

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The largest droplet is in the top left, and another large one is in the bottom right. There are also many smaller droplets of different shapes and sizes.

BOUNCE BACK

RESILIENCE UNDER PRESSURE

WILL VAN DER HART

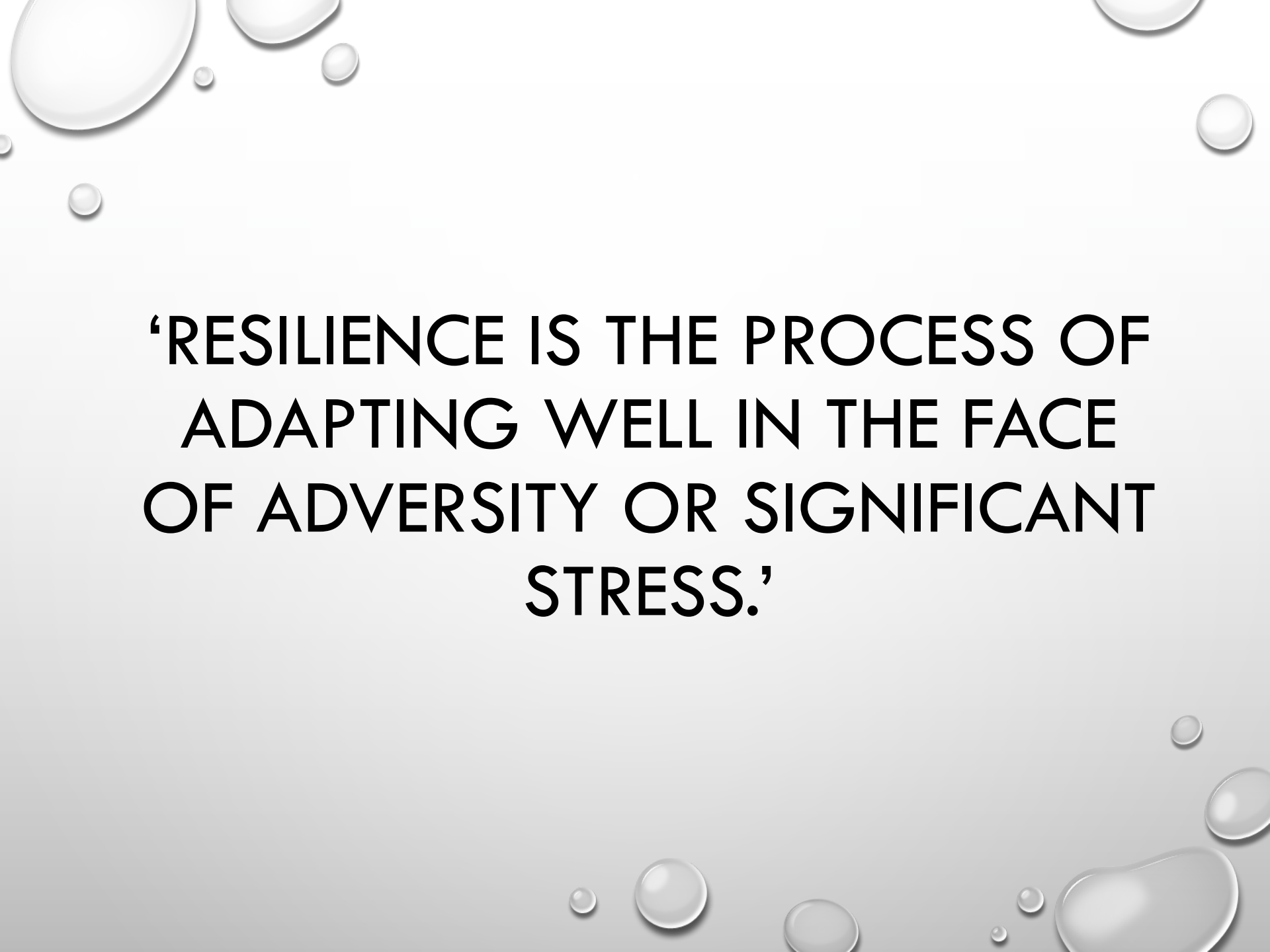
RESILIENT PEOPLE ARE ALWAYS WINNING?

