

## WHAT'S STOPPING YOU? DEVELOPING RESILIENCE

**Joanne Ford**  
**Training and Development Advisor**



# Developing Resilience

## TODAY WE WILL LOOK AT....

- Definition of Resilience
- Why do some people cope better with setbacks than others?
- What's stopping you from progressing?
- Resilient Mindset

# Developing Resilience

WHAT DO WE MEAN BY RESILIENCE?

“Resilience is the process of adapting well in the face of adversity.”



# Developing Resilience

## ACTIVITY

- In the envelope you will find a series of facts and achievements about 5 well-known people in 5 different career fields.
- Match the facts and achievements to the career and guess the name of the person.
- Are there any common attributes or personality traits?

# Developing Resilience

Resilience is not a trait that people either have or do not have. It involves behaviours, thoughts and actions that can be learned and developed by anyone.

**It's all to do with your MINDSET.**

# Developing Resilience

## SO WHAT'S STOPPING YOU?

The greatest  
*limitations*  
you will ever face  
will be those you  
place on yourself.

Denis Waitley



# Developing Resilience

SO WHAT'S STOPPING YOU?

**Fear of Failure?**

No self belief?



Procrastination?



Comfort Zone?



# Developing Resilience

## SO WHAT'S STOPPING YOU?

- **Fear of failure?**





# Developing Resilience

## Your typical mindset might be:

I am never going to get anywhere

I might make a fool of myself

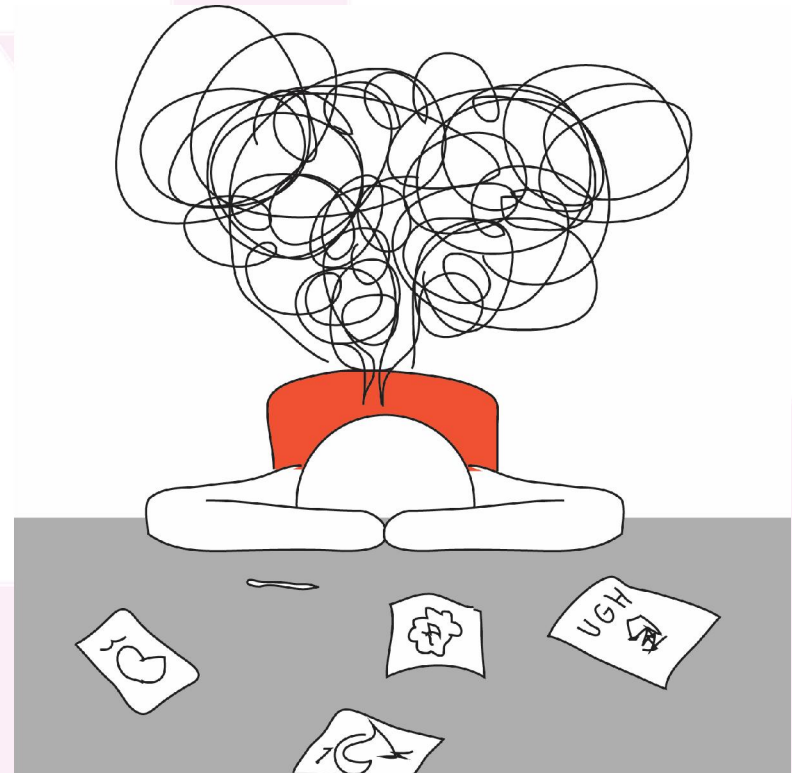
I haven't got time to do this properly so I  
won't do it at all

I'm not good enough

# Developing Resilience

## Result:

- Missed opportunities
- Stuck in a rut
- Frustration
- Demotivated



# Developing Resilience

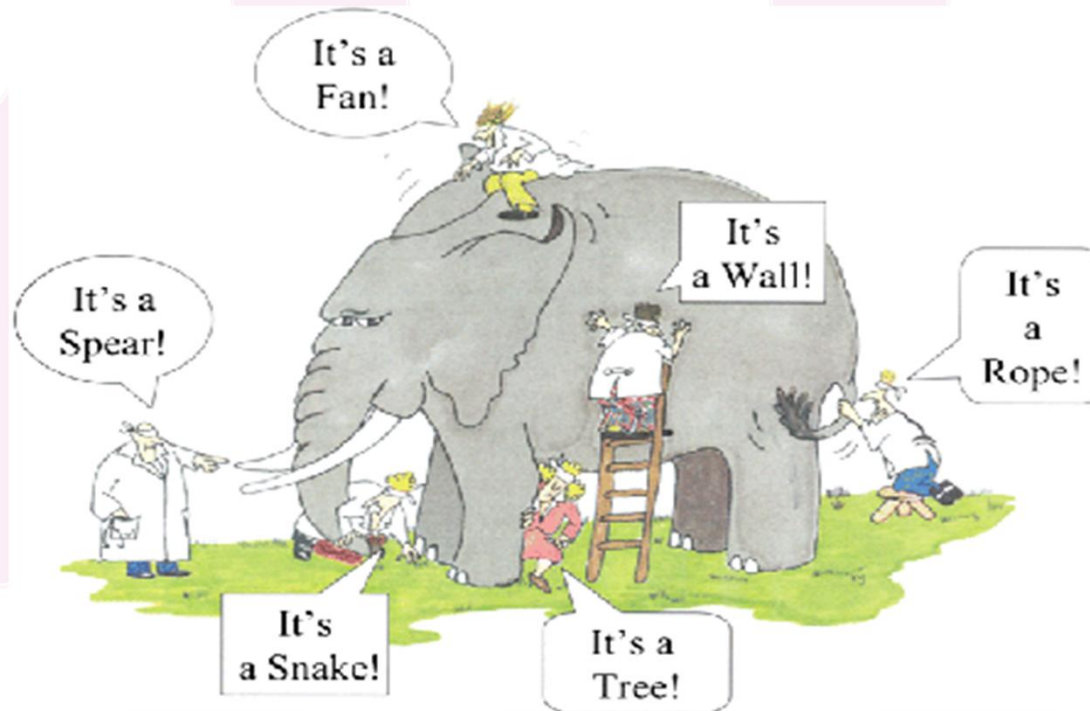
We cannot control events, but  
we can control how we react to  
events

Formula:      Event + Response = Outcome\*

\* “Shut up and Move On” – S.U.M.O. – Paul McGee

# Developing Resilience

“Thoughts and perceptions are not necessarily facts”



# Developing Resilience

Think like Mr Spock!



Emotional vs Rational

# Developing Resilience





# Developing Resilience

“ I CAN'T CHANGE  
THE DIRECTION  
OF THE WIND,  
BUT I CAN *adjust*  
MY SAILS TO ALWAYS  
REACH MY DESTINATION. ”



# Developing Resilience



**S**ee your goal

**U**nderstand the obstacles

**C**reate a positive mental picture

**C**lear your mind of self doubt

**E**mbrace the challenge

**S**tay on track

**S**how the world you can do it

## Any questions?

