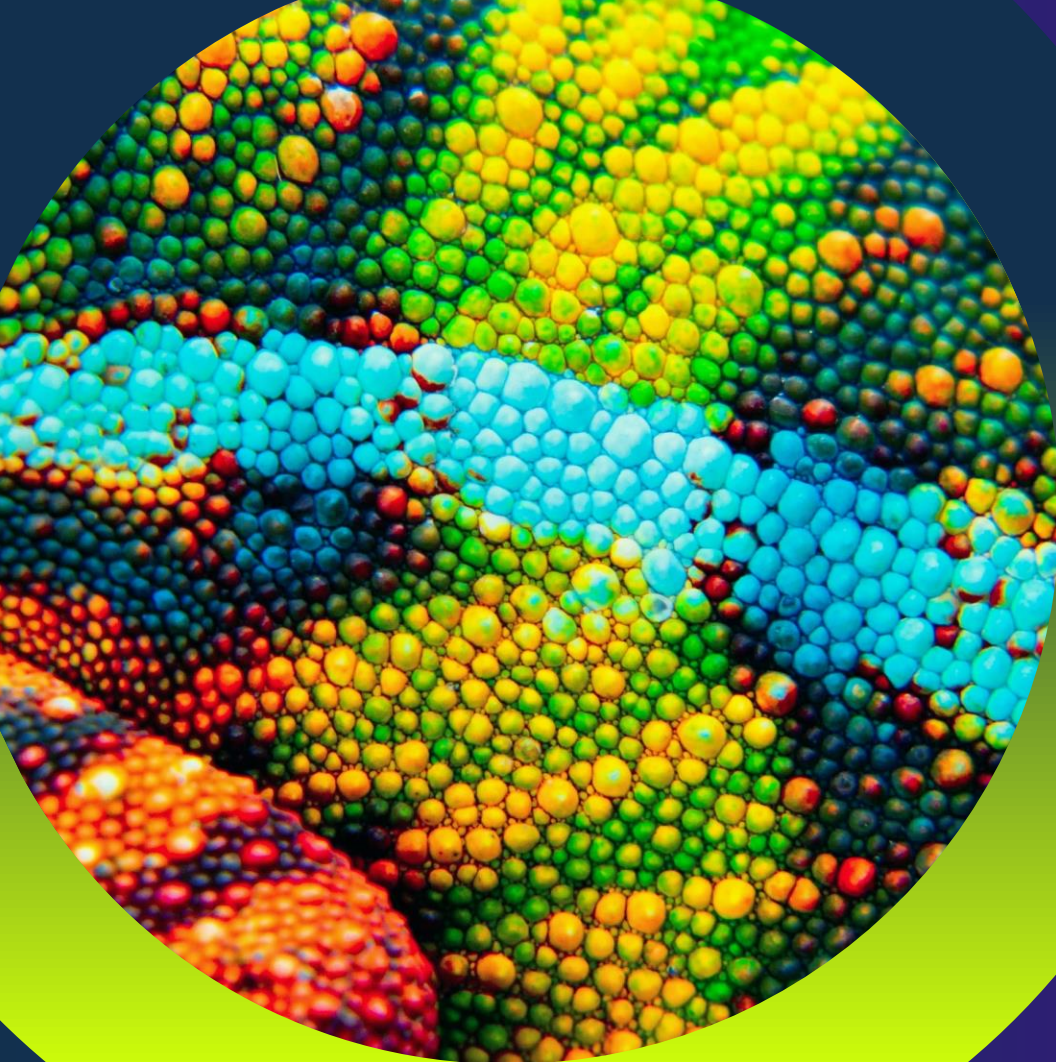


Developing Resilience in Yourself & Others



Rachel Hewitt-Hall

What You'll Learn During Today's Session

A young boy with brown hair and large black-rimmed glasses is looking upwards with a confused expression. A yellow sticky note with a black question mark is stuck to his forehead. The background is a light gray gradient with a decorative green and blue wave shape on the right side.

