Bouncing Back: Resiliency in Times of Stress and Change

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Goals for This Evening

Become Mini Neuroscientists

Identify 1-2 things you’ll do differently

* Get a pen and paper
POLL: Where would you say you are on the curve right now/today?

Shock and Denial
- Avoidance
- Confusion
- Fear
- Numbness
- Blame

Fear/Anger
- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

Depression and Detachment
- Overwhelmed
- Lack of Purpose
- Lack of Energy
- Helplessness

Acceptance
- Exploring options
- A new plan in place

Finding Meaning
- Strength
- Positivity
- Empowerment
- Goals
- Self-Esteem

Dialogue and Bargaining
- Reaching out to others
- Desire to tell your story
- Struggling to find meaning

Strength
- Positivity
- Empowerment
- Goals
- Self-Esteem
I am proud of myself for being ____________________
yet.
Brain, LOOK!

Not NOW! Can't you see I'm BUSY?!
POLL: Which of these do you default to?

- Negativity Bias
- Habits are Easy
- Cognitive Bias
- Fixed Mindset (vs Growth Mindset)
“Neurons that fire together, wire together”
~ Donald Hebb
<table>
<thead>
<tr>
<th>Possibilities</th>
<th>Personal Agility</th>
<th>Vitality</th>
<th>Meaning</th>
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<tbody>
<tr>
<td>&quot;I will&quot;</td>
<td>&quot;I can&quot;</td>
<td>&quot;I center&quot;</td>
<td>&quot;I see&quot;</td>
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<tr>
<th>Relationships</th>
<th>What I Want to Try</th>
<th>When Will I do it?</th>
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<tr>
<td>&quot;I connect&quot;</td>
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Personal Agility

“I can”

• Response-ABILITY
• Perspective Shift
• Learned Optimism
The magic

Stimulus

Response-ABLE

Response-ABLE
Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.

— Michael J. Fox —
Learned Optimism
Personal Agility
“"I can”"

Possibilities
“"I will”"

Relationships
“"I connect”"

Meaning
“"I see”"

Vitality
“"I center”"
“I connect”

Relationships

- Supportive Relationships
- Emotional Vulnerability
- Listening/learning
Out of your vulnerabilities will come your strength.

Sigmund Freud
Listening/Learning
Vitality

• Breathing
• Mindfulness
• Physical Well-Being

“I center”
Personal Agility  
“I can”

Possibilities  
“I will”

Meaning  
“I see”

Vitality  
“I center”

Relationships  
“I connect”
Meaning

“I see”

- Purpose
- Self-discovery/Learning
- Cultivating Gratitude
It is not happy people who are thankful.
It is thankful people who are happy.
Personal Agility
“I can”

Possibilities
“I will”

Relationships
“I connect”

Meaning
“I see”

Vitality
“I center”
Possibilities

“I will”

• Goals
• Planning
• Curiosity & Learning
Poll: Which Resiliency Skill will you focus on going forward?

**Personal Agility**
- “I can”
  - Perspective Shift
  - Learned Optimism

**Possibilities**
- “I will”
  - Goals
  - Planning
  - Curiosity

**Meaning**
- “I see”
  - Purpose
  - Self-discovery/Learning
  - Cultivating Gratitude

**Relationships**
- “I connect”
  - Supportive Relationships
  - Emotional Vulnerability
  - Listening/learning

**Vitality**
- “I center”
  - Breathing
  - Mindfulness
  - Physical Well-Being

Poll: Which Resiliency Skill will you focus on going forward?
Recommended Reading

MAN’S SEARCH FOR MEANING
VIKTOR E. FRANKL

CAROL S. DWEECK, Ph.D.
THE NEW PSYCHOLOGY OF SUCCESS
HOW WE CAN LEARN TO FULFILL OUR POTENTIAL

ANGELA DUCKWORTH
GRIT
THE POWER OF PASSION AND PERSEVERANCE
heidi@vastskyleadership.com

Workshop: Intentional Leadership through Crisis and Change

Workshop: Building Resilience in the Workplace

1-on-1 Executive Coaching
Thank you!

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