

Building your Personal Resilience in a Time of Crisis

Helpforce Webinar
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What is a resilient person?

The noun resilience stems from the Latin *resiliens* "to rebound, recoil."

As a character trait, resilience is a person's mental ability to recover quickly from misfortune, illness or depression.

Resilient people develop a mental capacity that allows them to adapt during adversity, bending like bamboo instead of breaking.

But first...

We need to talk about Vulnerability!

What is Vulnerability?

Vulnerability is the feeling we get when face Uncertainty, Risk and Emotional Exposure.

Brené Brown

“Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome.

Vulnerability is not weakness; it's our greatest measure of courage.”

“People who wade into discomfort and vulnerability and tell the truth about their stories are the real badasses.”

Brené Brown

An exercise

Think about a challenging situation that you've had to deal with recently.

What did you do to manage it?

How did it turn out?

What did you discover?

Write this in the Chat Box

When we are no longer able to change a situation, we are challenged to change ourselves.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Frankl

Seven Skills to Build Resilience

1. **Purpose** - You have a sense of purpose when you make valuable contributions to individuals, organizations or society.
2. **Vulnerability** - Be ok with your vulnerability.
3. **Nurture yourself** – Pay attention to your sleep, exercise and nutrition.
4. **Mindfulness** – Be in the here and now. Moment by moment.
5. **Connection** – Build positive social relationships.
6. **Gratitude** – Cultivate the practice of gratitude.
7. **Kindness** – Be kind to yourself and others.

Free coaching support

- Two 60 mins 1:1 telephone coaching sessions available from an experienced leadership coach
- Your coach will be there for you – personally and professionally - to unload, to help you work through a pressing issue, or to build personal resourcefulness
- Your sessions will be completely confidential
- Enroll at <http://bit.ly/2X0GZCD>
- Once you have enrolled, you will receive an email with all the details you need
- Book your sessions via our online coaching platform
- You will need a quiet, private space to make your coaching calls
- Feel free to contact Spark.uk@bts.com with any Qs



The Man in the Arena

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Theodore Roosevelt - 1910

Questions

THANK YOU
FOR YOUR TIME



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