- **What Resilience is**
- **Why Resilience is Important**
- **How to Develop Resilience in Yourself & Others**

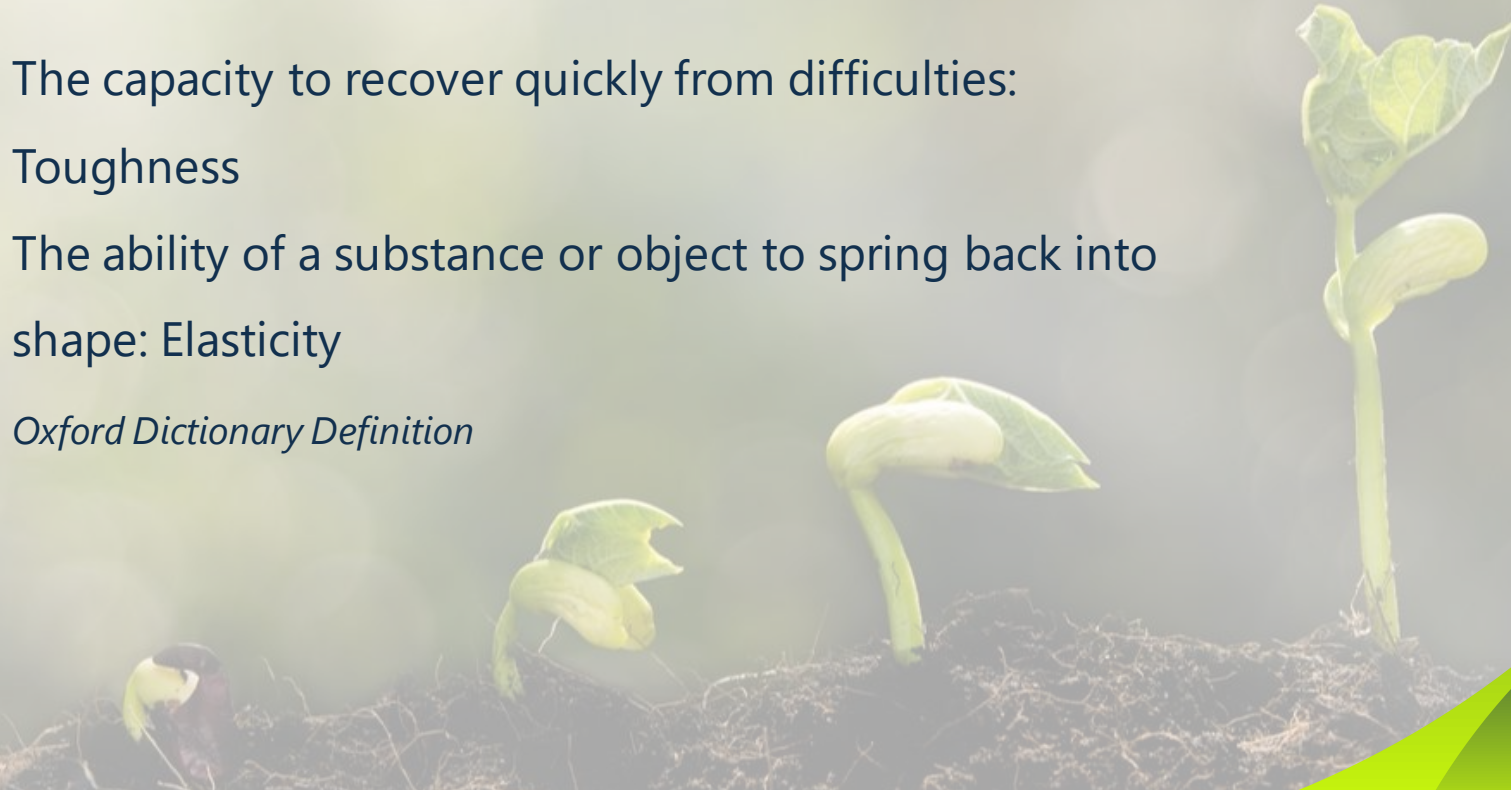
What Is Resilience?

