

Resilience

* To overcome or move on from unpleasant experiences which could ‘over-shadow’ our future
* To steer through everyday adversities, stress and challenges
* To recover from major setbacks or trauma
* To grow from experience



Resilience Espresso

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1.

Understanding resilience

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**Energy** Sustaining and renewing physical energy to have the capacity to keep going through challenging times.

**Future focus** Having a clear sense of purpose and direction to help to move forwards without getting stuck or feeling held back.

**Inner drive**

Sustaining self belief when times get tough, displaying confidence, motivation and perseverance.

**Flexible thinking** Having an open and optimistic mindset, enabling a positive and adaptive response to change and challenges.

**Strong relationships** Building open and trusting relationships, and being willing to

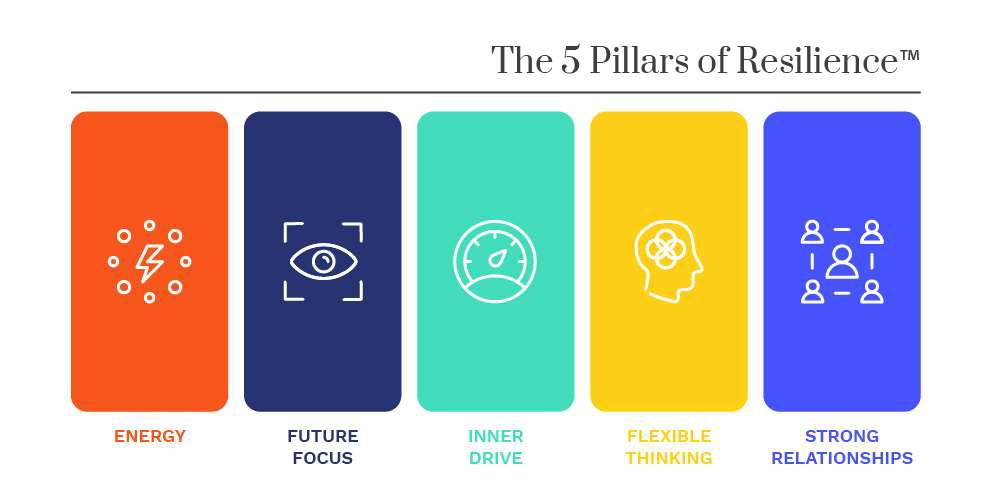
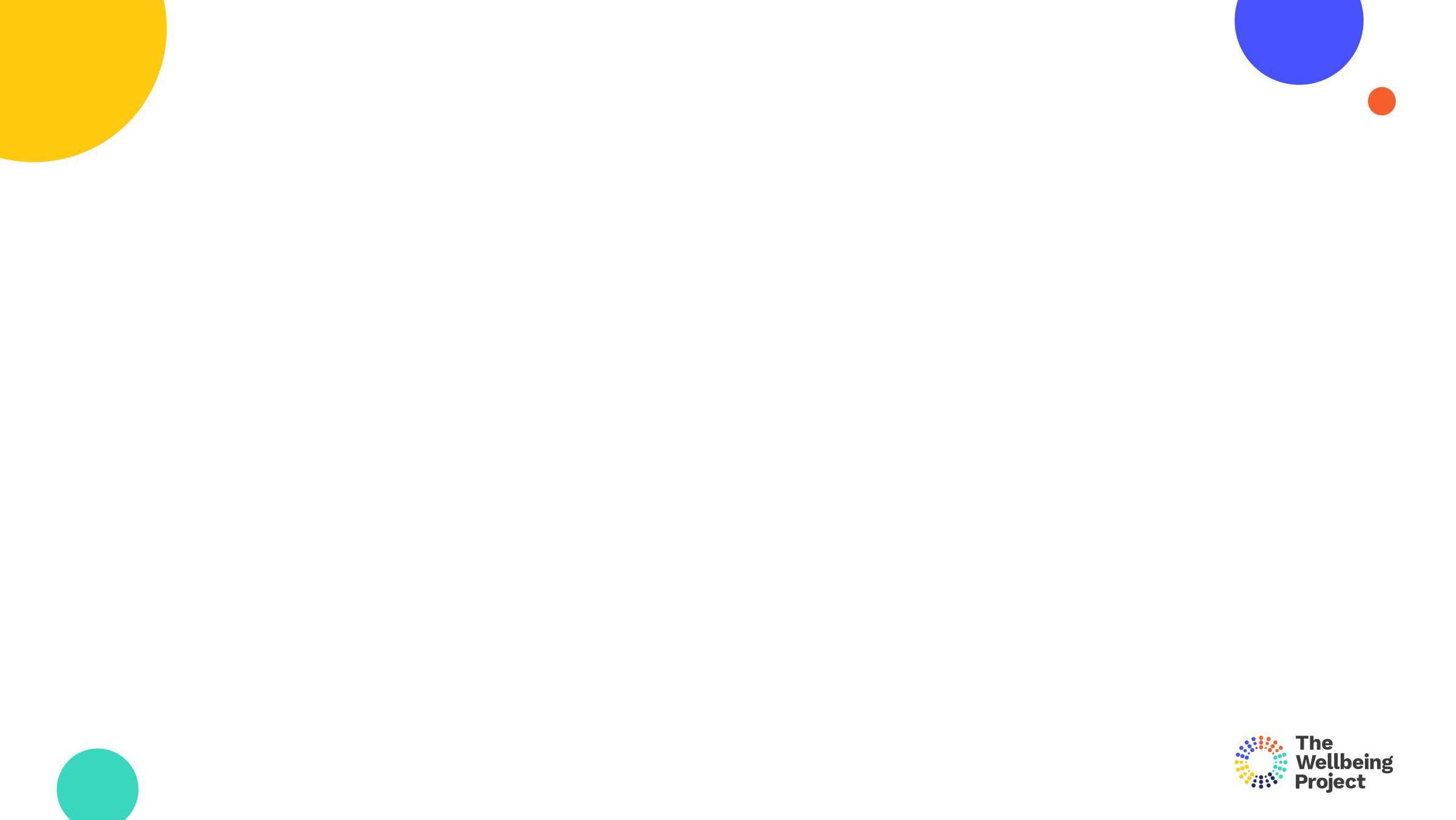
call on these for help and support if facing a challenge.



