

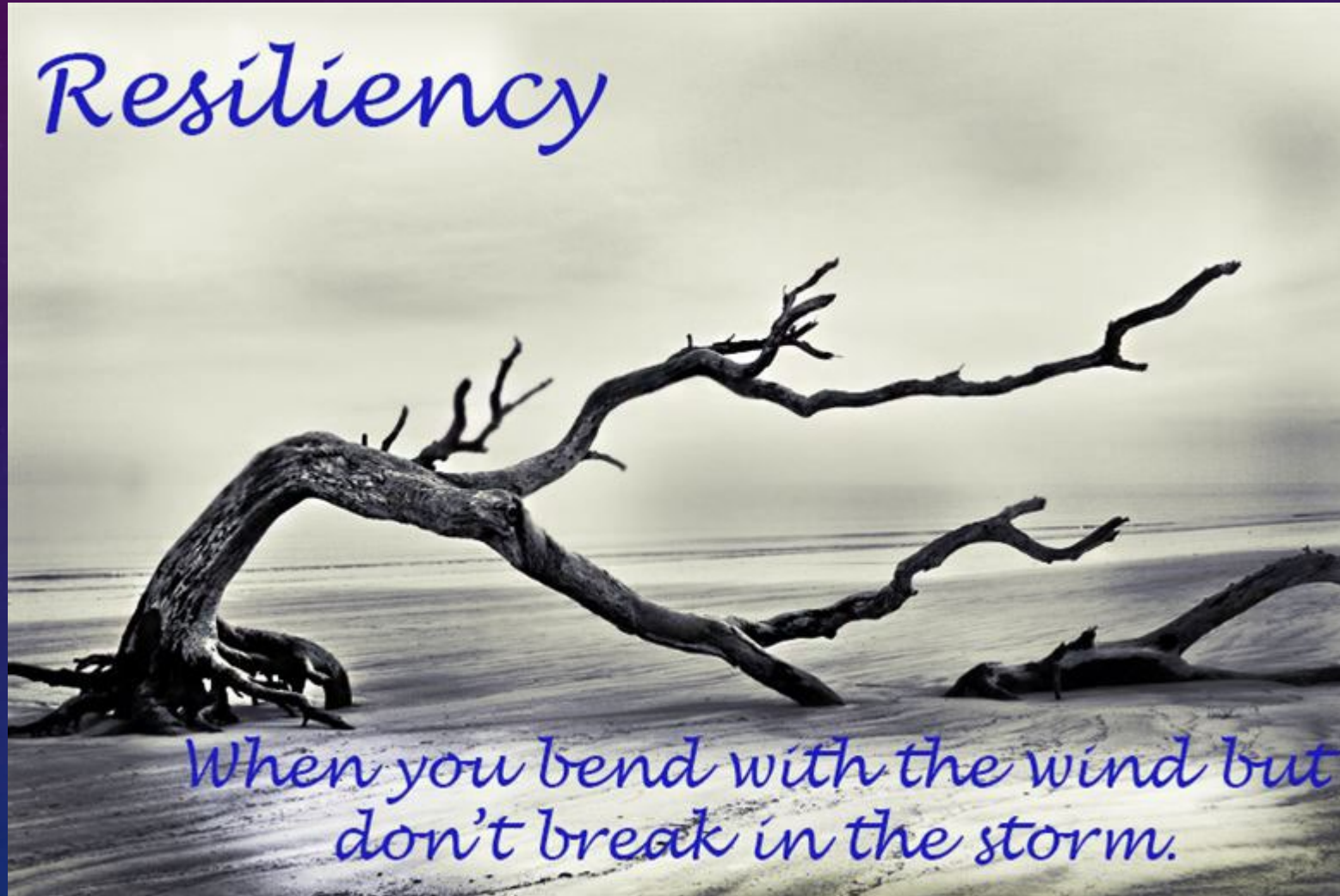


*Stephen Olson, MA – Agency Counseling, Retired USAF, Performance Consultant, Certified LEAN Healthcare Practitioner*

# OBJECTIVES

- What is Resilience?
- What is my current level of Resilience?
- What can I do to become more Resilient?

