

# Learning to be Resilient

## 13:00 to 14:00 29 April 2020

### Learning Outcomes

To understand how resilience can be learnt  
To develop models that will aid dealing with change  
To create a strong base to allow you to be positive  
and take control

Be ahead

Steve Playford  
Consultant & Coach

Supporting people to  
be ahead in  
leadership & wellbeing

# Chat & Task

Type into **Chat** and **write** on a piece of paper  
**3 positive things** you have done this week?

During the Webinar it will be useful to have a pen and paper

Slides and resources will be available after the webinar

# Do we know their values?



COVID-19  
COMMUNITY  
VOLUNTEERING





# Do you know your values?



# Resilience means many things to many people

Jump Back

Survive

Stubbornness

Leap forward

Cope

An individual's capacity to manage the everyday stress of home and work, remain healthy, **adapt and learn** from **unexpected setbacks** and prepare for future challenges **proactively**.

Kathryn McEwen



# How are you dealing with the challenge of Covid?



- Severe disruption/ big change
- Uncertainty
- Anticipating change
- Adapting to new situations
- Accepting the “new normal”
- Resetting to be stronger

Adapted from Robertson Cooper

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**

 **GOV.UK**

 HM Government

**NHS**



**CATCH IT.**

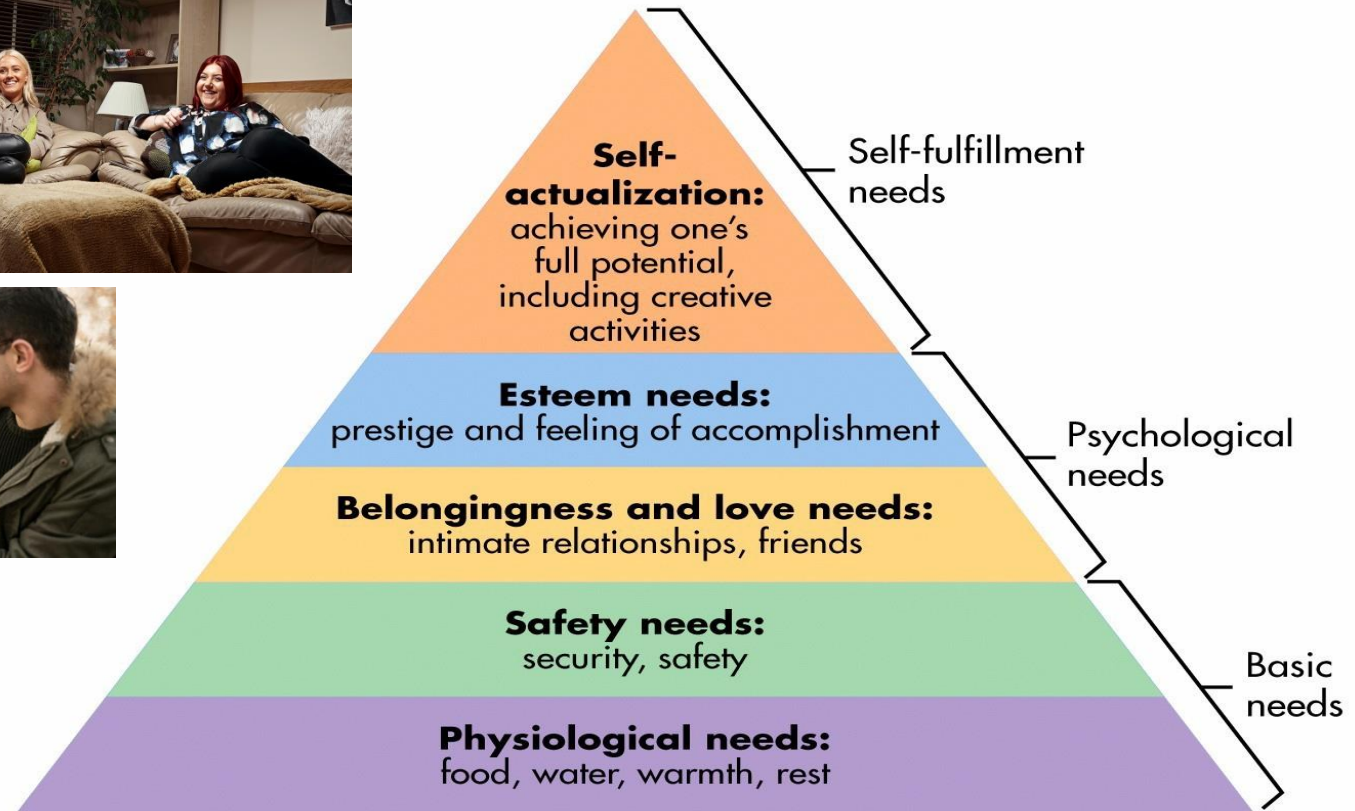


**BIN IT.**



**KILL IT.**

# Develop a firm base during this crisis



**Maslow's triangle** shows how to build towards self-actualisation and even legacy from a base of basic need. Simply put, get your daily and weekly routines established.