Workplace resilience and wellbeing

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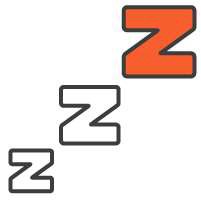
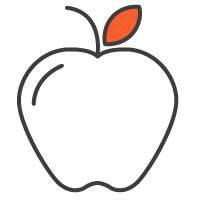
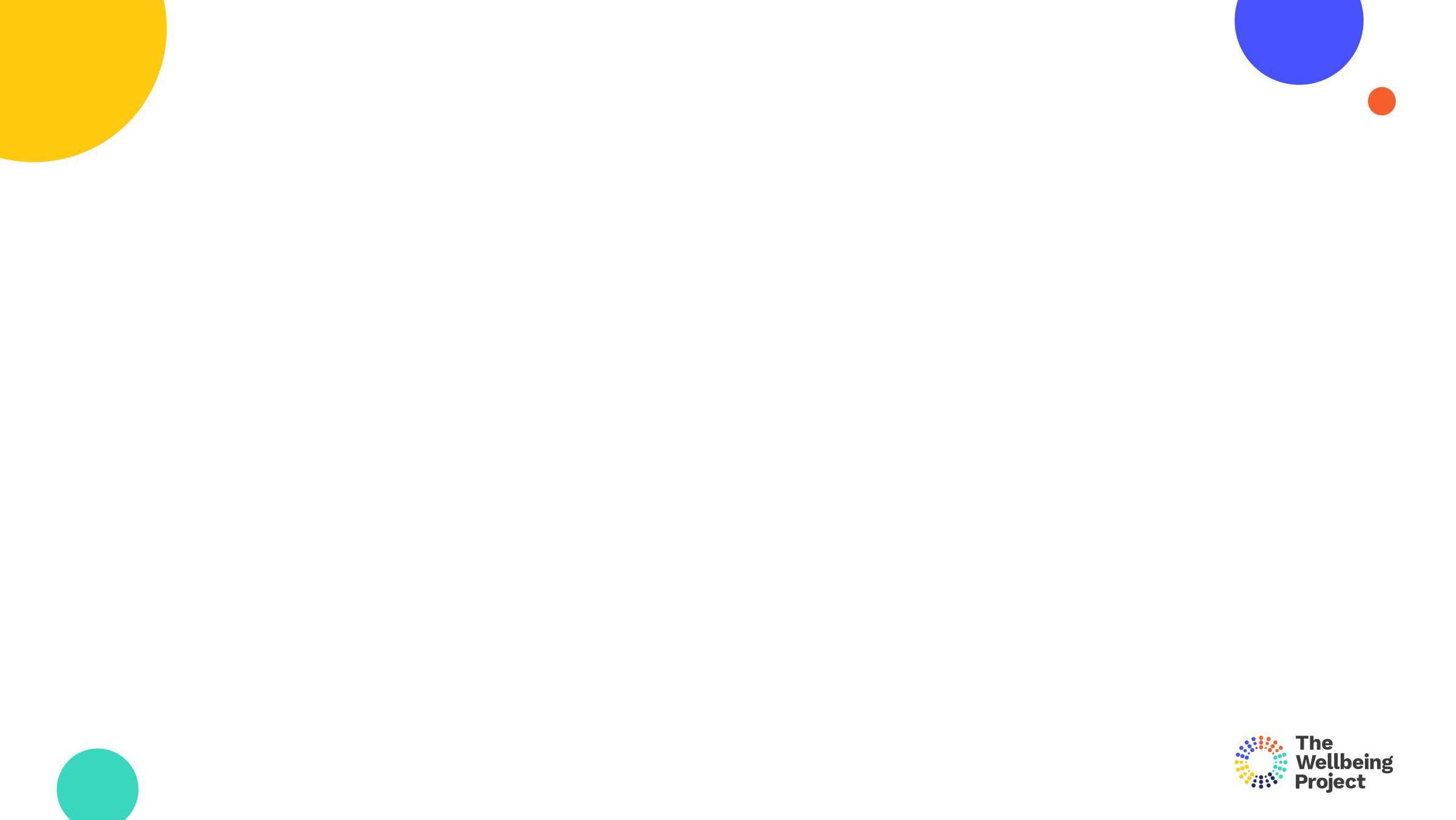
The ultradian rhythm



2. Energy

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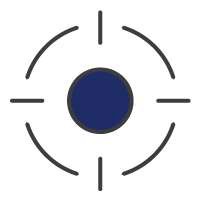
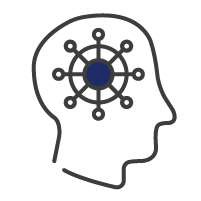
Boundaries Physical activity

Sleep

Healthy consumption

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Purpose Personal control



Energy management

What small changes could you make to your day to ensure adequate rest?

* Regular breaks
* Workspace
* Time for meals and exercise
* Time to rest and recharge?

