

i Most resilient Family

- Nan: Keeps going  
- 'Have a base-line

Grandad: POW / Never give up

Mum: Keeps going

Wife: His & lo's of life For kids

- Dave Goggins: Intense,  
- No excuses

→ Mum: Dad's fam! Values  
No #

Mandela: Keep going +

Sister: Balanced Rock

Sister: Takes it in stride

9.30 12.30

3.29.30 →  
Scaling

- Experience:

- A 'feeling' - as a team,  
we are resilient with 7, 9/10  
each other. Understanding

(€)

Step 1.

10

Build resilience - Per  
the next 5 years - Cape

Cape

How can we help  
each other with resilience

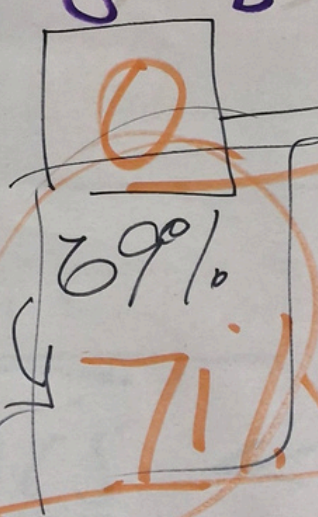
10

good team member!

(Intert) 10

can't measure want

6.5, 8, 7, 8, 7, 5, 9, 9  
 8, 9, 8, 8, 10, 9, 9, 9, 3



Before  
 After

43%  
 54%  
 100%

• Outputs same

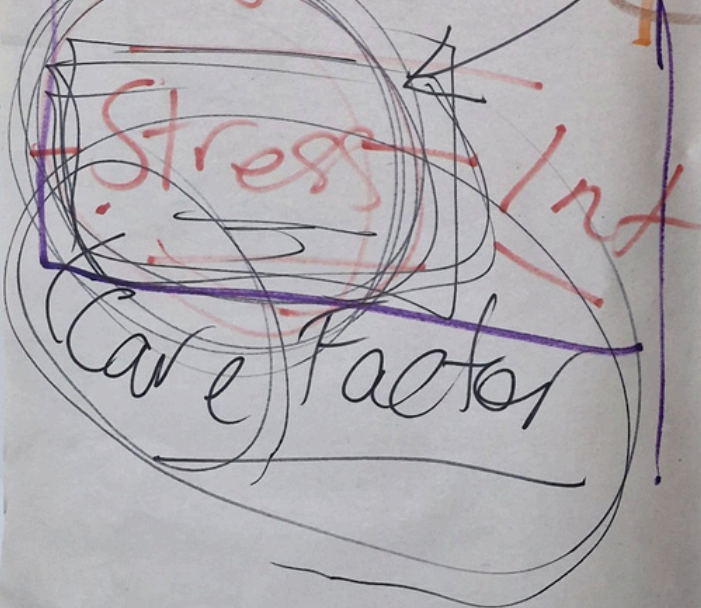
• Yuri helped!  
 would

• Like it higher

• Takes time

Continue to improve

Pressure  
 - External  
 (Duvross)  
 we give 100%



Leave



- Work well together
- Prioritise as a team

Basics

- "We don't turn on each other!" Better

- Support each other!

- Feel Safe (no criticise)

- Bring in good people

# Jane's TED Talk

- Self awareness
- It will get better
- Period varies  $\frac{34}{\leftarrow} \text{ } \rightarrow \frac{365}{\rightarrow}$

S, E, M, P - Activities

Relationships  
 - 3:1 emotion ratio  
 - 5:1  
 (losada line)

Physical - Move

Be true self

Compliment

Accept of Learn

① - AG - Send. Luri, Luris  
Resilience

PK66

Bran

75 ?