# WHAT IS RESILIENCE?





*Resilience is being flexible when your GPS system takes you to the wrong place*



# RESILIENCE

Glass is half full vs half empty



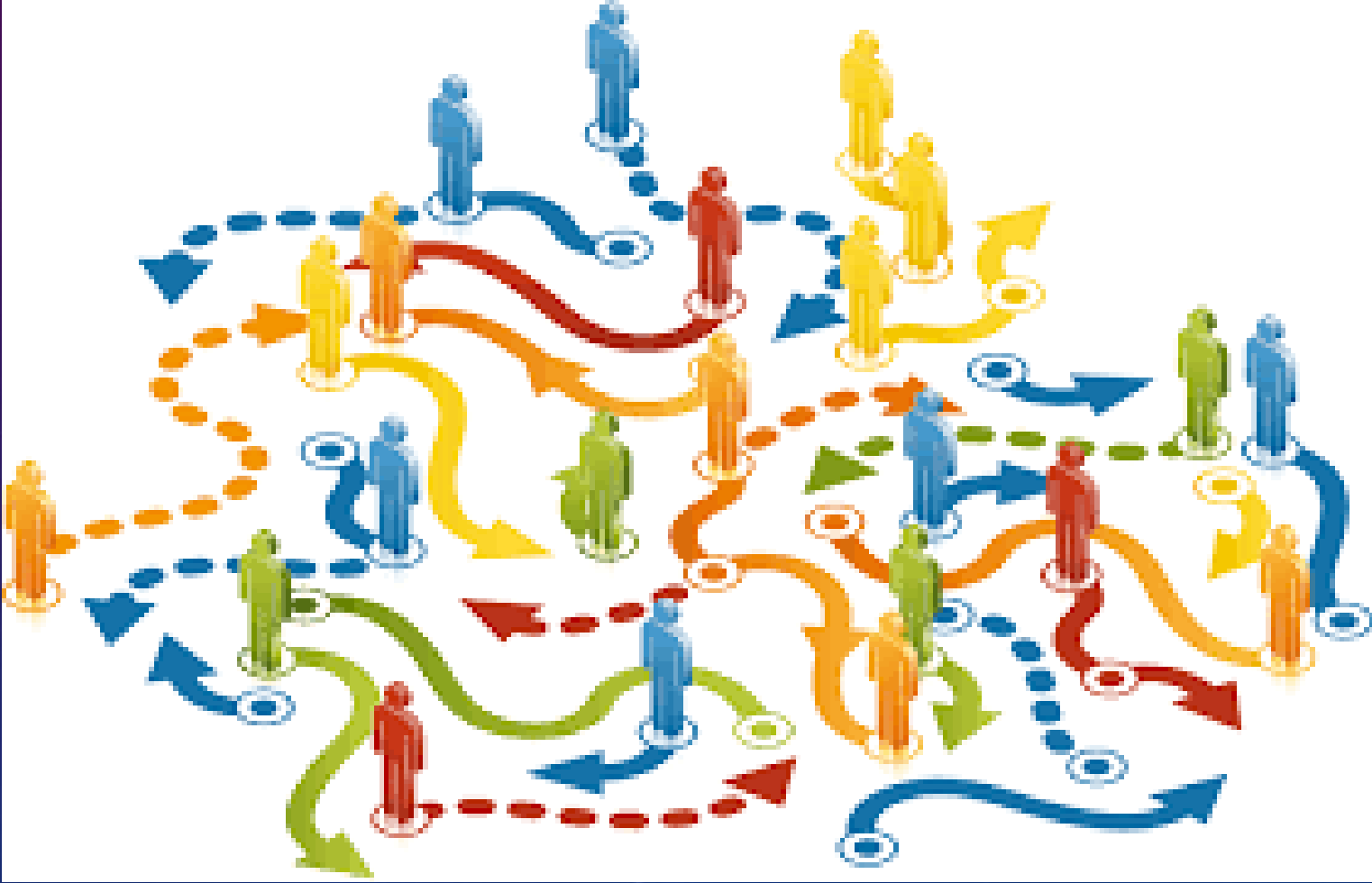