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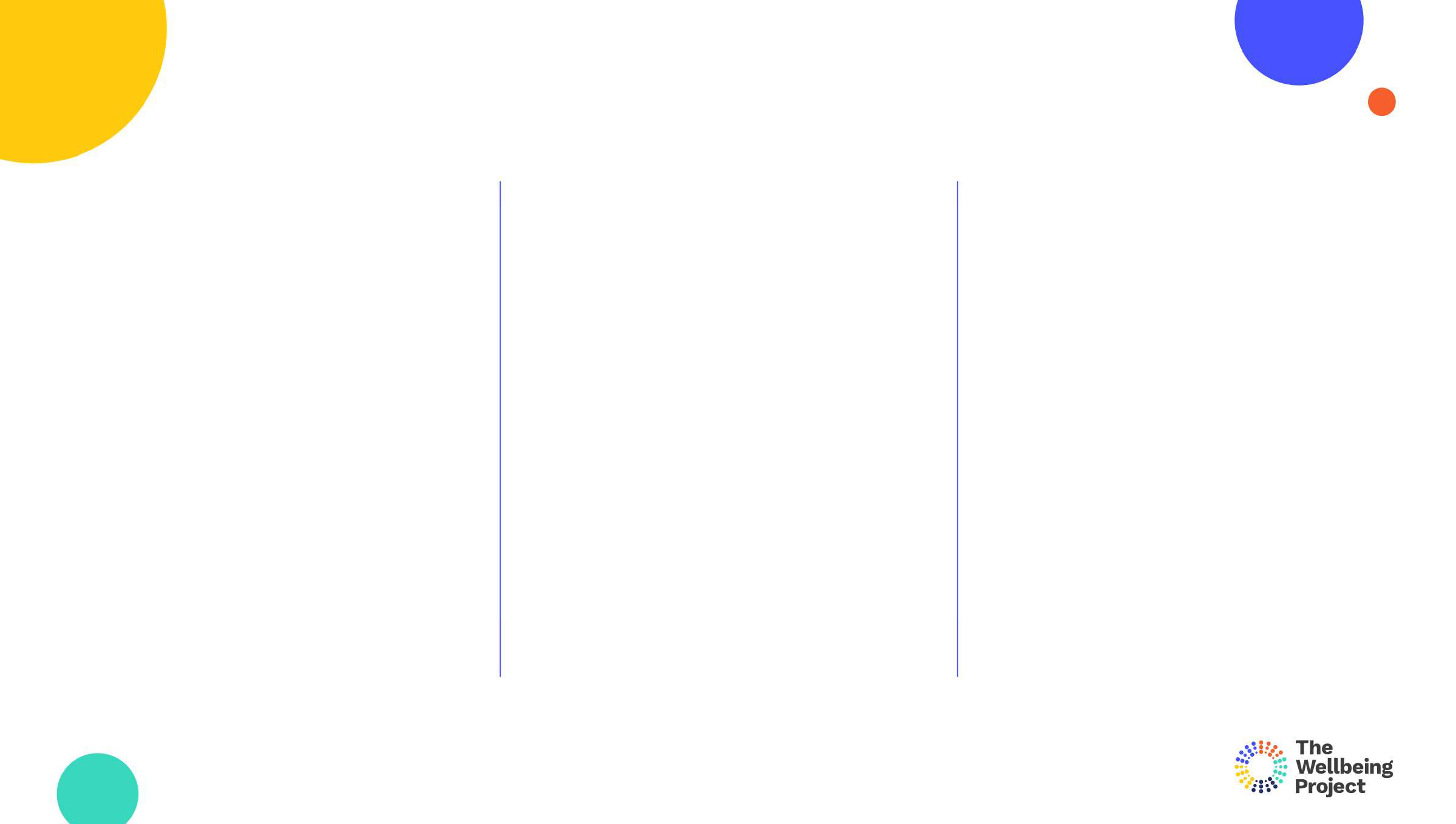
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3. Future focus

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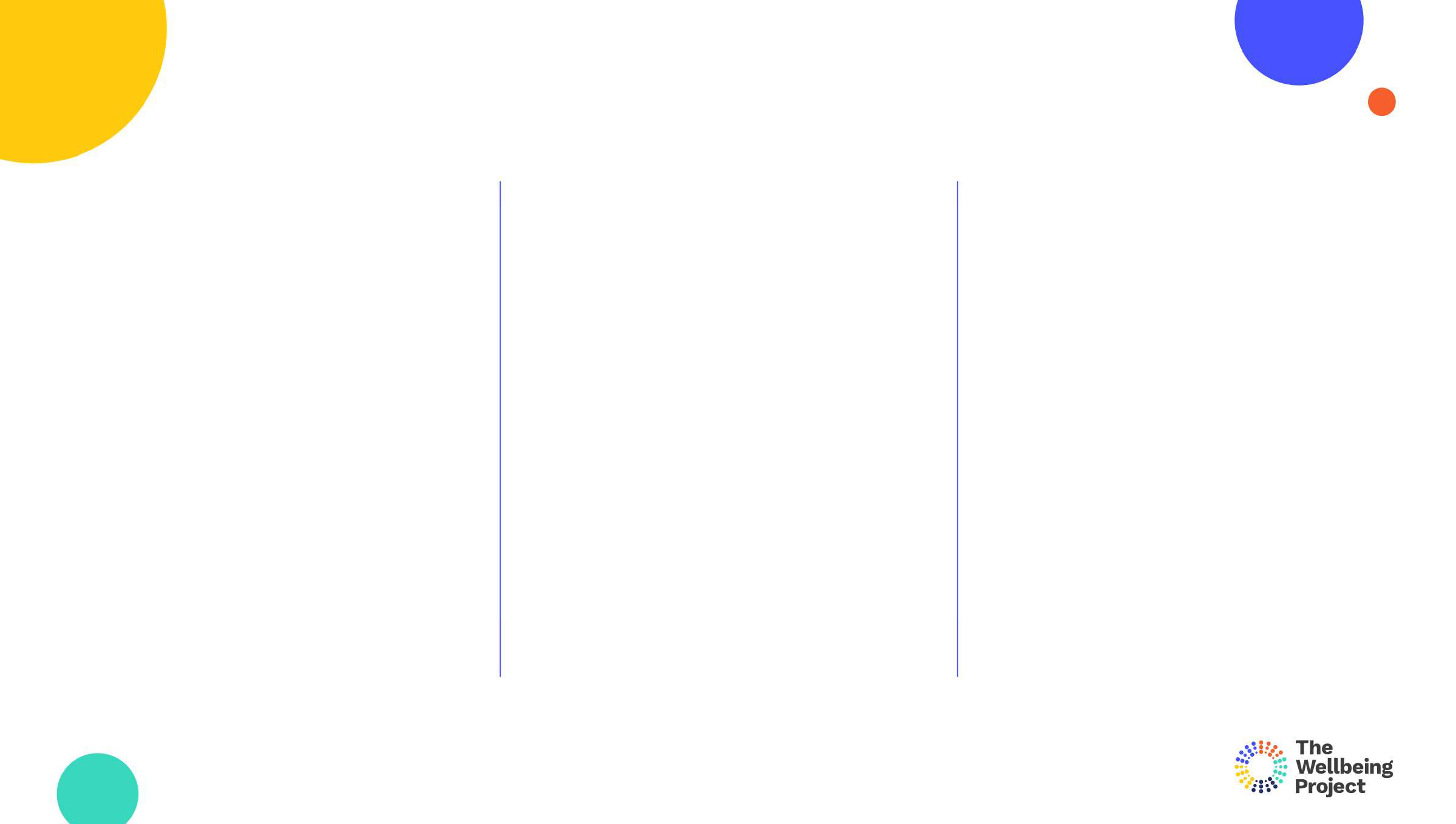
Present reality