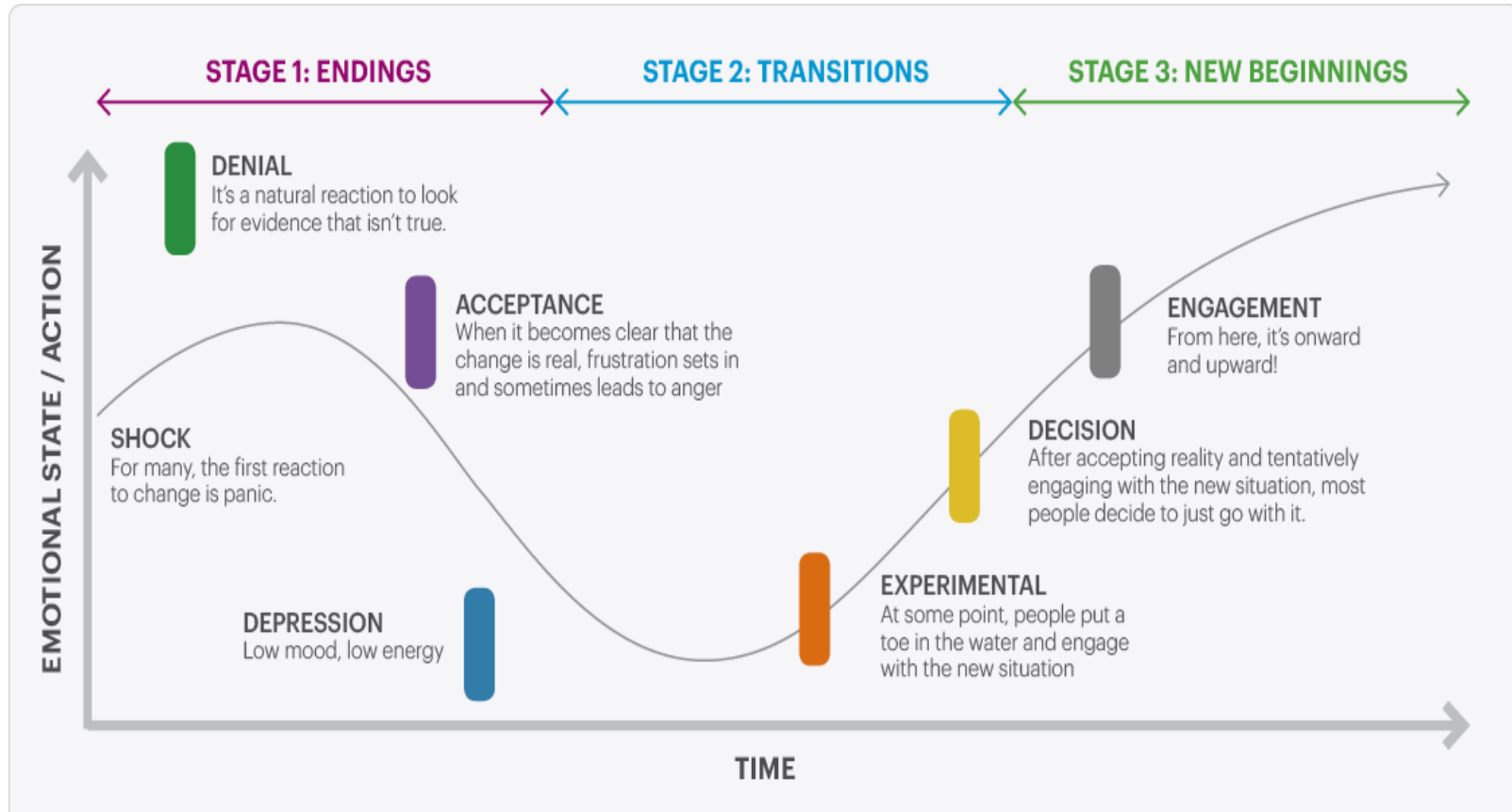
# Chat & Task

**Type into Chat and write on a piece of paper**

**Write down 2 behaviours which have changed for you since the lockdown began**



# How do we deal with change?



- The Change Curve by Elisabeth Kubler-Ross (although designed for grieving) will help you to learn about the behaviours experienced in the change process
- Learning this change process will strengthen your resilience