The capacity to recover quickly from difficulties:

Toughness

The ability of a substance or object to spring back into shape: Elasticity

Oxford Dictionary Definition

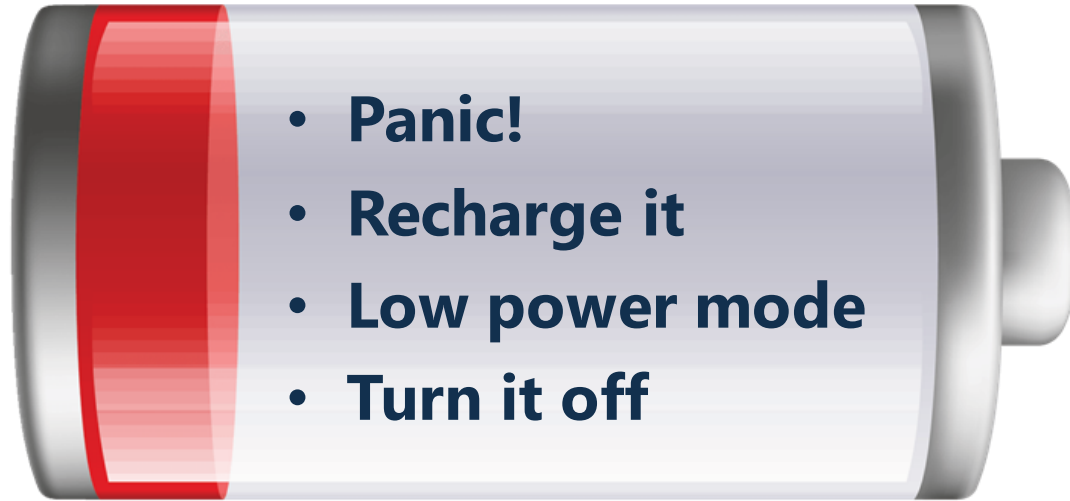


Let's Look At The Numbers...

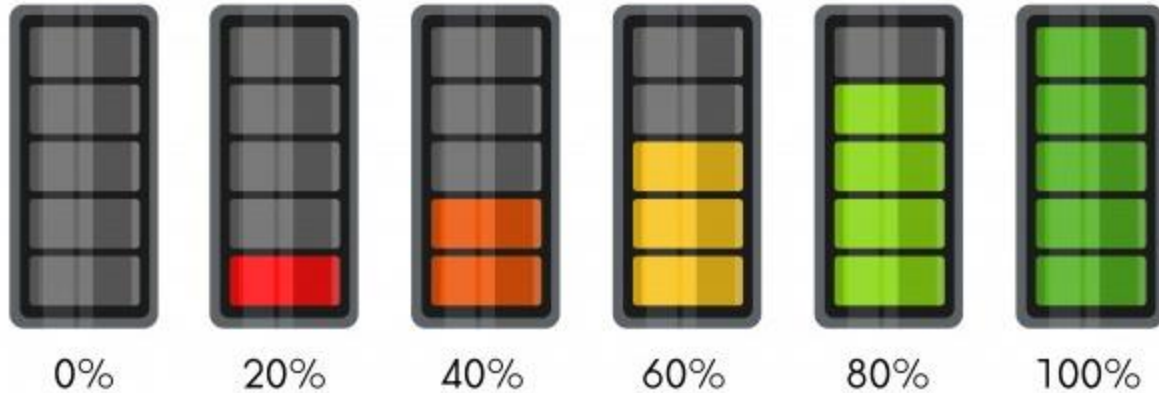


Source: Thriving at Work: The Independent Review of Mental Health and Employer, Stevenson & Farmer, 2017

What Do You Do When Your Battery is Low?



How's your Energy?