RESILIENT



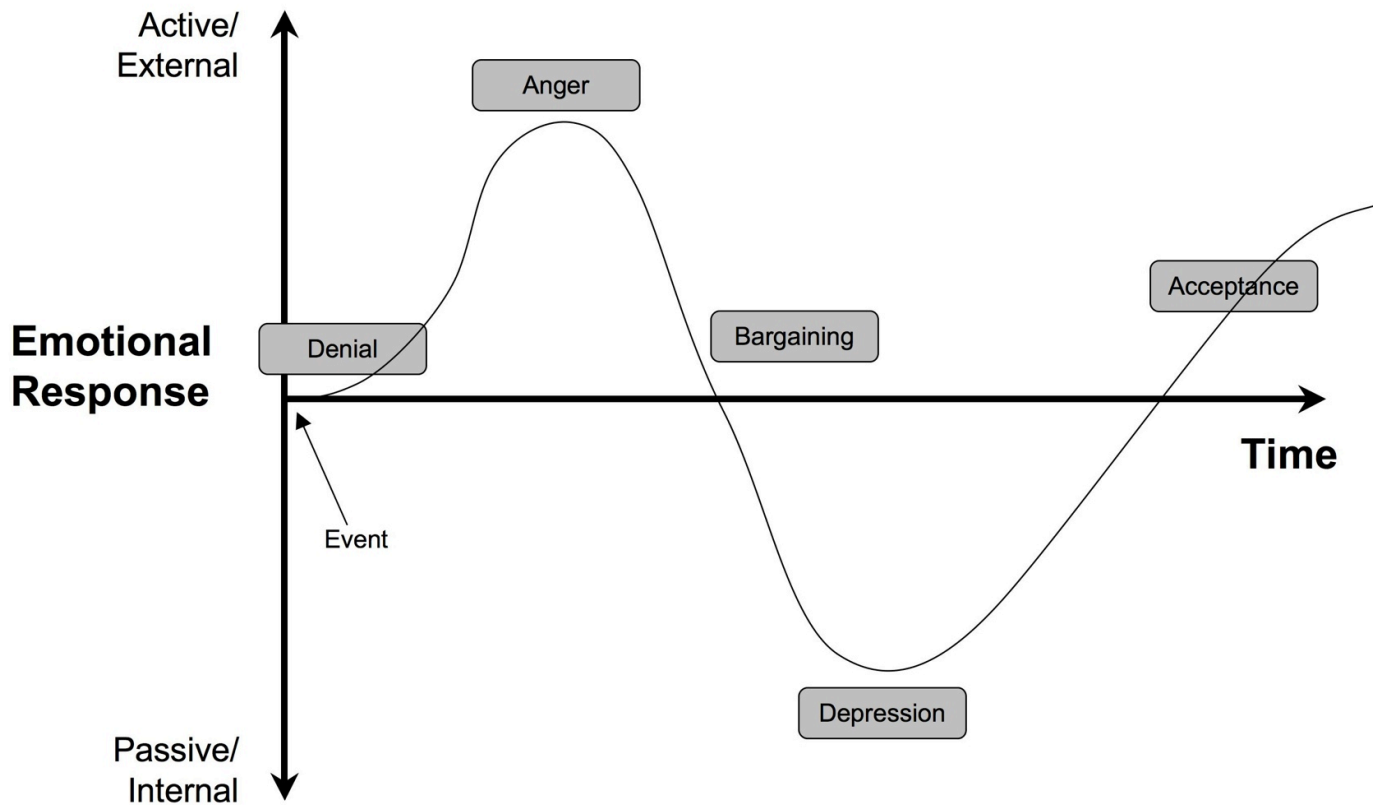
UNRESILIENT





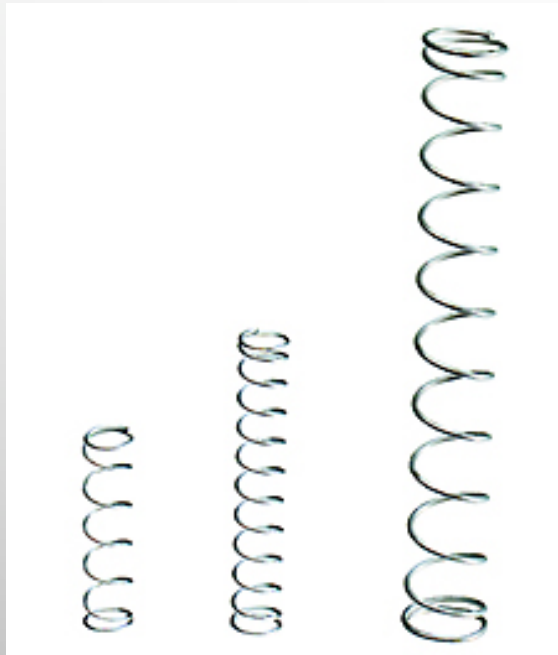
**‘RESILIENCE IS THE PROCESS OF
ADAPTING WELL IN THE FACE
OF ADVERSITY OR SIGNIFICANT
STRESS.’**