# Q&A 1

# Model: Components for Individual Resilience at Work (R@W)

## R@W (Kathryn McEwen)

***S1. Living Authentically***

***S2. Finding your Calling***

***S3. Maintaining Perspective***

***S4. Mastering Stress***

***S5. Interacting Co-operatively***

***S6. Staying Healthy***

***S7. Building Networks***



Adapted for the Covid 19 Crisis



# S1. *Living Authentically*



***Holding fast to our  
values,  
deploying our strengths  
for greater good  
and having a good level  
of emotional awareness  
and regulation***

## S2. *Finding your Calling*

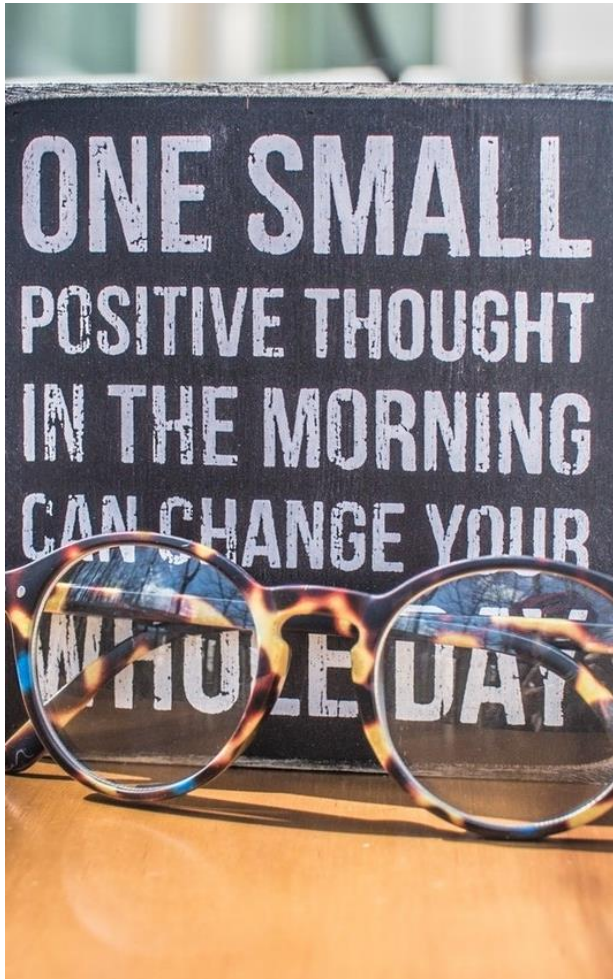


***Creating purpose in the chaos***

***Aligning work with your core values and beliefs***

***Staying connected to a sense of belonging***

# ***S3. Maintaining Perspective***



***Holding hope and being positive***

***Reframing setbacks  
Minimising any negativity***

***Letting go of individual work needs***

***Considering others and the bigger picture***



# ***S4. Mastering Stress***



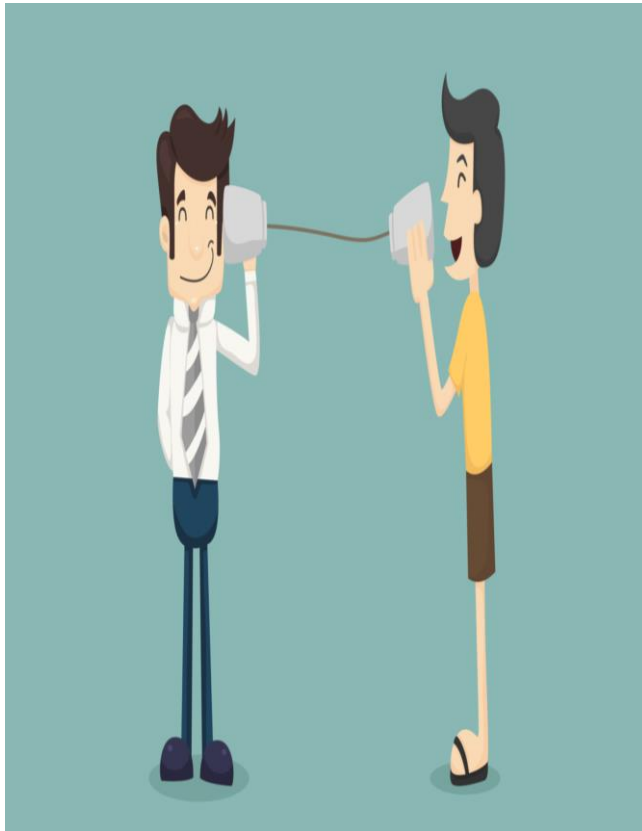
***Having work and life routines  
and being creative***

