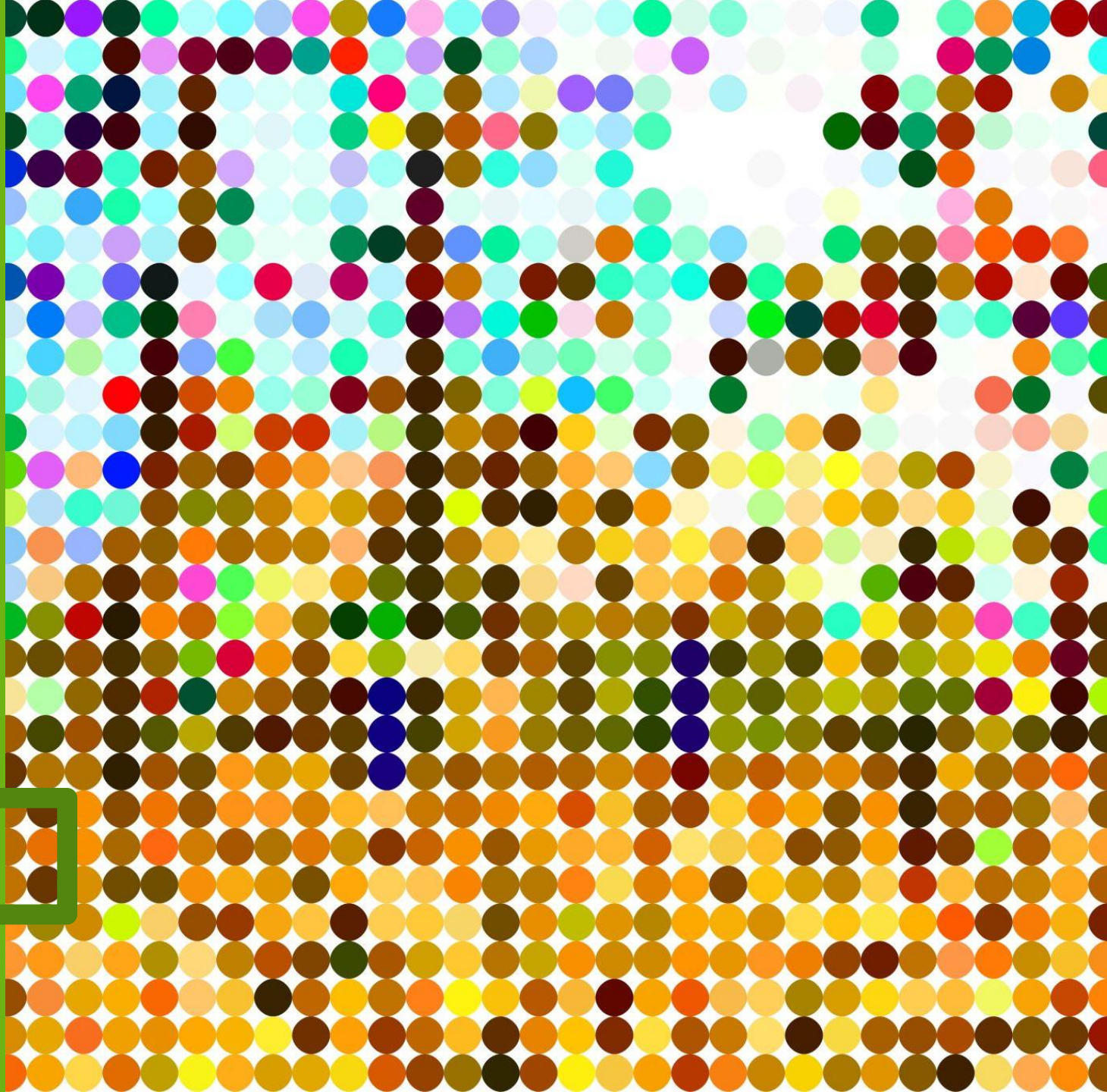


Real World Resiliency

Debra Howell, PMP



What is Resiliency?

