



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

Most Resilient Human?
Why?
Favourite Movie?



About Me

Resilience Coach
Married 27 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	Despite	Adversity
		
Towards your goals ...	By being prepared for ...	The inevitable challenges

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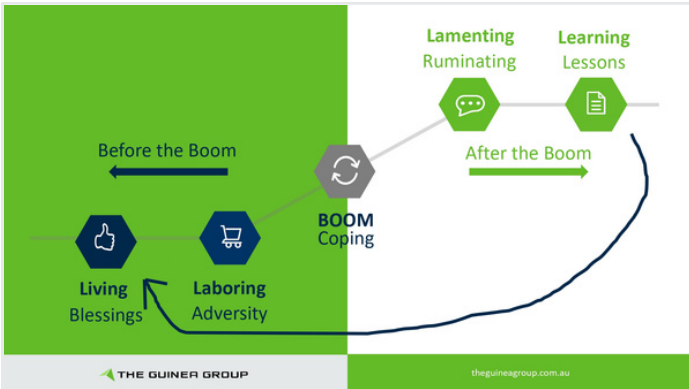
NOTES / REFLECTION

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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.

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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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ACTIVITY



What did you learn?

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WORKSHOP SLIDES

PR6



driven
theguineagroup.com.au

THE GUINEA GROUP



driven
hellodriven.com

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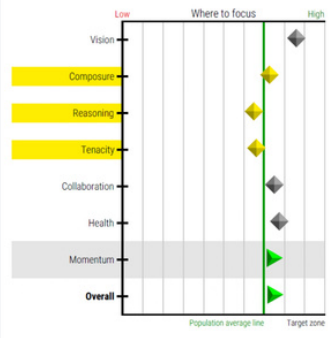
NOTES / REFLECTION

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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.

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NOTES / REFLECTION

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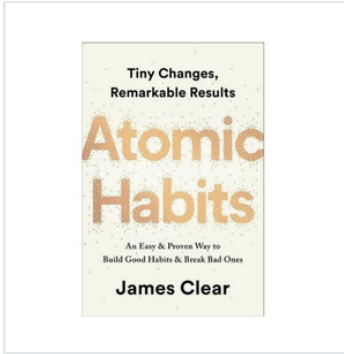
WORKSHOP SLIDES



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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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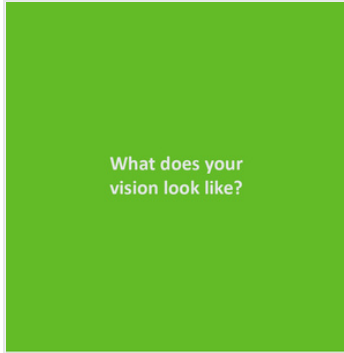


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“
WORDS MAY INSPIRE BUT
ONLY ACTION CREATES
CHANGE.
— Simon Sinek

Follow your systems

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What does your vision look like?

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NOTES / REFLECTION

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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

https://www.youtube.com/watch?v=...

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NOTES / REFLECTION

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Thread **Injection** **Hurt** **Haystack** 23

Sewing **Pain** **Eye** **Sharp** **Picked**

Pin **Thimble** **Point**

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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**.



https://www.youtube.com/watch?v=...

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NOTES / REFLECTION

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WORKSHOP SLIDES

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



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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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NOTES / REFLECTION

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Life is a team sport that we do alone!



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Who could you collaborate with?



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NOTES / REFLECTION

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ACTIVITY




What could you collaborate with?

A large writing area with horizontal dotted lines for notes.


WORKSHOP SLIDES

Activity

The Rules ...



29

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Team Building Activity – Spaghetti Tower

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, and 1 bag of marshmallows

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

30

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NOTES / REFLECTION

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What did you learn during that activity?



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Look around

1 | control

dog

chair

boat

window

block

fan


wheel

tray

bottle

fence

32

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NOTES / REFLECTION

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ACTIVITY




What did you learn during that activity?

A large area with horizontal dotted lines for writing the response.