Make lemonade from lemons



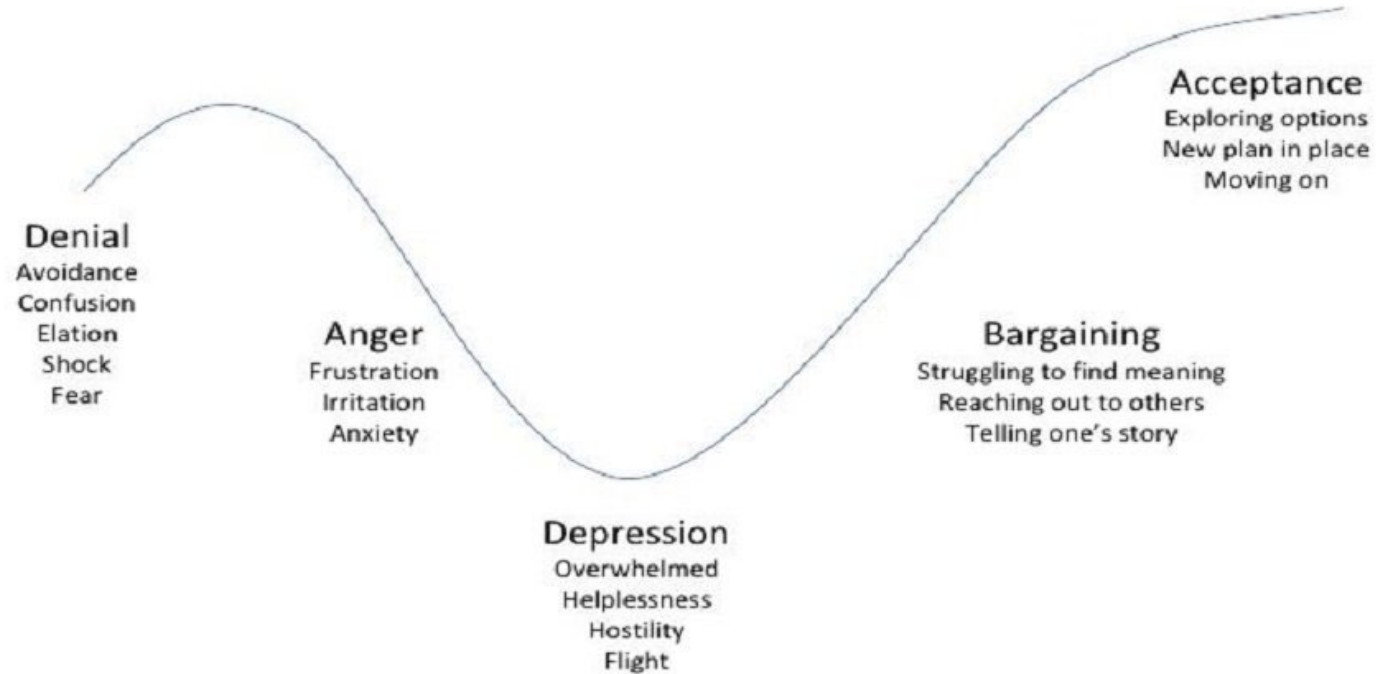
**The ability to bounce back from difficulties and adapt to meet the unplanned challenges you face**