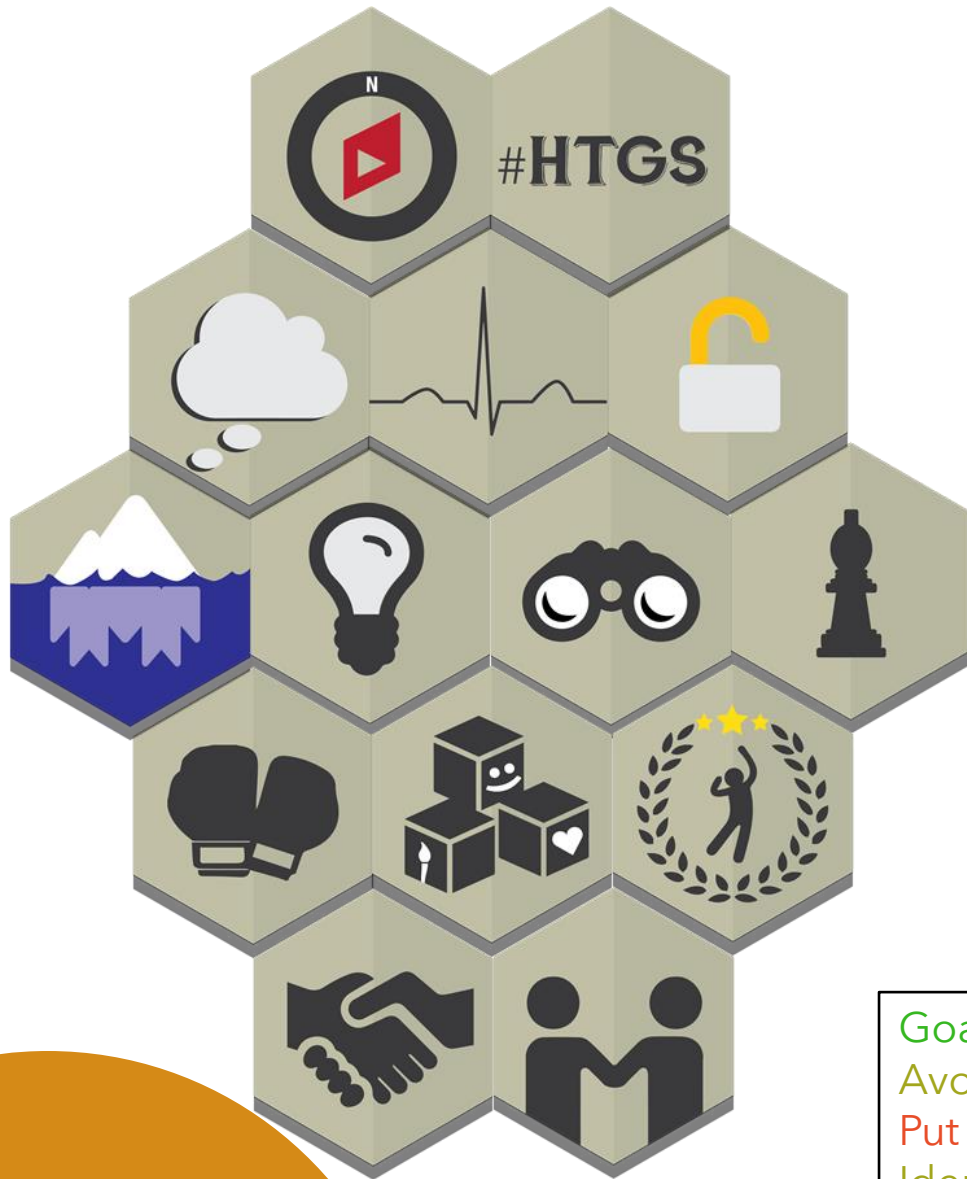
Think about a time when you felt resilient or when you noticed someone else behaving in a resilient way.



WHAT REQUIRED YOU/THEM
TO BE RESILIENT?



WHAT DO YOU THINK ENABLED
THAT RESILIENCE?



Resiliency Overview


- 6 Core Competencies
 - Self-awareness
 - Self-regulation
 - Optimism
 - Mental Agility
 - Strengths of Character
 - Connection
- 14 Skills: shield

Goal setting - Hunt the Good Stuff - ATC - Energy Management
Avoid Thinking Traps - Detect Icebergs - Problem Solving
Put It In Perspective - Mental Games - Real-Time Resilience
Identify Character Strengths in Self and Others - Assertive Communication
Character Strengths: Challenges and Leadership
Effective Praise and Active Constructive Responding

How Has It Been Going Lately?



Over the last month at work, I felt mostly like I was:




Really struggling

Feeling on top of the world

Not feeling terrible, but just getting by

Living well despite some struggles



**When you
experience
yourself
struggling,
would you
more
often:**

A - Toughen up softy!

B - I'm doing the best that I can

A - Go it alone

B - Reach out to others for help

A - Try your best to ignore it

B - Try to numb the feeling somehow

Hunt the Good Stuff

- Based on the work of Martin Seligman
- Builds positive emotion, optimism, gratitude (studied by Robert Emmons)
- Counteracts the Negativity Bias
- Leads to:
 - Better health, better sleep, feeling calm
 - Lower depression and greater life satisfaction
 - More optimal performance
 - Better relationships



A woman with long dark hair, wearing a bright yellow raincoat, is smiling and looking upwards in the rain. The background is a blurred green, suggesting an outdoor setting. The rain is captured as many small white streaks falling around her.

