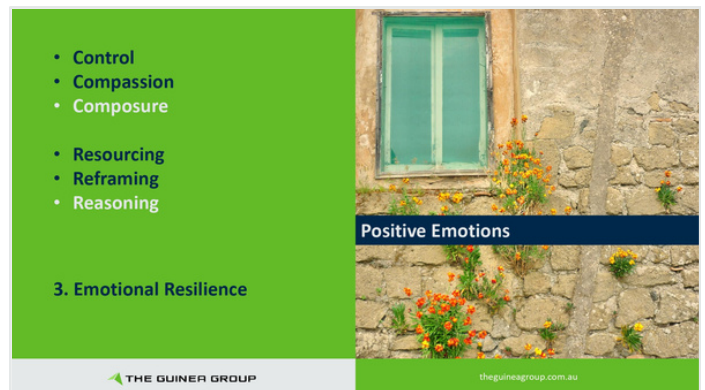
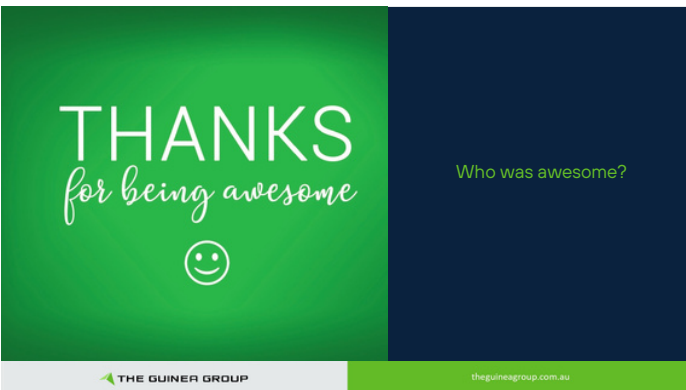
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WORKSHOP SLIDES



NOTES / REFLECTION



NOTES / REFLECTION

WORKSHOP SLIDES

Creating Conscious Control



Self Kindness

Treat yourself like you would treat a friend or family member

Mindfulness

Be present, so that you can respond and not react to the situation

Compassion

Forgive quickly, and move on, others make mistakes too

NOTES / REFLECTION

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2.9

1



If you measured yourself 4 times in a day, where would the four data points be?



NOTES / REFLECTION

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ACTIVITY



If you measured yourself 4 times in a day, where would the 4 data points be?

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WORKSHOP SLIDES

Team Building Activity – Straw Bridge

For: Creative Problem Solving & Collaboration Skills
Link: There are times when you need to work together to solve problems
Required: 50 paper straws, sticky tape, 10 paddle pop sticks

Instructions: Using just these supplies, which team can build the strongest bridge?

1. The bridge must be at least 40cm long (between pylons) and 10cm high
2. The bridge must be able to support at least 2 x 750 ml water bottle for at least 30 seconds
3. The bridge can be supported by no more than 4 pylons (only 4 points of contact with the ground)

Duration: 10 minutes for planning
 30 minutes for building
 20 minutes for debriefing

What did you
learn from that
activity?

ACTIVITY



What did you learn from the activity?

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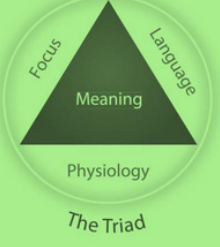

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WORKSHOP SLIDES

 <p>THE GUINEA GROUP</p>	<p>"Be positive, be strong and be resourceful. The world really is what you make of it." Bear Grylls</p> <p>theaninegroup.com.au theguineagroup.com.au</p>	 <p>THE GUINEA GROUP</p>	<p>The real reason for the issue might not be the reason that you think it is ...</p> <p>theguineagroup.com.au</p>
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NOTES / REFLECTION

 <p>THE GUINEA GROUP</p>	<p>Reframing is "the capacity to change one's point of view, and therefore to explore one's situation in a different light" (Smith, 1984: 290).</p> <p>theaninegroup.com.au theguineagroup.com.au</p>	 <p>THE GUINEA GROUP</p>	<p>"What are you going to say to yourself to reframe your next challenge"</p> <p>theaninegroup.com.au theguineagroup.com.au</p>
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NOTES / REFLECTION

ACTIVITY



What are you going to say to yourself to reframe your next challenge?

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WORKSHOP SLIDES



GUEST SPEAKER

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- Tenacity
- Heart
- Health
- Healing

4. Physical Resilience



Physical Condition

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NOTES / REFLECTION

Tenacity:

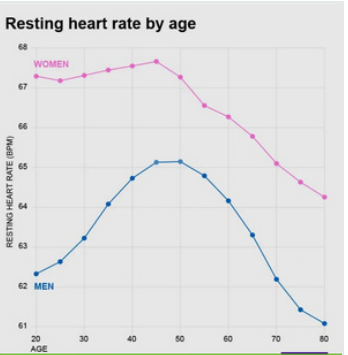
- the quality or fact of continuing to exist; persistence
- "the tenacity of certain myths within the historical record"



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"Your resting heart rate is a very easily understood and digestible metric," says McLean. "It's something that lets you say, 'Wow, I see my resting heart rate — I see it changing, that means something.'"

Resting heart rate by age



AGE	RESTING HEART RATE (BPM) - MEN	RESTING HEART RATE (BPM) - WOMEN
20	62	67
30	63	67
40	64	67
50	65	67
60	64	66
70	62	65
80	61	64

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NOTES / REFLECTION

WORKSHOP SLIDES

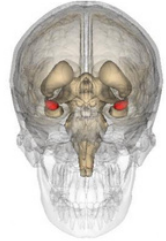
"BDNF supports the survival of neurons and brain cells, promotes synaptic connections between neurons, and is essential for learning and long-term memory storage!"

BDNF

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"Research suggests that sleep contributes to memory function by converting short-term memories into long-term memories, as well as by erasing, or forgetting, unneeded information that might otherwise clutter the nervous system!"



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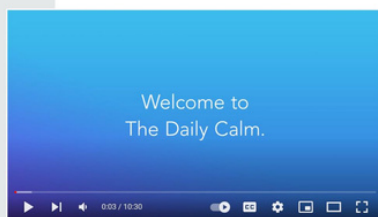
NOTES / REFLECTION

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"Trust the process!"



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NOTES / REFLECTION

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ACTIVITY



Where are you ending this program?

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ACTIVITY



What did you get out of the last two days?

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NOTES / REFLECTION

NOTES / REFLECTION



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ANY QUESTIONS? WE'RE HERE TO HELP

We exist to support leaders to upgrade their mindset, upskill their leadership, and uplift their teams, to create psychologically safe and high performing teams!

+61 422 058 736 | theteam@theguineagroup.com.au

FOLLOW US

