



## Top Ten Tips on Resilience

### Resilience is...

- 🌱 ....the capacity to recover quickly from difficulties...
- 🌱 ....the process of gaining a robust attitude in the face of challenging and threatening events – it is also about becoming a stronger person as a consequence of overcoming challenging experiences.
- 🌱 ....learning from and becoming stronger through our experiences



#### 1- Self Awareness

- 🌱 If you are aware of your own strengths and weaknesses, and know you have the inner capacity to overcome many types of challenges, you will learn to take a more resilient approach to challenges

#### 2- Keep calm and objective

- 🌱 Respond, don't react. Stay focused and maintain a professional demeanour otherwise the focus will be on your behaviour, rather than what you say. It is often useful to refer to taking an objective perspective, as it excuses you from feeling that you have to join in with the emotional behaviour.

### 3- Determination

- 🧠 Learning what drives you in your decision making allows you to use the right tools to remain determined to see things through to conclusion

### 4- Vision

- 🧠 Vision gives you a long distant plan and it gives the ability to change repetitive behaviours



### 5- Self-Confidence

- 🧠 The belief that you can achieve success and competence. In other words – believing your-self to be capable. **Self-confidence** might be in reference to specific tasks or a wider-ranging attitude you hold about your abilities in life. (e.g. What am I already good at? – how can I apply that confidence to this current challenge?)

### 6- Organisation

- 🧠 Organization helps to anticipate, prepare for, respond and adapt to incremental change and sudden disruptions.

### 7- Problem Solving

- 🧠 Being able to stop and think before reacting, to generate alternative solutions, weighing consequences of decisions before you act.

## 8- Interaction

- 🧠 Being able to interact with others positively under challenging circumstances. (e.g. Who is a good 'sounding-board' to bounce options off of? Has someone in your life, family, friendship group, work, had similar challenges that they could advise on or support you?)

## 9- Relationships

- 🧠 Developing and recognising relationships that are supportive and authentic. (e.g. Cultivate good relationships and build a rapport with people you consider as robust and supportive.)

## 10- Consider your various options

- 🧠 There are almost always various options available – consider what all of them are and think about what the outcomes and routes they may create. This helps to look at practical steps as well as generate confidence to make informed decisions

**If you or your organisation would be interested in learning more about Resilience, please call 01937 579649 or email**

**[info@dicksontraining.com](mailto:info@dicksontraining.com)**

