

Resilience - Activate Your Potential

Bakjac Consulting



So what is **Resilience**?

Resilience is defined as the ability to recover from setbacks, adapt well to change and to keep going in the face of adversity.

You will be able to utilise this e-book to start achieving your Resilience goals.

Some of the key elements identified in Resilient people include:

- Being authentic
- Having a clear purpose
- Being confident in one's own strengths and abilities
- Valuing others views and ideas
- Developing multiple solutions to help solve challenges
- Being forward focused

Characteristics of teams with greater Resilience are characterised by:

- Being more agile
- Respond more positively to uncertainty and change
- Focus on innovation and continuous improvement
- Learn from mistakes.

What does Resilience mean to you?

Your individual Resilience

Your individual Resilience is a construct that can be developed through self-awareness of your current effectiveness and implementation of specific strategies to assist you to adapt and bounce back from everyday adversities you encounter in your personal and professional life.

Take a moment to consider what areas you would like to enhance your Resilience.

Note your goals to enhance your Resilience.

Goal 1	Goal 2	Goal 3

Resilience

“More than education, more than experience, more than training, a person’s resilience will determine who succeeds and who fails. That’s true in the cancer ward, it’s true in the Olympics, and it’s true in the boardroom.”

Dean Becker, CEO, Adaptiv Learning

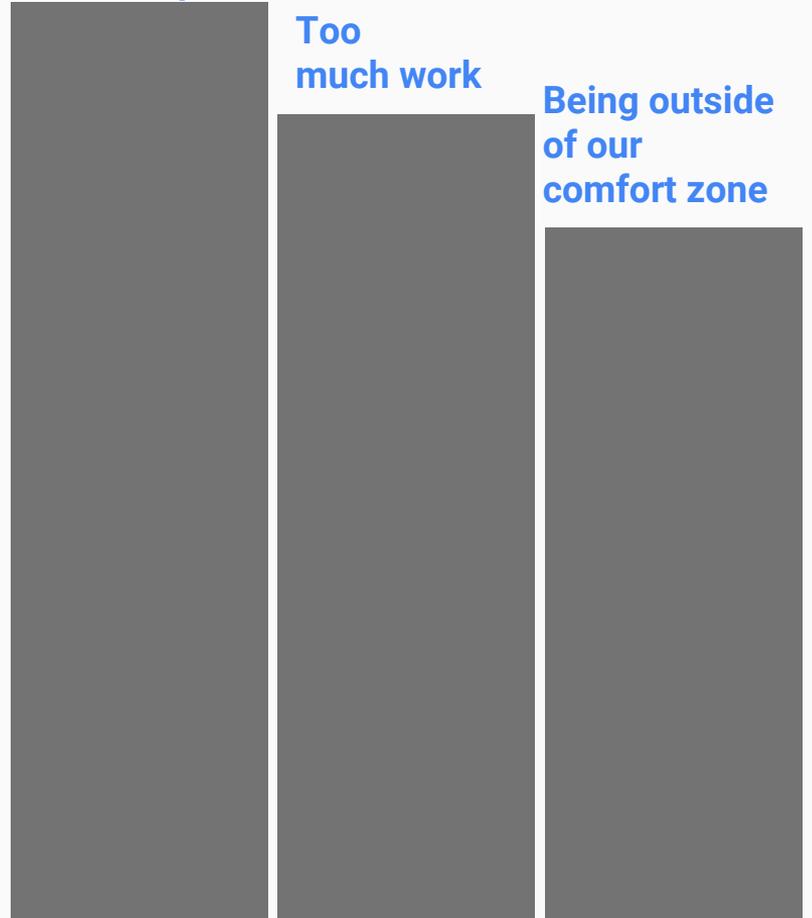
The problem

What's the biggest drain on our Resilience?

There are some common responses.

Have you identified your own individual triggers?

Managing
difficult
relationships



Response	Relative Frequency
Managing difficult relationships	High
Too much work	Medium
Being outside of our comfort zone	Low