WORKSHOP SLIDES


Look around 33

<p>1 control</p> <ul style="list-style-type: none"> dog chair boat window block fan wheel tray bottle fence 	<p>2 compatible</p> <ul style="list-style-type: none"> red yellow green blue red blue yellow green blue red
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Look around 34

<p>3 incompatible</p> <ul style="list-style-type: none"> red yellow green blue red blue yellow green blue red

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NOTES / REFLECTION

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Day 2

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GUEST SPEAKER

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NOTES / REFLECTION

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WORKSHOP SLIDES

THANKS

for being awesome



Who was awesome?

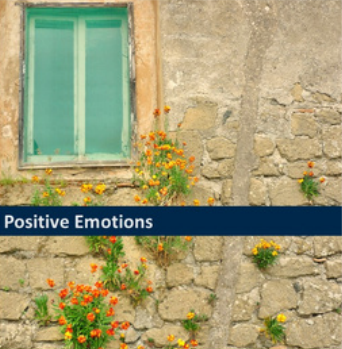
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- Control
- Compassion
- Composure

- Resourcing
- Reframing
- Reasoning

3. Emotional Resilience



Positive Emotions

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NOTES / REFLECTION

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Creating
Conscious
Control



• Psychological Safety
 • Psychological Empowerment
 • Psychological Connection

• Try
 • Trust
 • Tell

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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

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NOTES / REFLECTION


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WORKSHOP SLIDES

2.9 

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Credit: Leah Kuyper

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



NOTES / REFLECTION

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What did you learn from that activity?





“Be positive, be strong and be resourceful. The world really is what you make of it.”
Bear Grylls

NOTES / REFLECTION

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ACTIVITY



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

Handwriting practice area with 20 horizontal dotted lines.

ACTIVITY



What did you learn from that activity?

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WORKSHOP SLIDES



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The real reason for the issue might not be the reason that you think it is ...

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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).

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NOTES / REFLECTION

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“What are you going to say to yourself to reframe your next challenge”

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GUEST SPEAKER

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NOTES / REFLECTION

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ACTIVITY



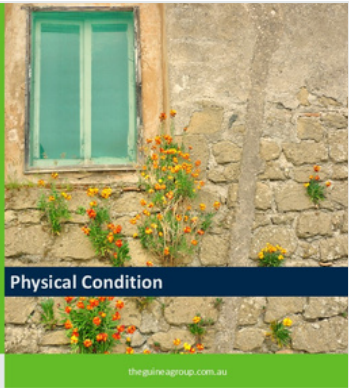
What are you going to say to yourself to reframe your next challenge?

A large light green area with horizontal dotted lines for writing.

WORKSHOP SLIDES

- Tenacity
- Heart
- Health
- Healing

4. Physical Resilience



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

NOTES / REFLECTION

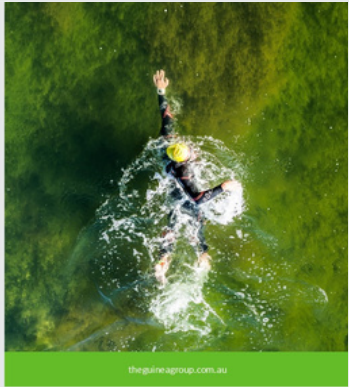
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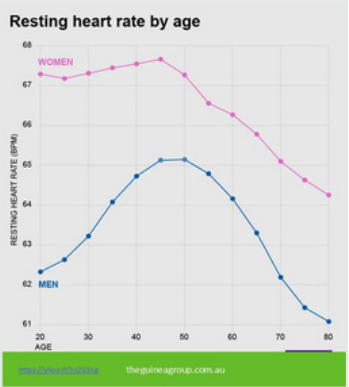
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Tenacity:

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



"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.'"



NOTES / REFLECTION

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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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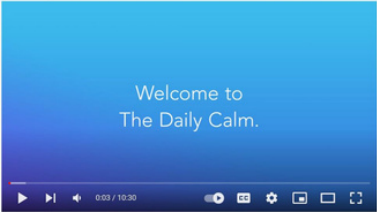
NOTES / REFLECTION


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“Trust the process!”



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NOTES / REFLECTION

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ACTIVITY



Where are you ending this program?

ACTIVITY



What did you get out of the last two days?

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NOTES / REFLECTION

A large area for notes or reflection, featuring a light green background and horizontal dotted lines for writing.

NOTES / REFLECTION

A series of horizontal dotted lines for writing notes or reflections.

NOTES / REFLECTION

A series of horizontal dotted lines for writing notes or reflections.



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!

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