* What is the current reality?
* What feelings arise?

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Present reality

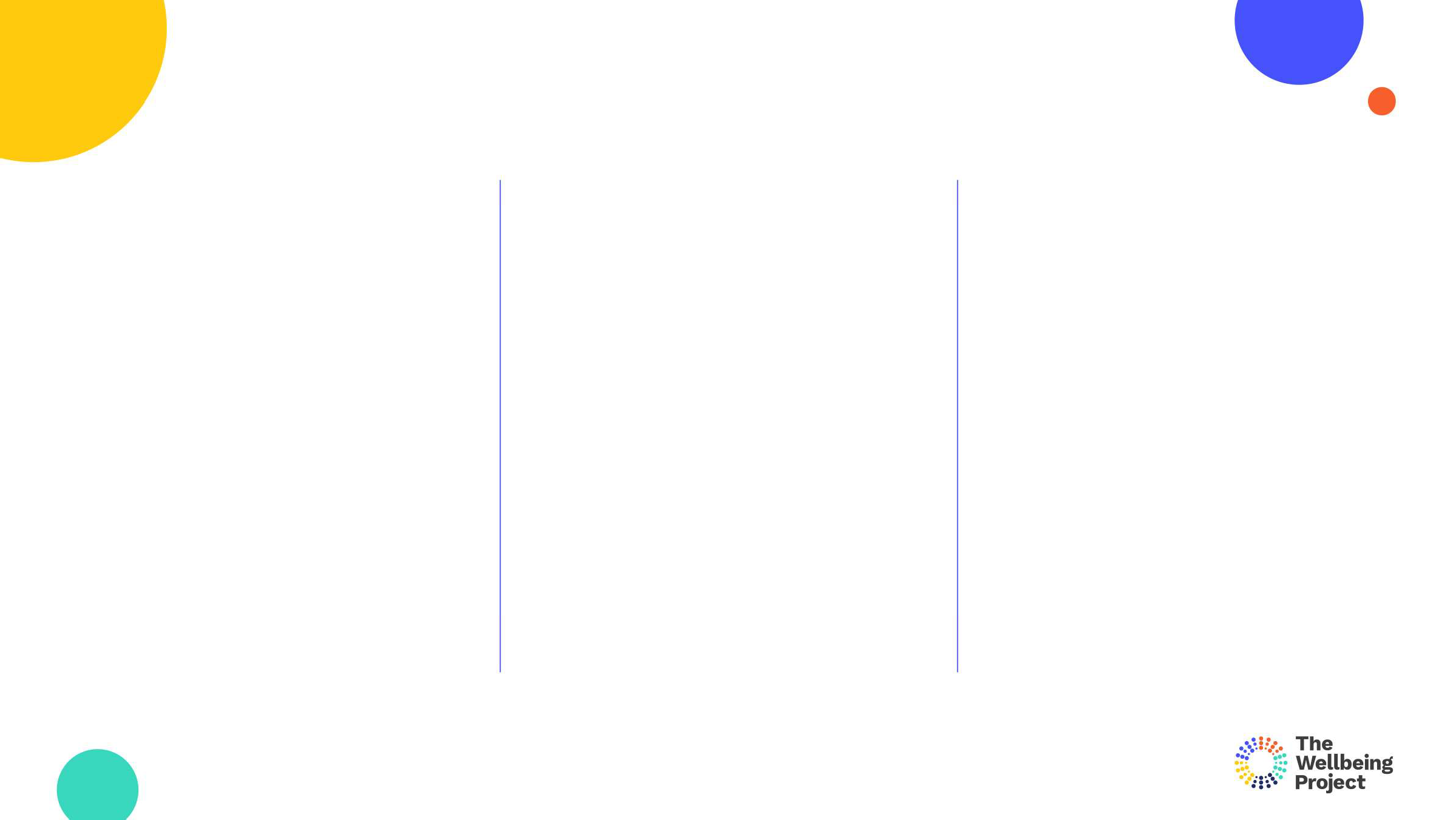
Desired future

* What is the current reality?
* What feelings arise?
* How will it look?
* How will it sound?
* How will it feel?
* What will you be doing?
* What will be different?

