

WHAT'S STOPPING YOU? DEVELOPING RESILIENCE

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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

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WHAT DO WE MEAN BY RESILIENCE?

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



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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?

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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.

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SO WHAT'S STOPPING YOU?

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

Denis Waitley



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SO WHAT'S STOPPING YOU?

Fear of Failure?

No self belief?



Procrastination?

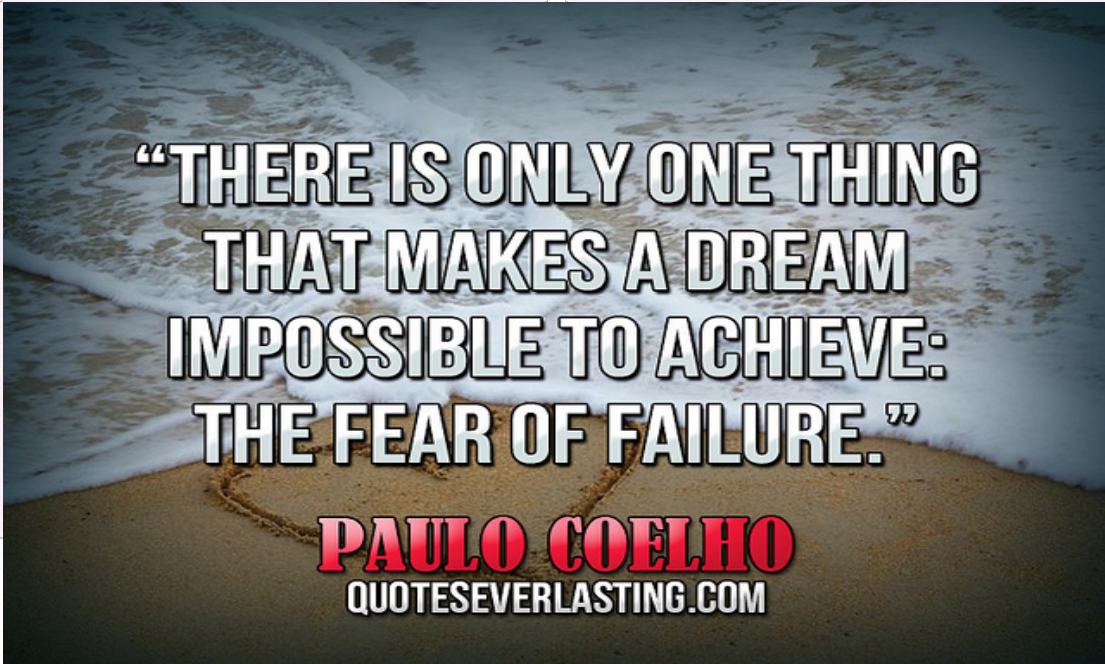


Comfort Zone?

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SO WHAT'S STOPPING YOU?

- **Fear of failure?**



“THERE IS ONLY ONE THING
THAT MAKES A DREAM
IMPOSSIBLE TO ACHIEVE:
THE FEAR OF FAILURE.”

PAULO COELHO
QUOTESEVERLASTING.COM

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Your typical mindset might be:

I am never going to get anywhere

I might make a fool of myself

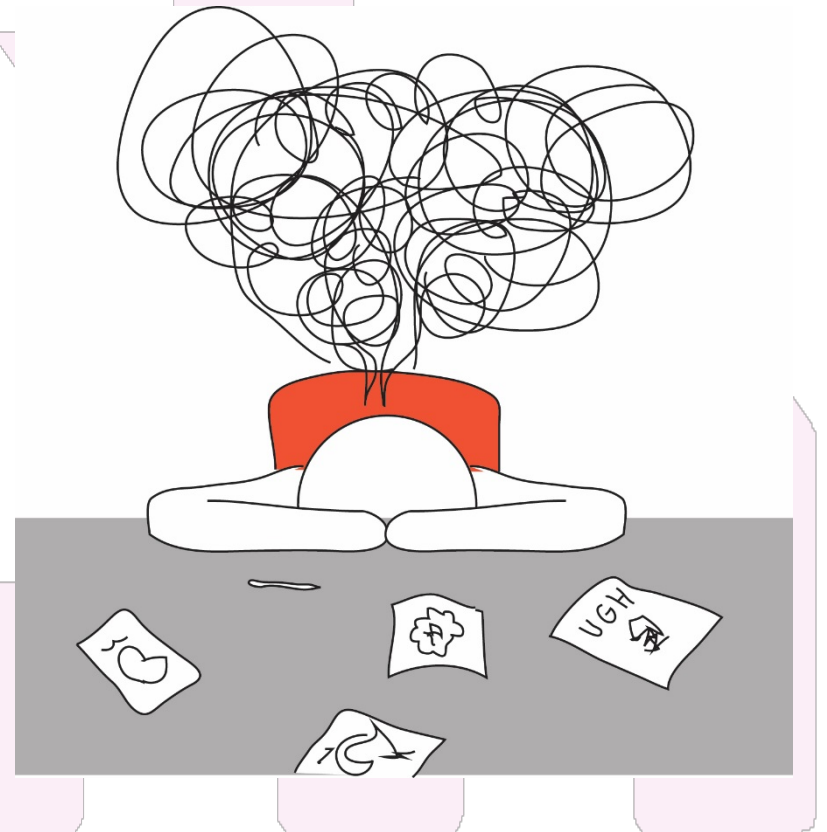
I haven't got time to do this properly so I
won't do it at all

I'm not good enough

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Result:

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



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

Formula: $\text{Event} + \text{Response} = \text{Outcome}^*$

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

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“Thoughts and perceptions are not necessarily facts”



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Think like Mr Spock!



Emotional vs Rational

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



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See your goal

Understand the obstacles

Create a positive mental picture

Clear your mind of self doubt

Embrace the challenge

Stay on track

Show the world you can do it



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Any questions?

