Sometimes storms don’t come to disrupt your life. Sometimes they come to clear a path. (Unknown)

Understanding the Give-Up or Get-Up paradigm:
Resiliency can be taught.
We can teach and train how to Get-Up

Life is Hard – Not because you are doing it wrong. It is hard, because life is hard!

Our deepest need is for safety and security. Every needs to believe that they are okay.

THE FIVE CORE TRAITS OF RESILIENCE

1. BELONGING
2. PERSPECTIVE
3. ACCEPTANCE
4. HOPE
5. HUMOUR

RESILIENCY IN ACTION
Dr. RHD’s Resiliency Trajectory Model (2020)
LIVING IN UNCERTAIN TIMES

Micro-Habits: Work & Productivity
- Expectation Management – ‘Origins of Distress’
- Get Dressed (WFH attire & self-care)
- Clean Workspace
- Day Map – To do List & To Be List
- One Main Productivity Block per day
- Have an End Point

Micro-Habits: Leadership & Followership
- Focus: Assurances in uncertain times
- Routines: Normalcy in not normal times
- Confidence in Chaos (Clear – Direct – Calm)
- Communication
- Respect: (Parallel Experience)
- Recognize Others & Efforts
- Good News Stories

Micro-Habits: Wellness
- First Hour: Make your bed & Drink water
- Final Hour: Bedtime ritual (no tech)
- Stretch break every hour
- 5 minutes for you – EVERYDAY – breathing
- Release technique
- One healthy meal per day
- Connect with nature once per day (walking)
- Protect your peace

SET YOUR WORD of the DAY
EXAMPLES
Impact / Care / Adapt
Flexible / Deeper

SET YOUR WORD of the DAY
EXAMPLES
Honest / Accountable
Authentic / Kind

SET YOUR WORD of the DAY
EXAMPLES
Peace / Nature / Enough
Gentle / Present
FEAR SETTING ACTIVITY (FERRIS, 2014)

Fear Setting Has Three Steps

STEP 1
1. Define: What are you fearful of. What is the worst thing that can happen?
2. Prevent: What action can you take proactively to prevent this from happening?
3. Repair: If the worst thing happens, how do you do repair?

STEP 2
What are the costs of inaction if you don’t do the thing that you are fearful of?

STEP 3
What can go right?

LIFE WITH WORK BALANCE

Work/ Life Balance Myth
There is one way to balance both work and life equally, that works for everyone.

Life with Work Balance Reality
Establishing the right amount of time, that matches my priorities, so I feel balanced (Hanley-Dafoe, 2019).

LIFE WITH WORK BALANCE TAKE-AWAYS
1. Multi-tasking versus Mono-tasking
2. Habit Stacking
3. Knowing your Non-Negotiables
4. Winning Your Mornings!
5. Weekly Score Cards

WEEKLY SCORE CARD | Out of 10

1. Physical Health 6. Inner Circle Relationships
2. Emotional Health 7. Outer Circle Relationships
3. Physical Space 8. Finances
5. Purpose & Goals 10. Spirituality (or) Character

Score out of 100%
Lighthouses

In the rush to return to normal, perhaps we can use this time to evaluate which parts of normal are worth rushing back to. - Dave Hollispic

I can do hard things.

Be stubborn about your goals, and flexible about your methods.

Sometimes fear doesn’t go away, so we have to learn how to do things afraid.

What makes you feel like your best version of yourself – do more of that.

Those who have a ‘why’ to live, can bear with almost any ‘how’. - Viktor Frankl

If you find a path with no obstacles, it probably doesn’t lead anywhere. - Frank A. Clark

It’s not the load that weighs you down, it’s the way you carry it. - C.S. Lewis

There are some things you can only learn in a storm.

Make what matters most, matter most.