15

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Present reality

Pathway / Steps

Desired future

* What is the current reality?
* What feelings arise?
* How did you get there?
* What actions did you take?
* What behaviours did you change?
* What support did you ask for?
* How will it look?
* How will it sound?
* How will it feel?
* What will you be doing?
* What will be different?

16

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The grit interview

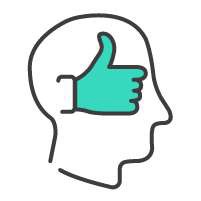
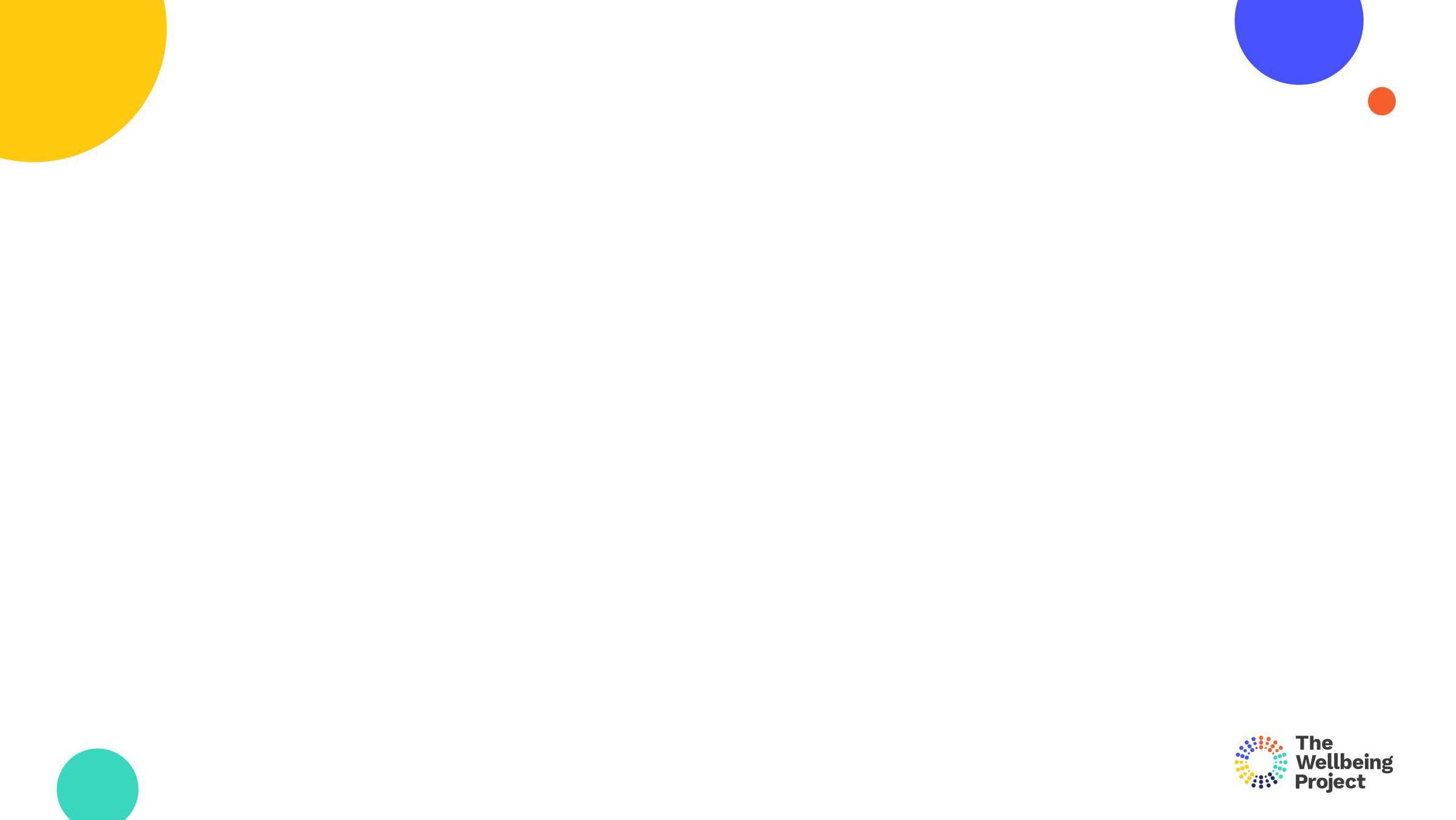
* What did you have to do to accomplish that goal?
* Did you ever think of giving up?
* If so, how did you overcome that?
* How did you feel when you accomplished that goal?
* What did you learn that will support you to achieve your future goals?