***Developing new routines to  
recover and reset for the new  
“normal”***

***Identify and manage work  
and home pressures***

***Controlling emotions***

# S5. Interacting Cooperatively



***Reaching out and helping***

***Being vulnerable and asking for help***

***Reflecting on our personal learning- what feedback can we seek to help us grow through this time?***

# S6.Staying Healthy



***Maintaining a good level of physical fitness, having a healthy diet and getting adequate sleep.***



# S7. Building Networks



***Maintain and create personal and professional support networks***

***Make links with new groups***

COVID-19  
COMMUNITY  
VOLUNTEERING



## Q&A 2





**Do you have the  
energy and skills  
to reset to your  
situation?**

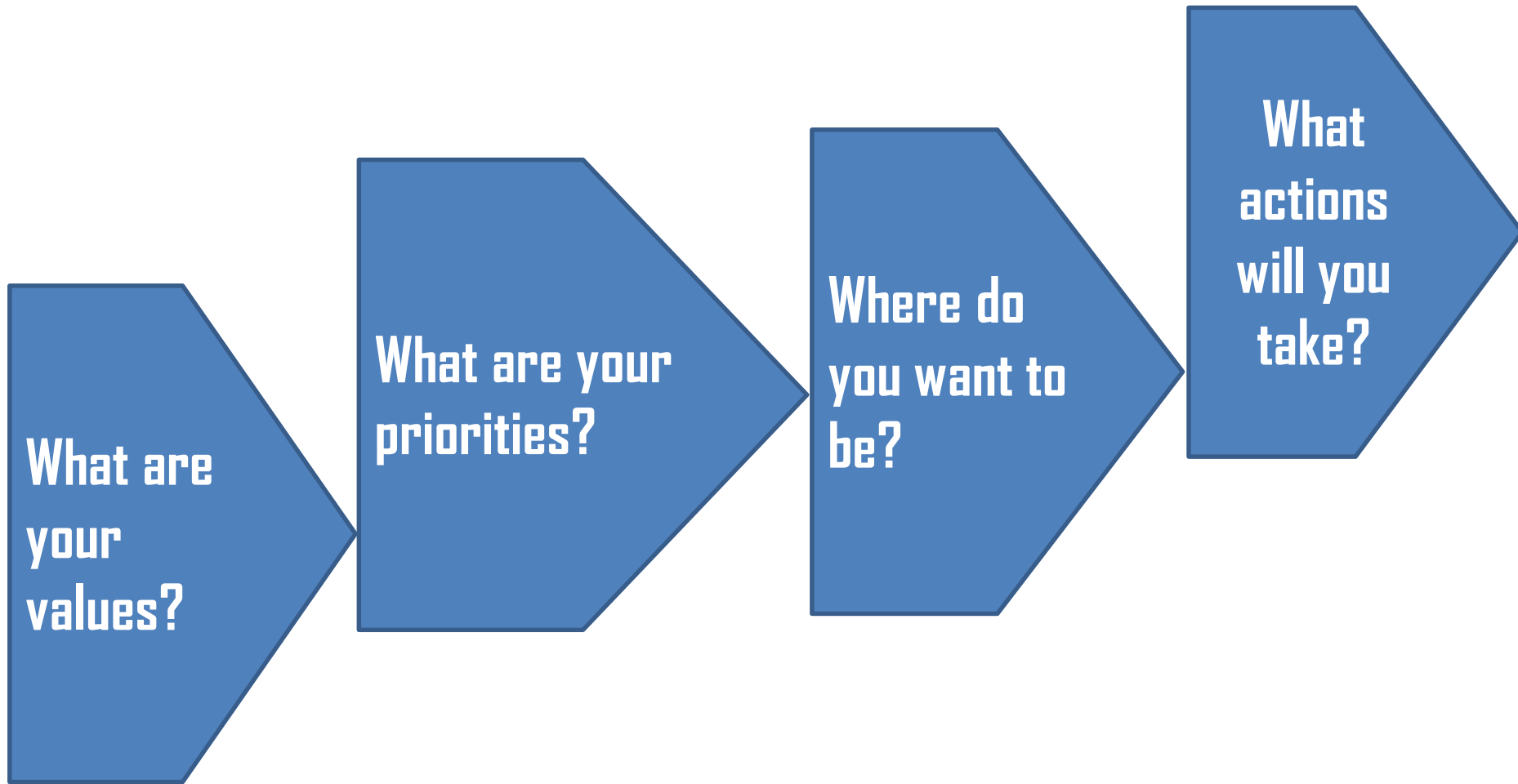