Resilient People



Elon Musk



Oprah Winfrey



Malala Yousafzai



Prince Harry

Attributes of Resilience

ACT – How you handle challenges

- Self Assurance
- Self Composure
- Problem Solving
- Goal Orientation

INTERACT – How you communicate
& connect with others

- Courageous Communication
- Social Support



Developing Resilience in Yourself & Others



1

Focus on what you can control

2

Manage your emotions before they manage you

3

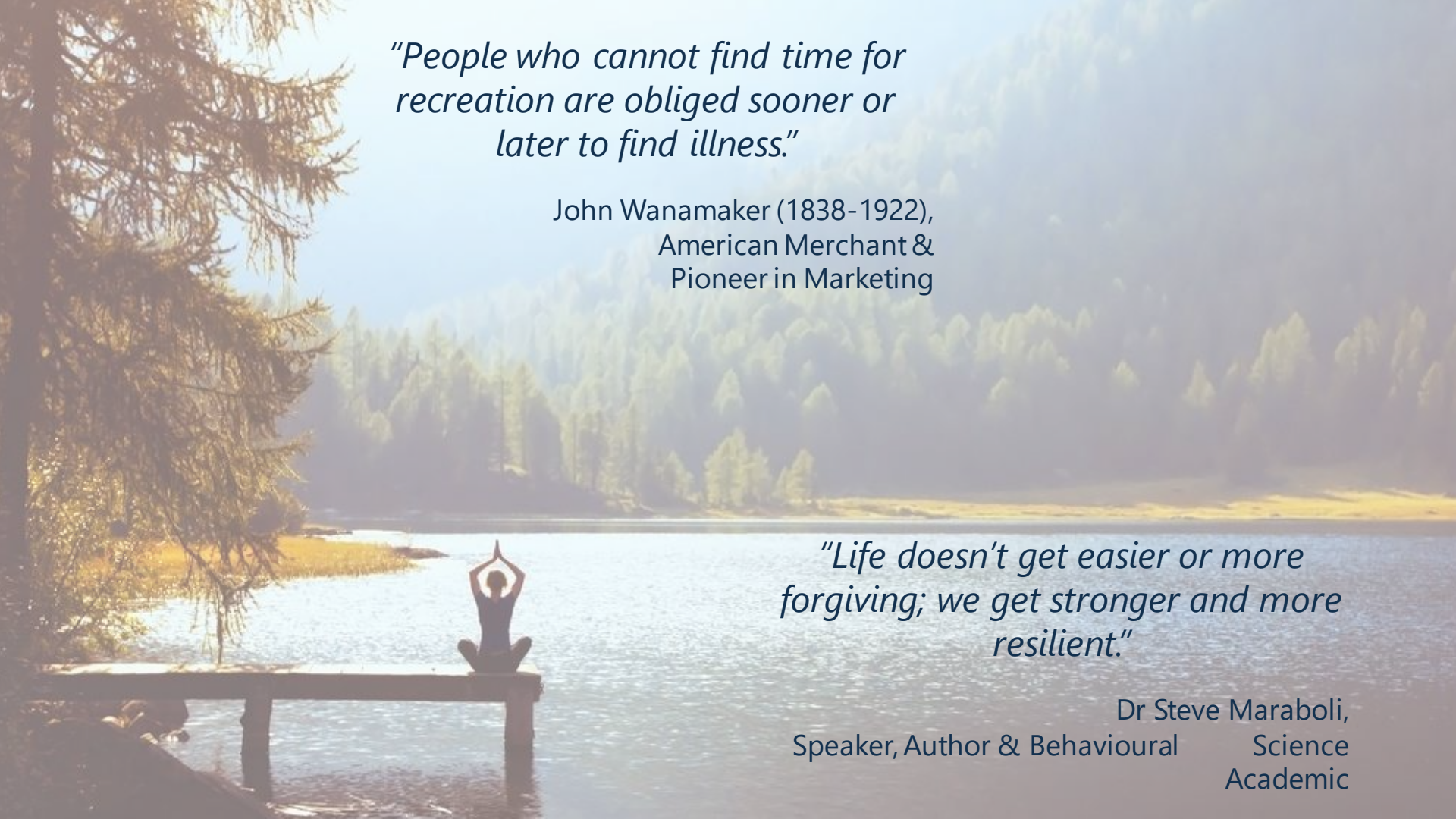
Build and nurture supportive relationships

4

Have a positive outlook

5

Break any recurring sabotaging thought patterns

A person is sitting on a wooden pier extending into a calm lake. They are in a meditative pose with their hands raised in a prayer position above their head. The background features a dense forest of evergreen trees under a clear sky. The scene is bathed in soft, golden light, suggesting early morning or late afternoon. The water reflects the light, creating a shimmering effect.

*"People who cannot find time for
recreation are obliged sooner or
later to find illness."*

John Wanamaker (1838-1922),
American Merchant &
Pioneer in Marketing

*"Life doesn't get easier or more
forgiving; we get stronger and more
resilient."*

Dr Steve Maraboli,
Speaker, Author & Behavioural Science
Academic

Keep in Touch...

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Link in with me now...



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