Hunt the Good Stuff Journal

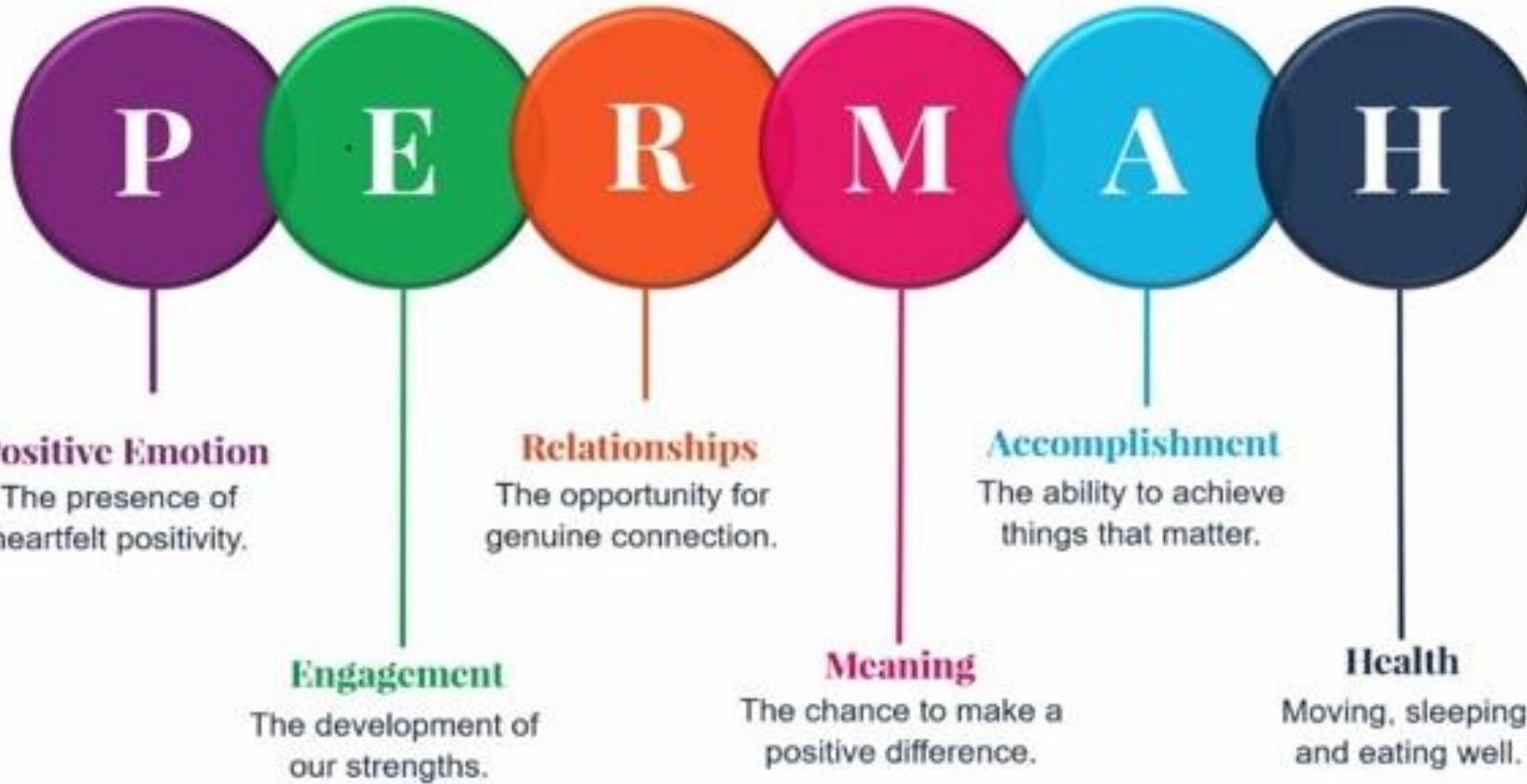
- Record three good things each day.
- Next to each positive event that you list, write a reflection (at least one sentence) about one or more of the following topics:
 - Why this good thing happened
 - What this good thing means to you
 - What you can do tomorrow to enable more of this good thing
 - What ways you or others contribute to this good thing

Application

- Optimism (not toxic positivity) adds to our resilience
- First lens we look through when faced with a problem or challenge
- Builds connection with others...connection gives you people you can count on
- Enhances your overall well-being

Being positive doesn't mean you live in Candyland. Positive people have real problems. They get angry. They challenge people and fight hard for what they believe in. Positivity is not about wearing rose-colored glasses and rolling over when the going gets tough. It's about being strong. It's about being self-aware and accountable for your emotional state.

www.isaiahhankel.com/book



(Seligman, 2012)



Questions?