KUBLER-ROSS CHANGE CURVE

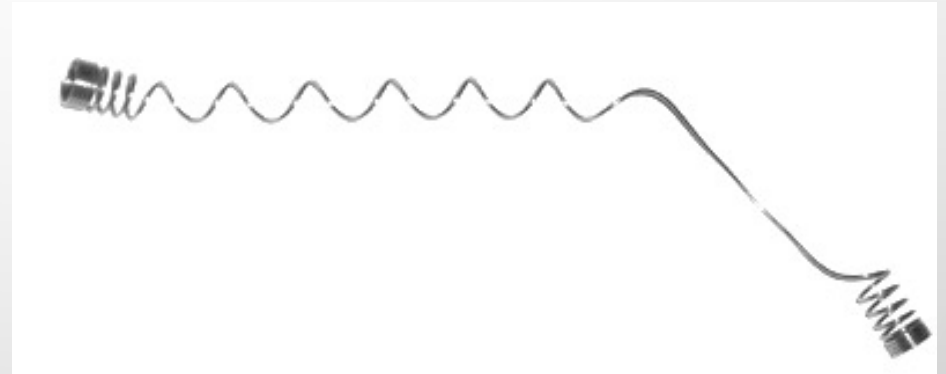


SPRING BACK

PRODUCTIVE STRESS



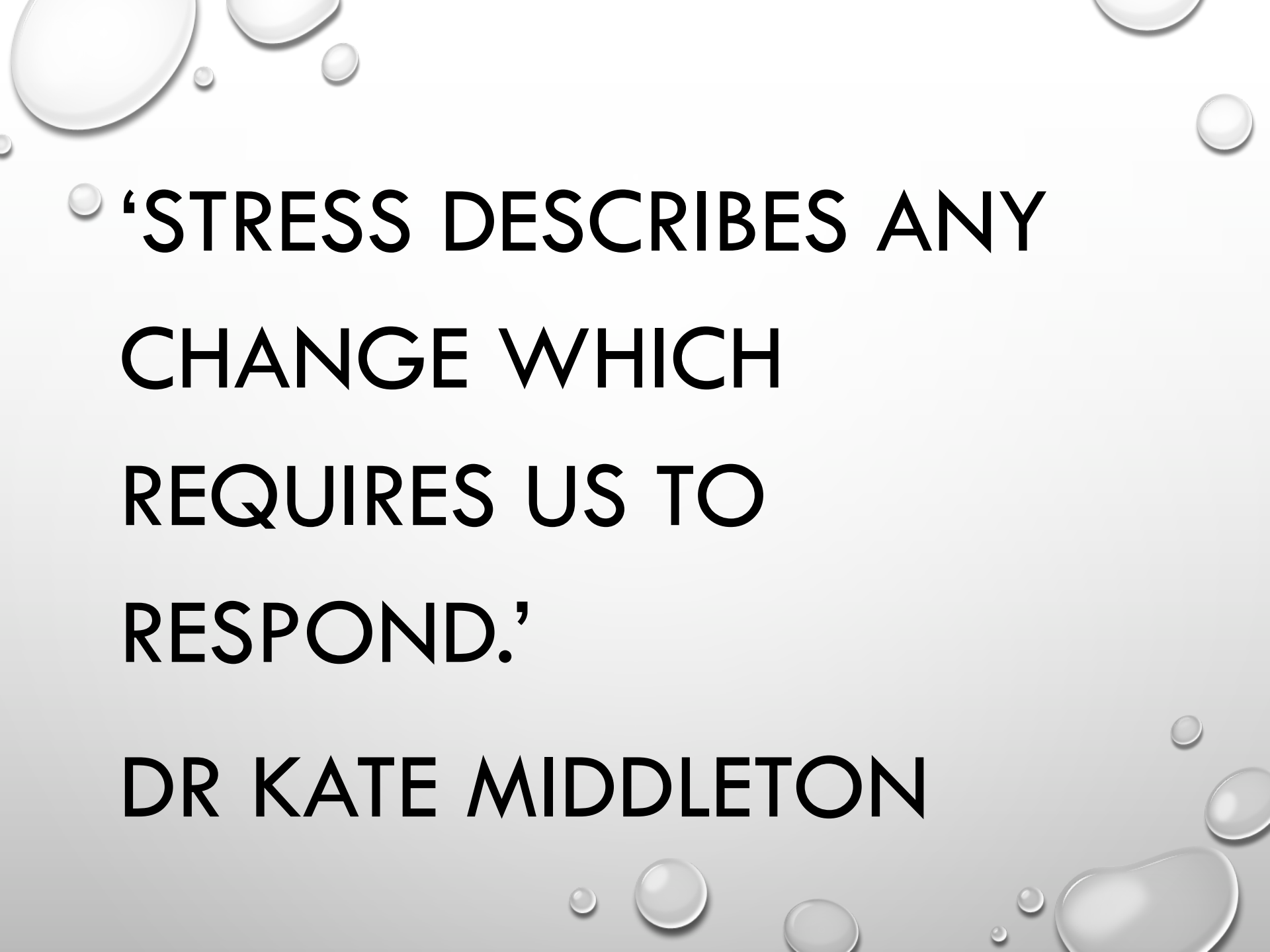
DESTRUCTIVE STRAIN





**‘WHAT LIES BEHIND US AND WHAT LIES
BEFORE US ARE SMALL MATTERS
COMPARED TO WHAT LIES WITHIN US.’**

R W EMERSON

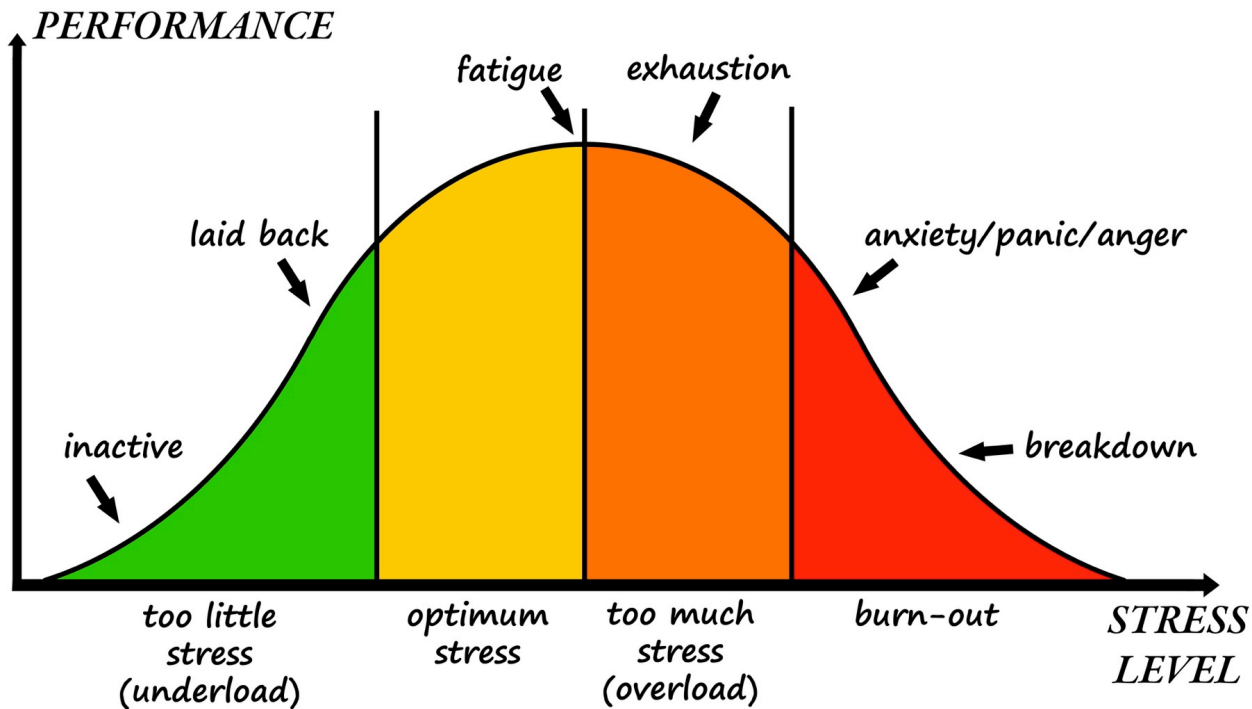


**‘STRESS DESCRIBES ANY
CHANGE WHICH
REQUIRES US TO
RESPOND.’**

DR KATE MIDDLETON

RESILIENCE AND PREDICTIONS

STRESS CURVE



RESILIENCE AND CHANGE

1. 'I CANNOT WAIT FOR THE CHANGE'
2. 'I KNOW I HAVE TO CHANGE'
3. 'PLEASE DON'T MAKE ME CHANGE'
4. 'CHANGE SHOCK'

(ADAPTED FROM J M VAN DYKE)