Too
much work

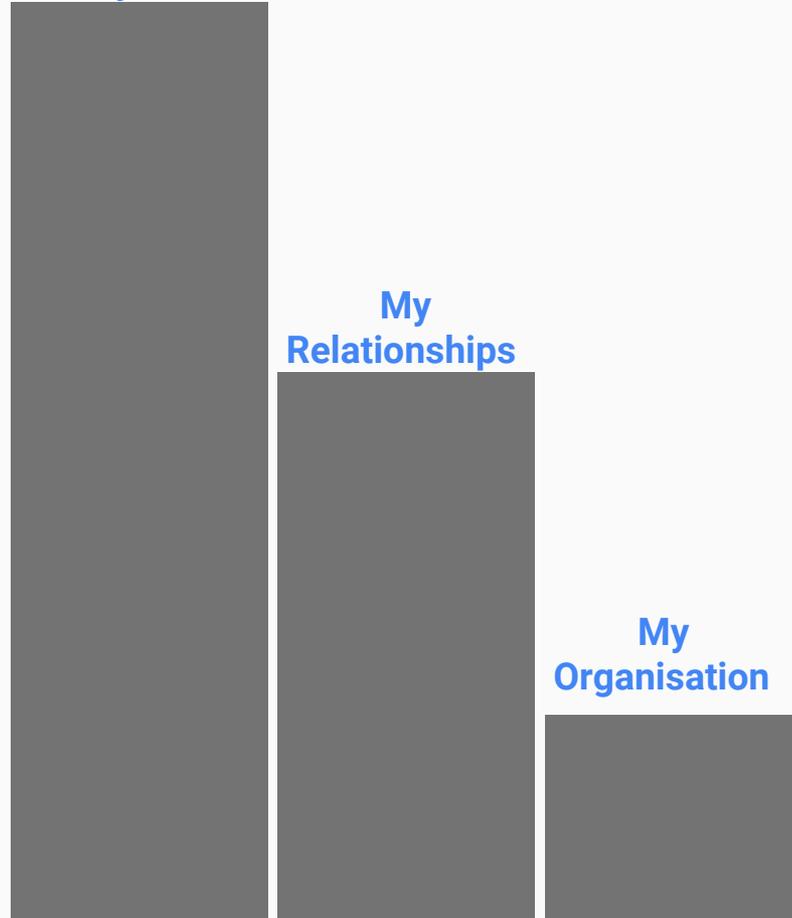
Being outside
of our
comfort zone

The Solution

Where do we consider we get our resilience from?

Have you identified your sources of resilience?

Myself



Source of Resilience	Relative Height
Myself	Highest
My Relationships	Medium
My Organisation	Lowest

My Relationships

My Organisation

The solution

Think about where you could gain your personal resilience.

Resilient people possess a number of characteristics such as...

- A staunch acceptance of reality.
- A deep belief, often buttressed by strongly held values, that life is meaningful.
- An uncanny ability to improvise

The number one Roadblock to Resilience

It's not genetics

It's not childhood
experiences

It's not lack of
Opportunity

It's our Cognitive or Thinking Style.

What are your Triggers ?

**How do you typically
respond?**

**How would you prefer to
respond?**

Consider your Resilience Opportunities.

Maintaining Perspective

Reframing thoughts about events.

- Could you reframe a problem as an opportunity

Is your reaction in proportion?

- Could you gain skills to manage your negativity

Managing Stress

Boundaries

- Do you set boundaries both at work and at home

Relaxation

- Do you engage in activities to help you relax and unwind such as walking, reading or yoga.

Staying Healthy

Do you have healthy habits?

- Do you create a night time routine to promote good sleep?
- Have you got a good day time routine to promote maximum productivity balanced with relaxation?
- Eat well and drink enough water?

Your Working Resilience

Are you living Authentically?

Are you living your values?

Do you have a good level of emotional awareness?

Have you found your calling?

Are you using your Signature Strengths?

Building Networks

Do you invest in workplace relationships?

Do you Interact Cooperatively?

Could you enhance your communication skills?

Start Building Your Personal Resilience?

Consider your Areas to Target

What things could you do to manage your stress and build resilience?

- Manage your time
- Prioritise
- Consider your work-life balance
- Exercise
- Be more assertive

- Delegate
- Ask for help
- Understand more about my strengths
- Manage my thinking
- Consider my level of optimism

Goal 1 - what I want to change?

Goal 2- what I want to manage?

Goal 3-what can I do differently?

You could ACTIVATE YOUR POTENTIAL

Develop Your Resilience

Consider Training Opportunities for your Team

Manage Negative Thinking

Consider Leadership Coaching to Enhance Your Team's Resilience

Recognise and Develop Your Strengths

Consider Personal Coaching

Activate Your Potential

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Training:

Enhancing Personal Resilience

Building Resilient Teams

Working Through Periods of Uncertainty

Change Management

Mental Toughness

Emotionally Intelligent Leadership

Stress Management

Coaching:

Personal and Leadership Coaching to assist manage adversity, increase optimism and thrive.