4. Inner drive

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Motivation

Self-belief

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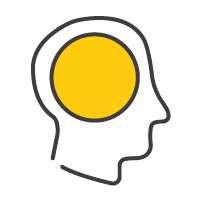
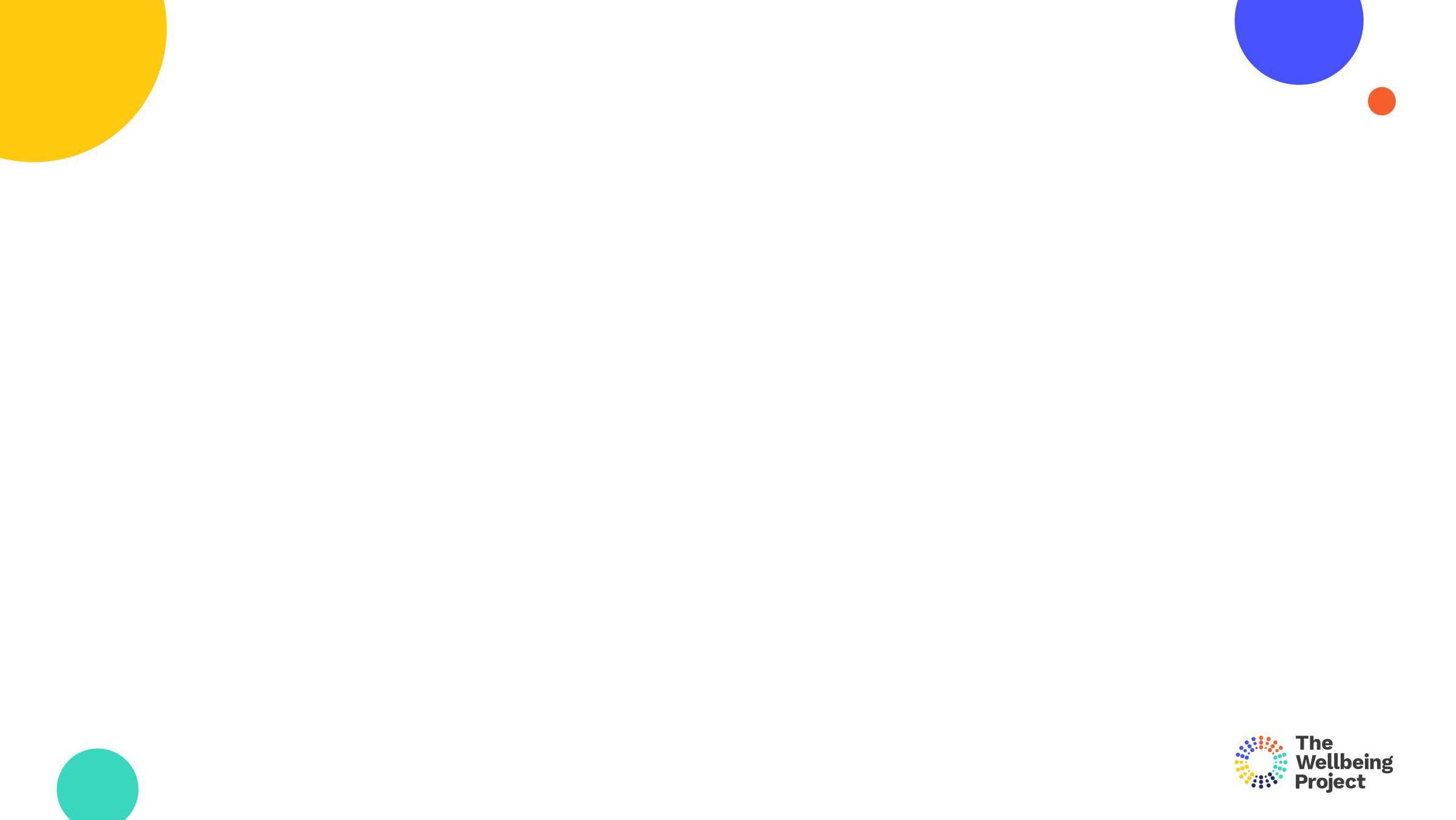
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Aspects of flexible thinking

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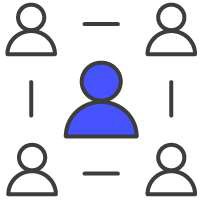
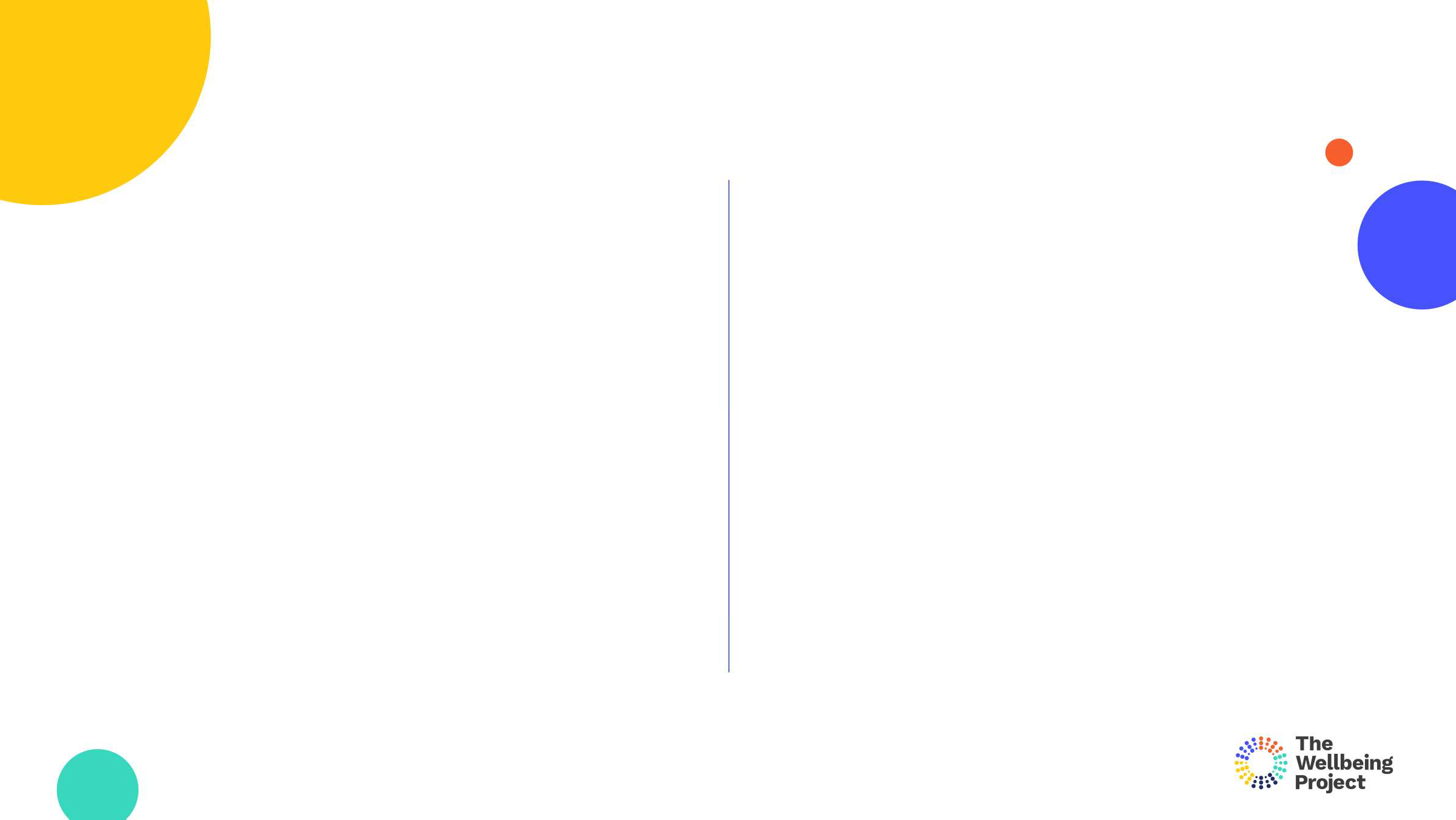