4 TYPOLOGIES OF CHANGE

DREAMERS

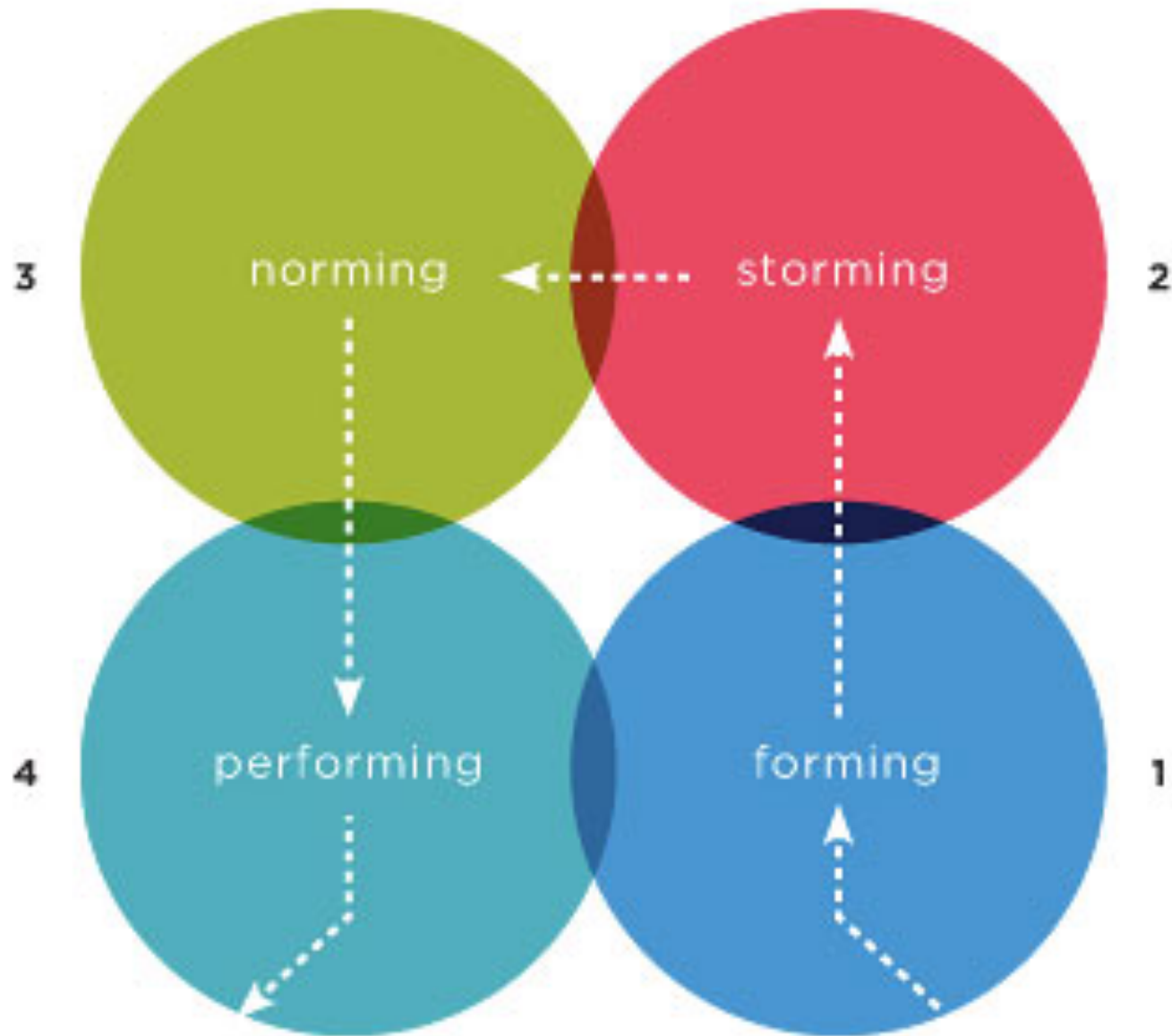
DRIVERS

DRIFTERS

DRILLERS



RESILIENCE IN TEAM DEVELOPMENT



RESILIENCE IN CONFLICT

P

E

A

R

Paraphrase the facts

Encourage the other person to talk

Pay Attention

Reflect feelings

THREE C'S OF STRESS ENDURANCE

RESILIENT PEOPLE BELIEVE:

COMMITMENT- “BELIEVE WHAT THEY DO IS IMPORTANT”

CONTROL- “BELIEVE THAT THEY CAN INFLUENCE OUTCOMES”

CHALLENGE- “REGARD DEMANDS AND STRESSES AS A CHALLENGE”

