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

<table>
<thead>
<tr>
<th>Situation</th>
<th>Behaviour</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Describe the situation where the observed behaviour occurred. The more specific about the where and when, the better</td>
<td>Describe the behaviour you saw take place; if it helps think of describing it as playing back a video</td>
<td>Share with the person the impact of the behaviour on you and/or others; explain your internal experience to the person</td>
</tr>
</tbody>
</table>
Tell your story
“When the shit hits the fan I don’t need to hit it too...”
Thank you/Diolch