**Look at failures/mistakes as opportunities**

# RESILIENCY IS DIFFERENT FOR EVERYONE



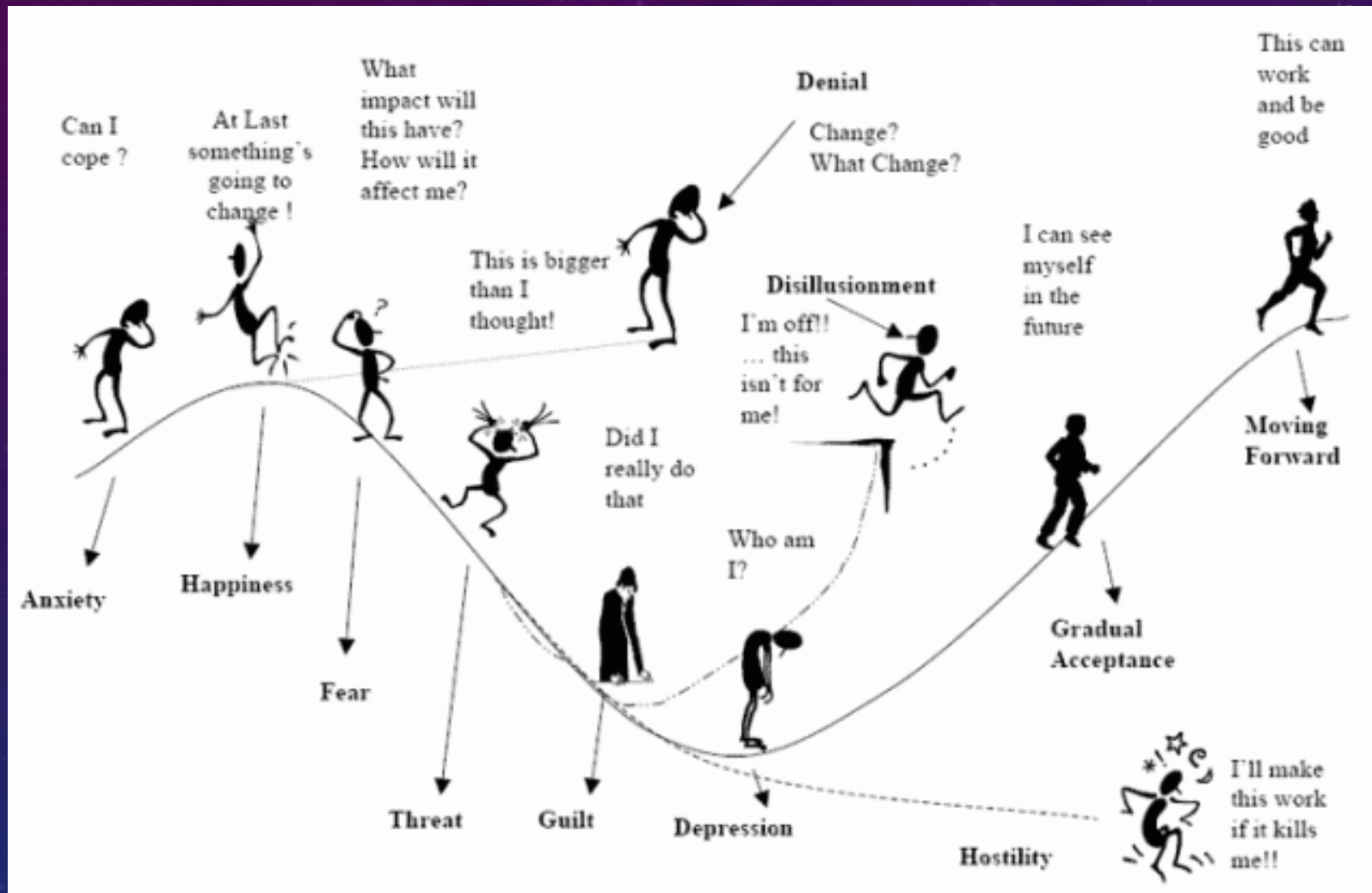
# Kübler-Ross Grief Cycle



Information and  