INFLEXIBILITY AND RESILIENCE




ITS NOT ALL ABOUT YOU





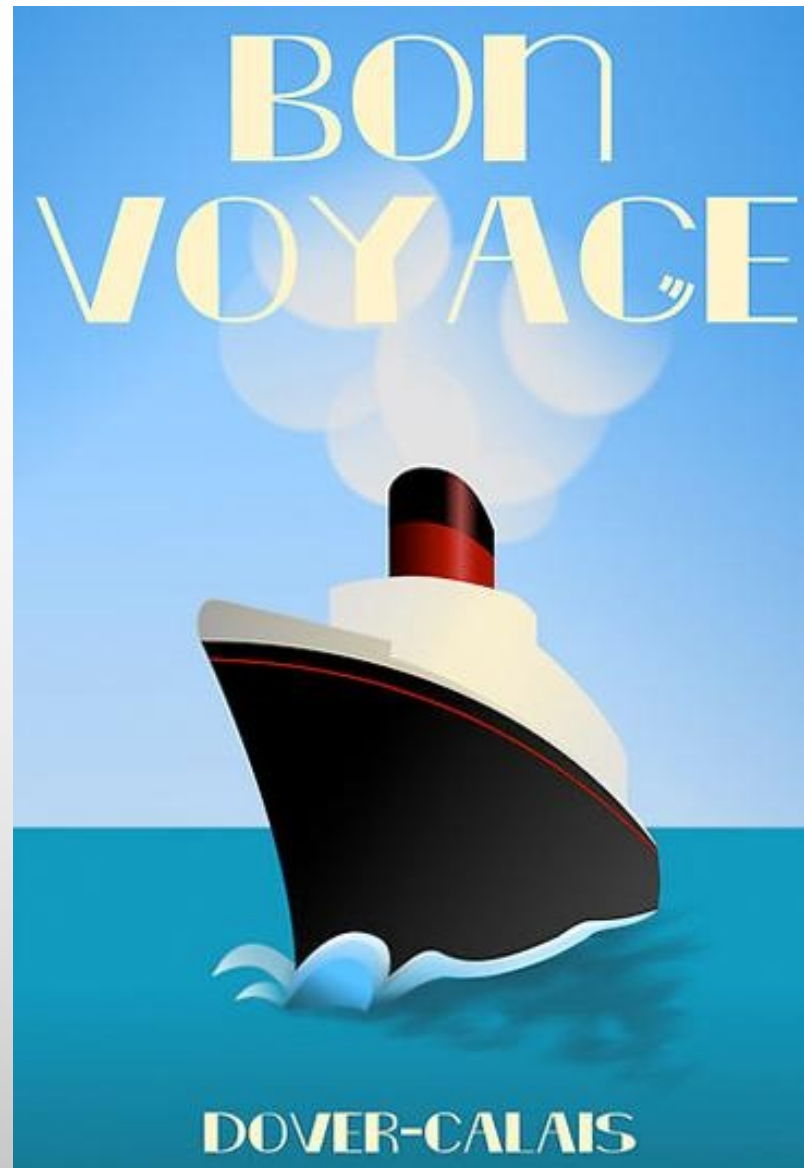
**WHEN LIFE GIVES YOU LEMONS YOU
SHOULD.....**