66

78

51

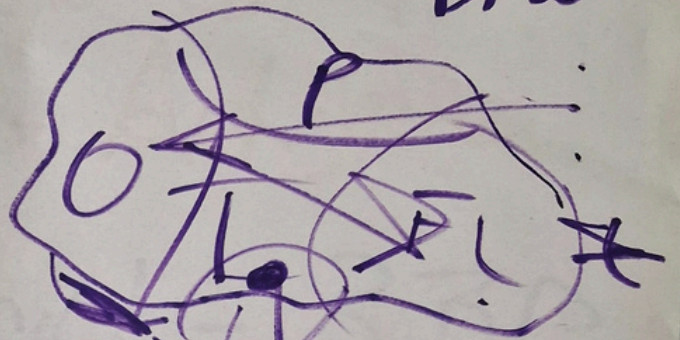
98

79

62

73

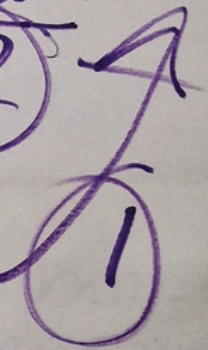
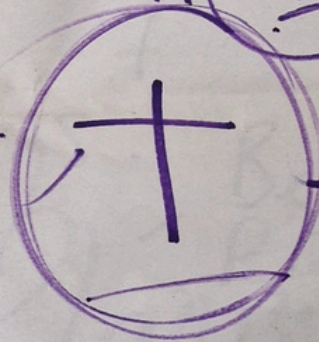
89



React

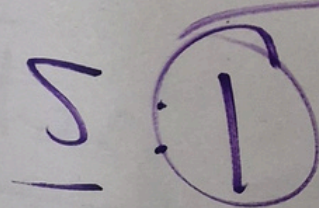
12

3



\*Composed

Preservo



# 'Isolation' of Sciences 1

- Awareness of complete  
role (location) - Achieve

- Production Report - 3BP

- Trainee Operators

- Team meetings +

Be more present

- Shutdown Planning

(Dedicated team member in team)

\* Women's network

(Be seen - Contact +)

- Policy reviews

Forums

# Learning

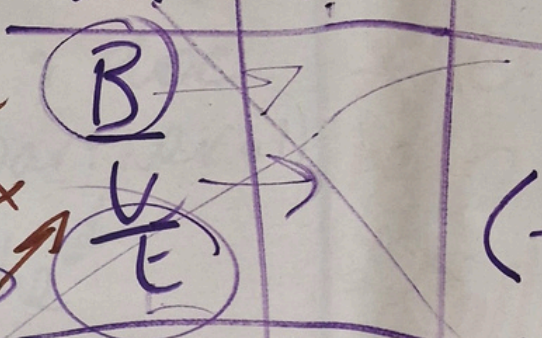
- Document goals!  
(Personal & prof.)
- PEMS! :-)
- 'Gotos'
- Don't work so hard!
- Don't stress hard! (55)
- Health first
- Acceptance of "what I can change"
- I'm happy?
- "Own the gap" - Pause



'WIIFM'

A | B | C

230 age  
52 max  
168



Important  
Tenacious

Feelings 500  
25

A Fewer

> Important

> Fortitude

> Never give up

> Get up & keep going

> Balance - Experience  
Knowledge

76, 86, 52, 75, 70, 78, 86, 70

Escalate  
Persevere  
Systems

## Pers Actions

- Define & doc  
a vision (personal)

- Find the  
motivation

- Go to the gym!!!

- Respond, not  
react... Mind the  
gap (Own the gap)

- Proactive about  
health, walking,  
& dietary changes &  
↓ RHR.

- Respond & ask?  
more! What?

- Wake up not  
tired!

- Lose Kgs

## Team

\* Personal → To  
help professional

- Collaborate  
on a plan for  
goals! (vision),  
(eg: Resin ✓✓)  
(Experience of  
team)

## Ferrous

tank empty  
by March

- Networking  
opportunities

word: (Conclusive) ✓ ∩ Process

Informative ∩

- Healing! ∩

- Finished!

- Productive

- New-info

- Interesting

- Engaging

(11)