Open mindedness

Positive framing

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Building trust

Accessing support

* Seeking to develop trust, understanding and emotional awareness with others
* Sharing what you are going through and being prepared to access support



The yellow zone

* How can you ensure you access yellow both at work and at home?
* When time is short what will help you switch off and reset?

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6. Aspects of Strong Relationships

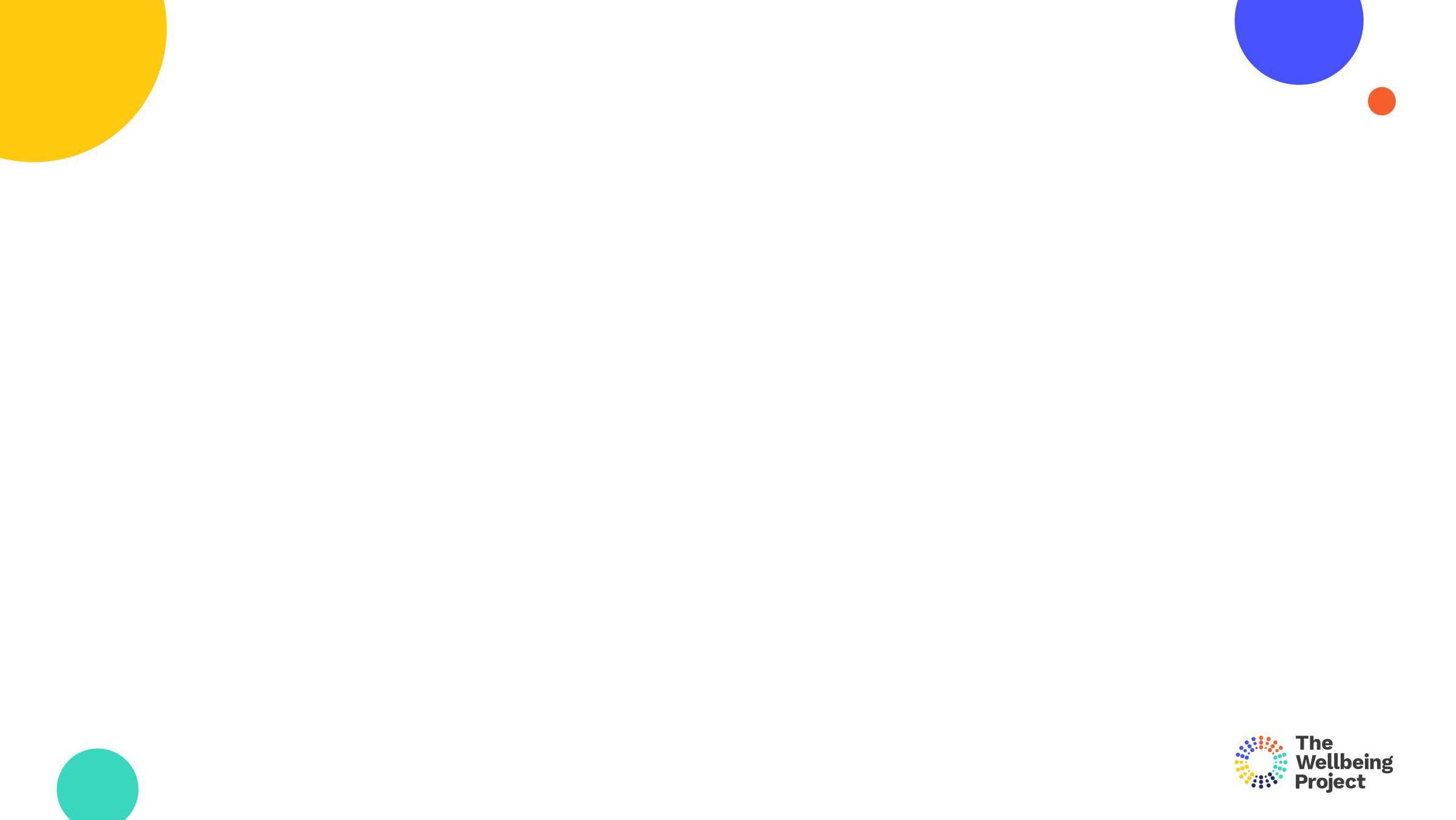
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Your support network

* Where might you need more support currently?
* How will you ensure you get it?