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

3:1

RULE

3:1 IN DRIVE STATES



ADVENTURER

VISION
ORIENTATED
DRIVE STATE 1



CARE-GIVER

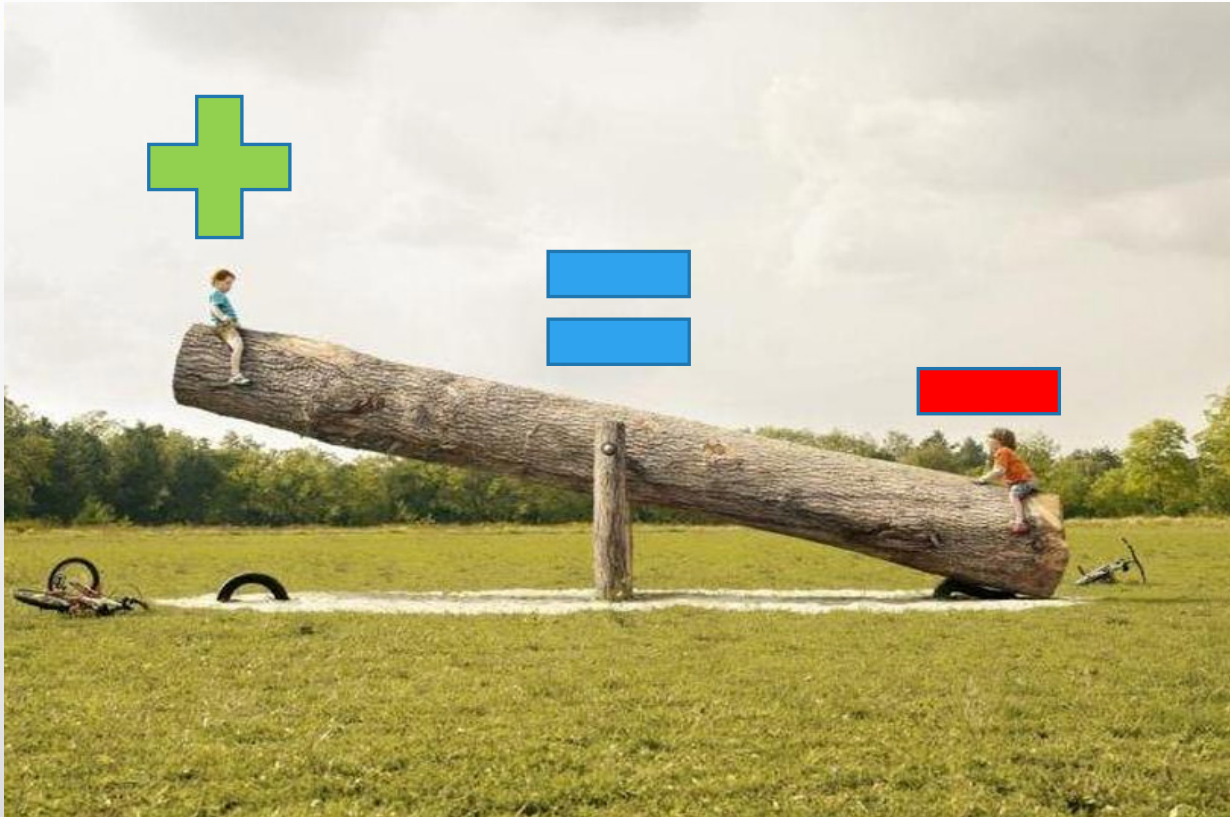
RELATIONSHIP
ORIENTATED
DRIVE STATE 2



PROCESSOR

ACTIVITY
ORIENTATED
DRIVE STATE 3



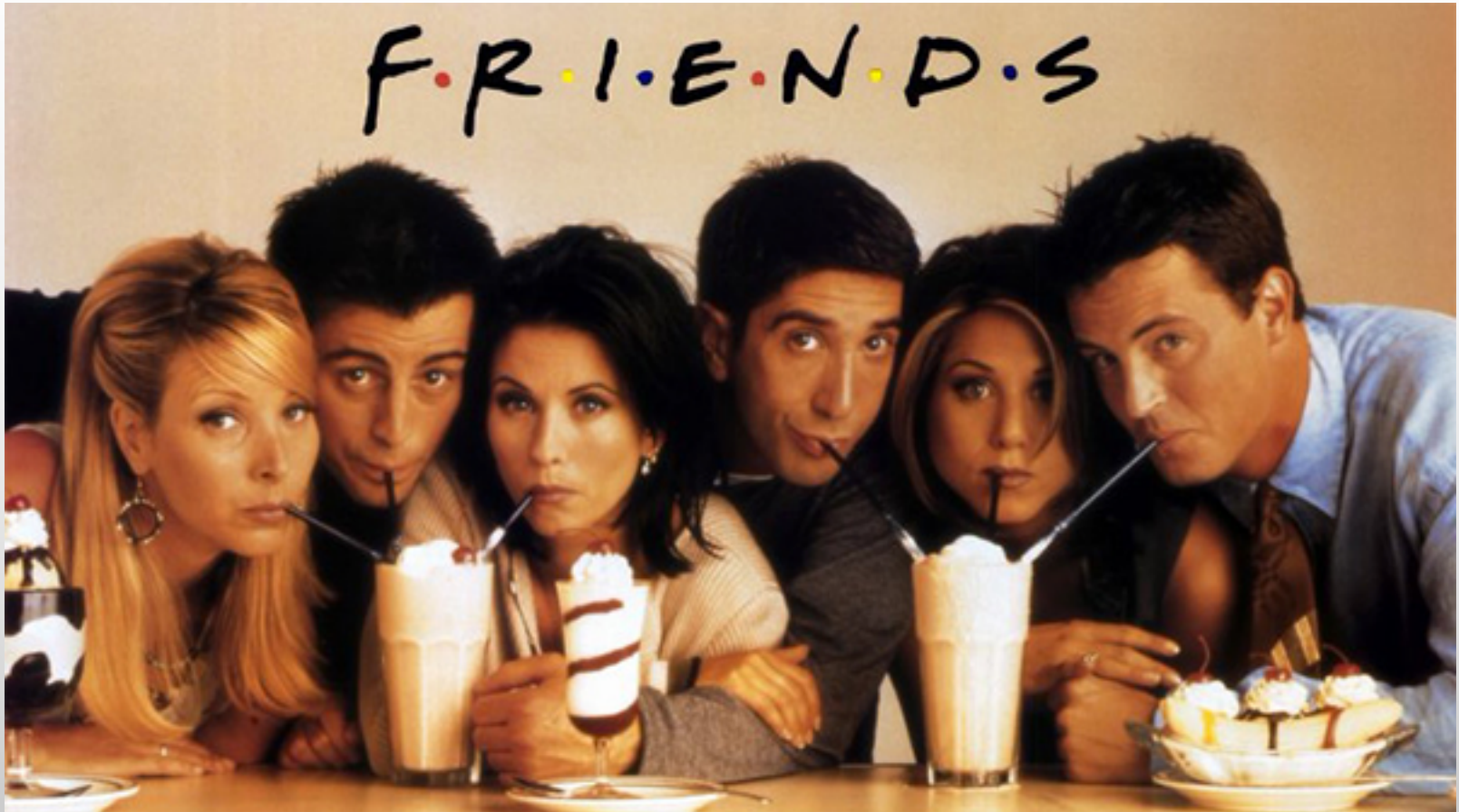


DRIVE STATES RATIO

EXPLANATORY STYLE

- **PERMANENCE-** SEE THE EFFECTS OF BAD EVENTS AS TEMPORARY RATHER THAN PERMANENT
- **PERVASIVENESS-** DON'T LET SETBACKS OR BAD EVENTS AFFECT OTHER UNRELATED AREAS OF THEIR LIVES.
- **PERSONALIZATION-** DON'T BLAME THEMSELVES WHEN BAD EVENTS OCCUR.