Communication

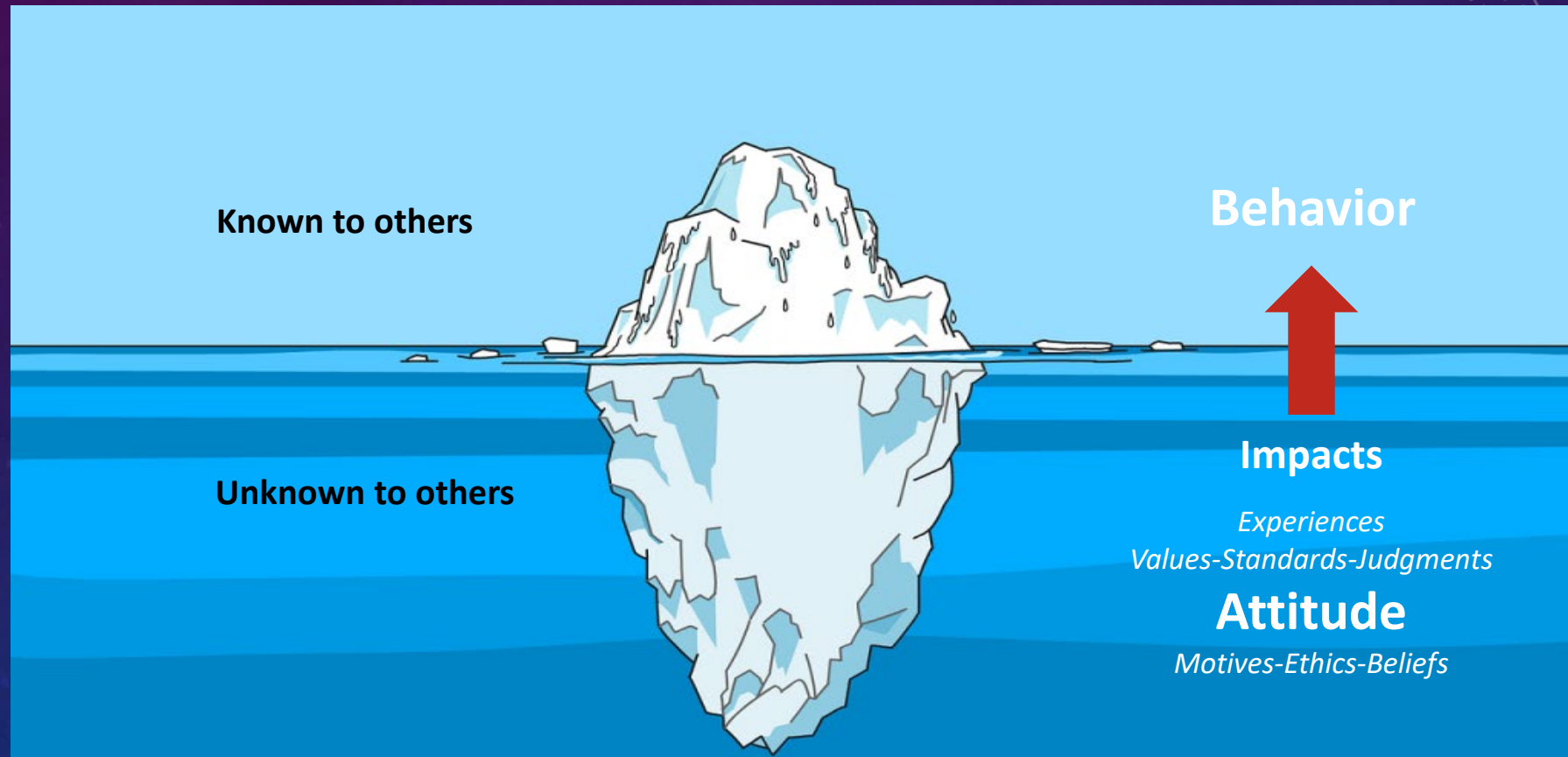
Emotional Support

Guidance and  
Direction





# ATTITUDE IMPACTS BEHAVIOR



WHAT IS MY CURRENT LEVEL OF RESILIENCE?