Support networks

**FAMILY MEMBERS**

**PARTNER**

**FRIENDS**

**SUPPORT WITH PRACTICALITIES**

YOU

**COLLEAGUES**

**SPONSORS AT WORK**

**IMMEDIATE TEAM**

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**MUM**



**LING**

**AARON**

YOU

**ROSIE**

**KATY**

**SANDEEP**

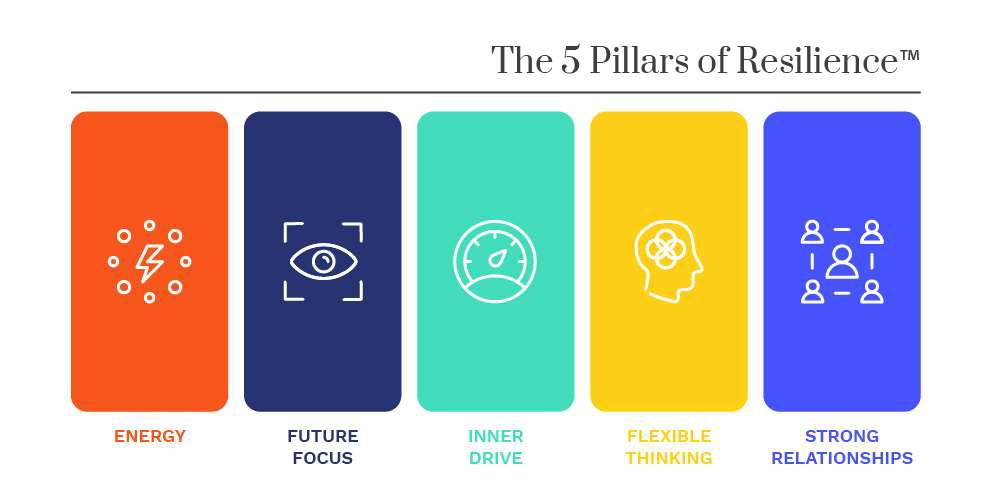
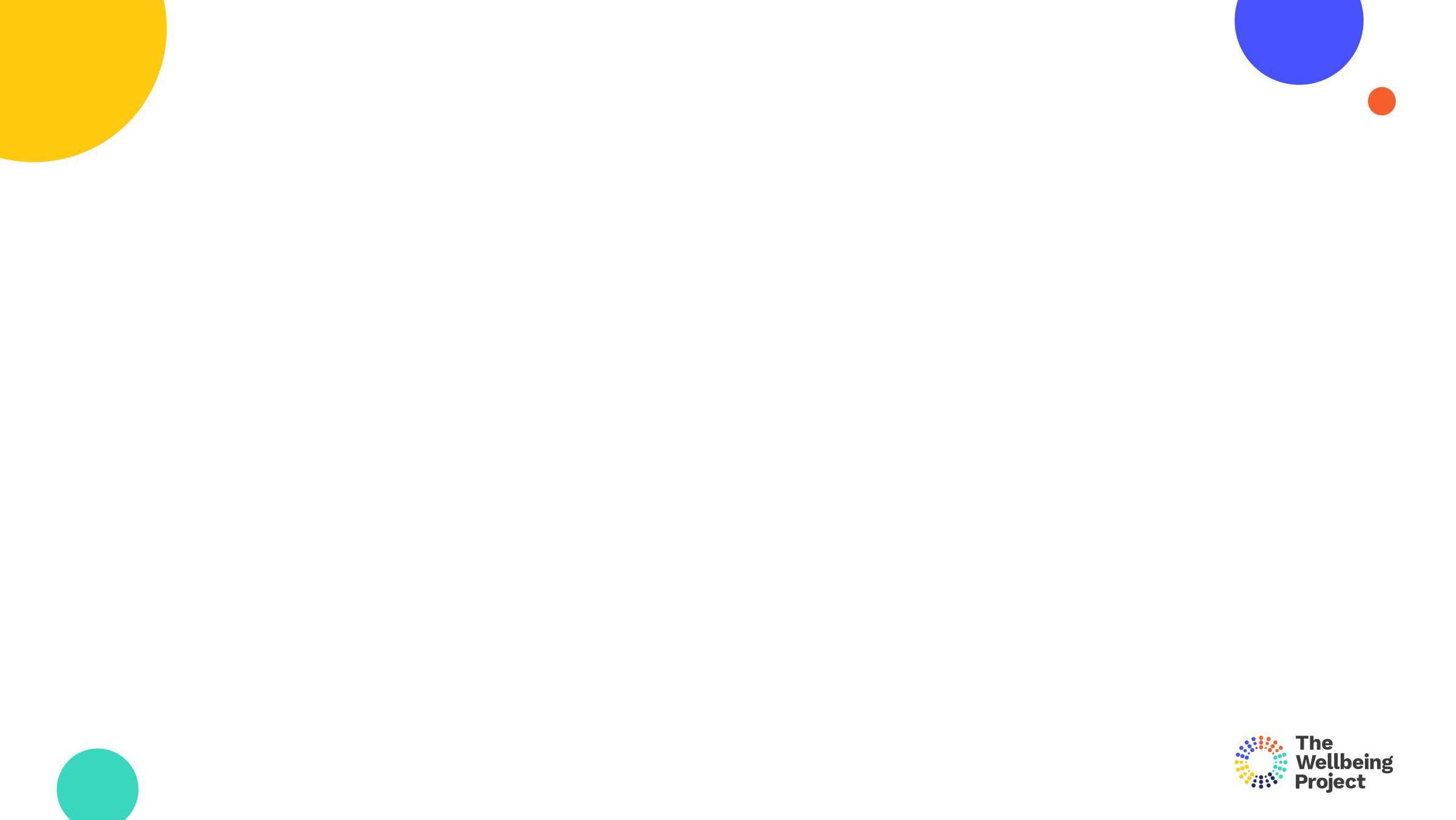
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Next steps

* What 3 actions are you ready to commit to?
* What support might you need?



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Accountability

* Where will you choose to stand on the ladder of accountability?

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Thank you

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