PRIMARY RESILIENCE



WHOLLISTIC RESILIENCE

- Fitness and stamina
- Nutrition for energy
- Rest and recovery

Physical

Emotional

- Calming and focusing
- Impulse control
- Emotional regulation
- Positive emotion
- Realistic optimism

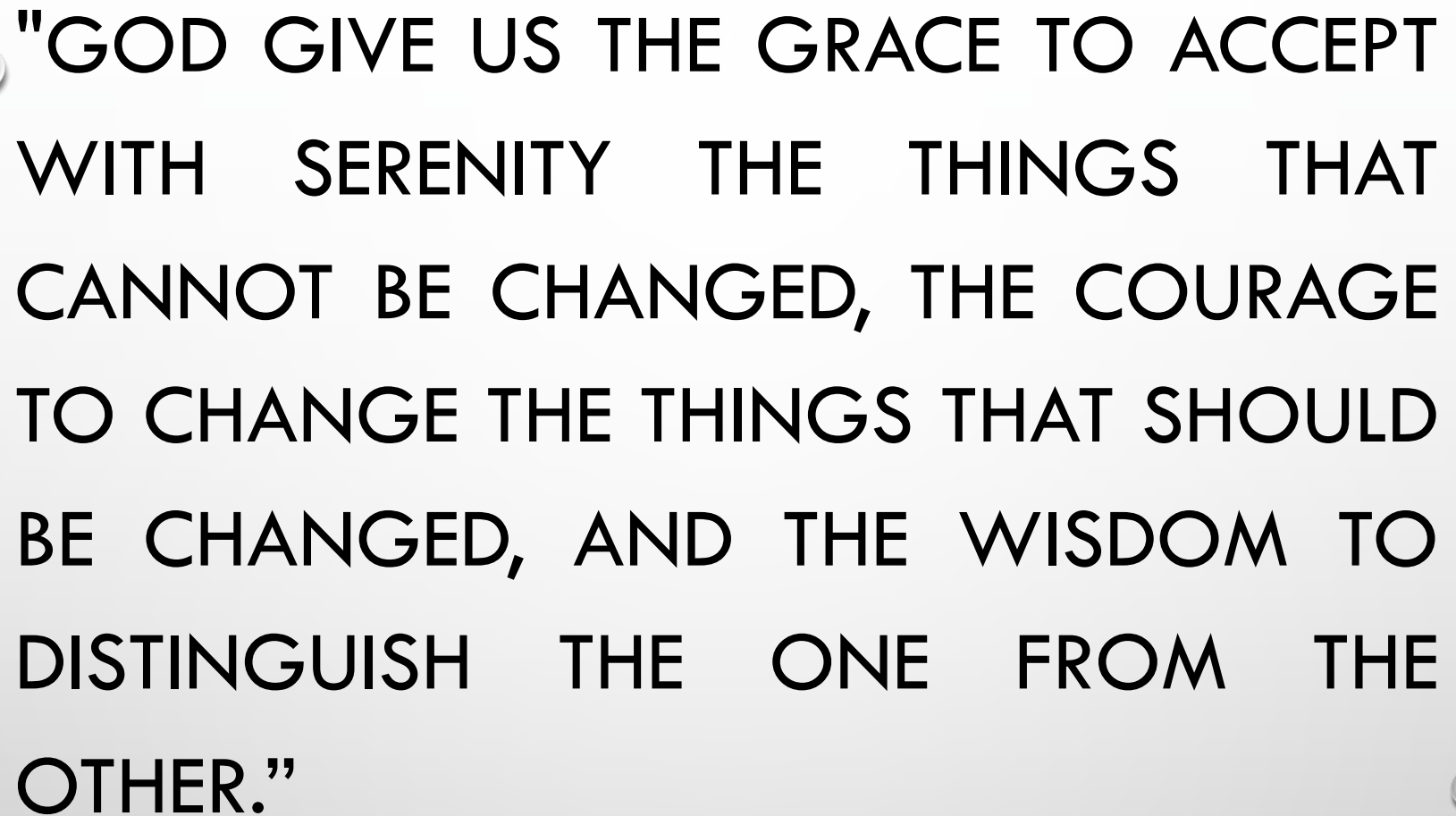
- Self-belief
- Outlook & perspective
- Thinking traps
- Sustained focus
- Causal analysis
- Control controllables

Mental

Spiritual

- Values and beliefs
- Empathy
- Reaching out





"GOD GIVE US THE GRACE TO ACCEPT
WITH SERENITY THE THINGS THAT
CANNOT BE CHANGED, THE COURAGE
TO CHANGE THE THINGS THAT SHOULD
BE CHANGED, AND THE WISDOM TO
DISTINGUISH THE ONE FROM THE
OTHER."

REINHOLD NIEBUHR