# NICHOLSON MCBRIDE RESILIENCE QUESTIONNAIRE

- Abbreviated version of the questionnaire
- 80% validity (validity - how well the test measures resilience)
- For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree
- Read each question carefully

## Your score

0 – 37	38 - 43	44- 48	49 -60
<p>A <b>developing</b> level or resilience. Your score indicates that, although you may not always feel at the mercy of events, you would in fact benefit significantly from developing aspects of your behaviour.</p>	<p>An <b>established</b> level of resilience. Your score indicates that you may occasionally have tough days when you can't quite make things go your way, but you rarely feel ready to give up.</p>	<p>A <b>strong</b> level of resilience. Your above-average score indicates that you are pretty good at rolling with the punches and you have an impressive track record of turning setbacks into opportunities.</p>	<p>An <b>exceptional</b> level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back – whatever life throws at you. You believe in making your own luck.</p>

# RESULTS DISCUSSION



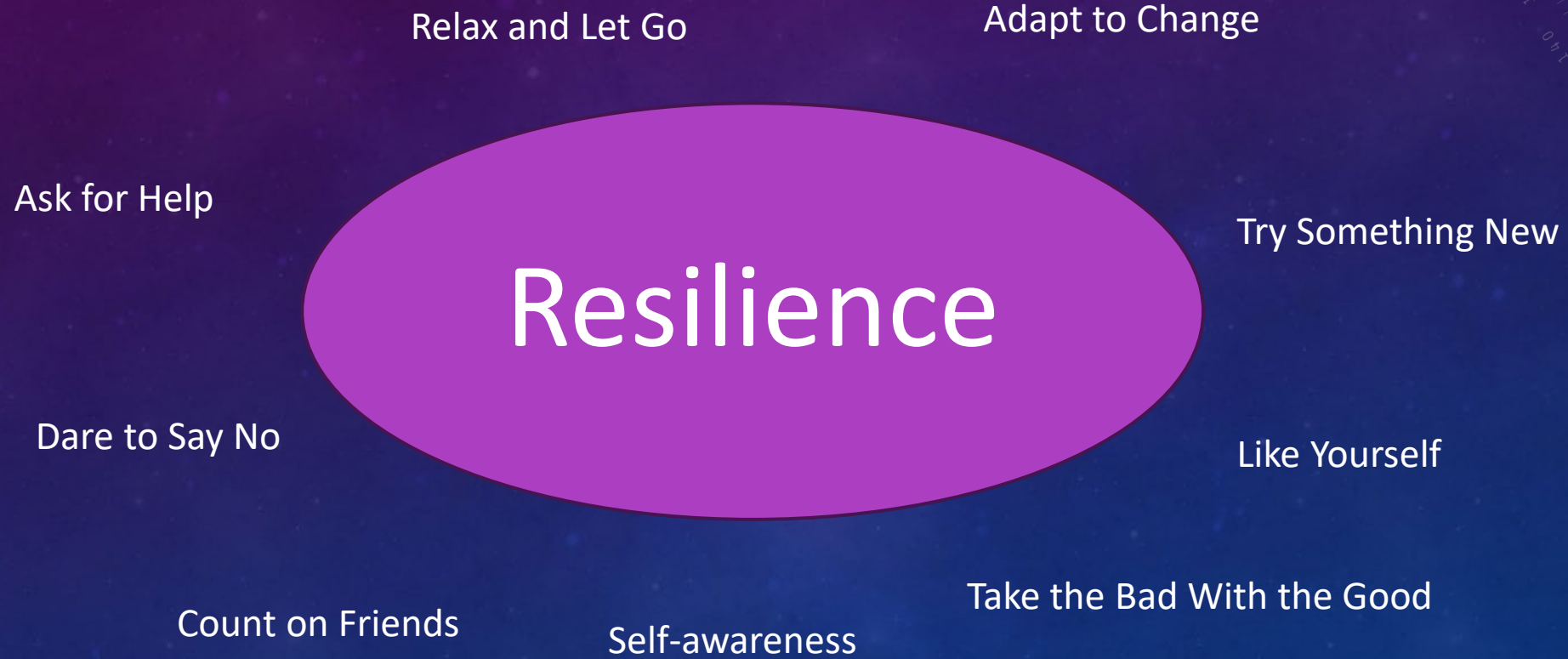
# WHAT CAN I DO TO BECOME MORE RESILIENT?



# BECOMING RESILIENT

- 10 Ways to build and develop resilience – [YouTube video](#)
- Emotional Intelligence

# BECOMING RESILIENT





# SUMMARY

- What is Resilience?
- What is my current level of Resilience?
- What can I do to become more Resilient?

# QUESTIONS?

