

Looking After No. 1

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25 January 2018



What is Resilience?

“the capacity to recover quickly from difficulties”



Why is it important?

- Performance
- Mindset for learning
- Physical health
- Appetite for community or family activities

When do you need it?



Where do you need it?



Where do you need it?



How do you develop it?

- Approaching problems as challenges and learning from any failures
- Concentrating on what you can control
- Being flexible
- Retaining a passion for what you do
- Creating positivity
- Creating goals and a map
- Ensuring personal wellbeing

Techniques

- STOP
- The Three Control Questions

• Source: W.Timothy Gallwey “The Inner Game of Stress”

Stop

- Step Back
- Think
- Organise your Thoughts
- Proceed

The Three Controls

1. What don't I control here?
2. What am I trying to control at the moment?
3. What could I control that I'm not?

Feedback model


Situation-Behaviour-Impact (SBI)

Situation	Behaviour	Impact
<i>Describe the situation where the observed behaviour occurred. The more specific about the where and when, the better</i>	<i>Describe the behaviour you saw take place; if it helps think of describing it as playing back a video</i>	<i>Share with the person the impact of the behaviour on you and/or others; explain your internal experience to the person</i>





TELL
YOUR
STORY



“When the shit
hits the fan I don’t
need to hit it
too...”

Thank you/Diolch