# Can you reflect on your priorities?

Living Authentically	Finding Your Calling	Maintaining Perspective	Managing Stress	Interacting Cooperatively	Staying Healthy	Building Networks
Self Reflect Scale 1-10/ 10= riding high 1 = needs attention						

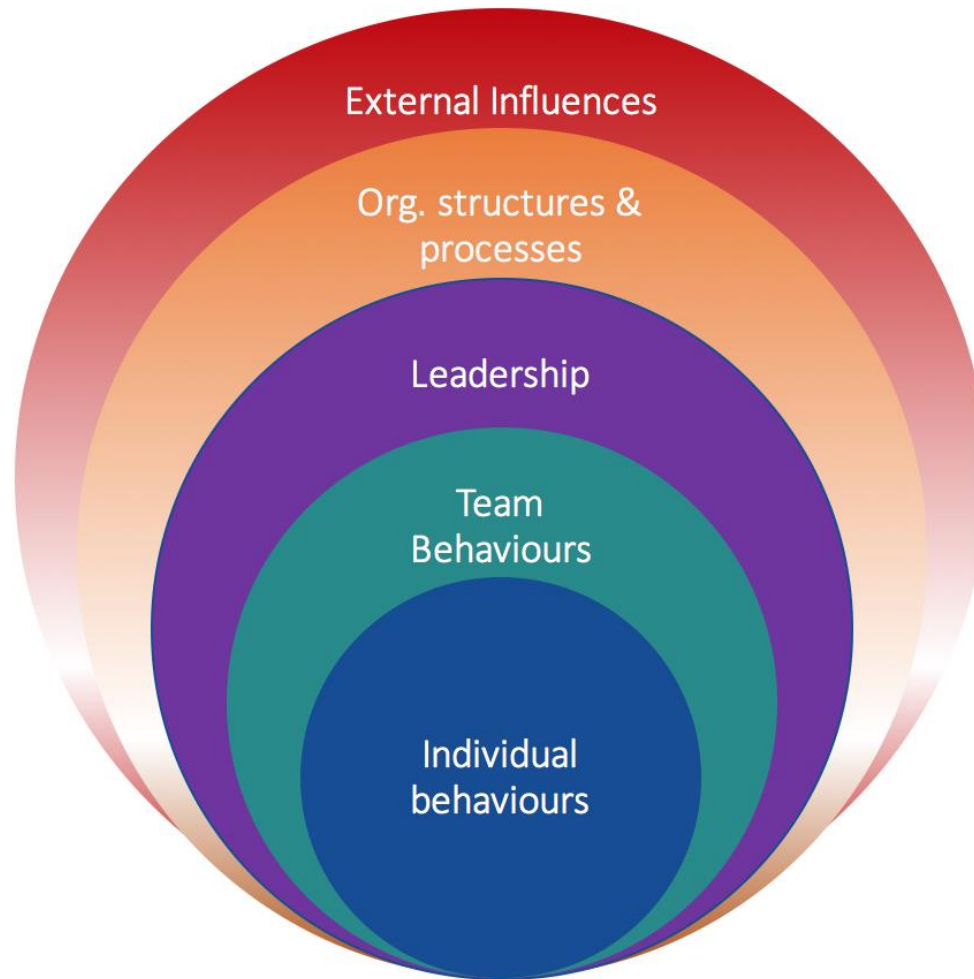


# How are you going to adapt?



# Webinar: Team Resilience

## Wednesday 13 May 12-1pm



15 Mar, 2020 09:49:22



15 Apr, 2020 07:17:49



**What 3 things  
will you now  
go away and  
do?**



@NOTQUITELIGHT

**Your personal wellbeing really matters to your family and your colleagues, and most importantly it must be important to you. Without it you will not flourish, affecting those around you.**

**Learn how to use your personal resilience toolkit, think of the positives, create some space, be creative and have fun!**

***“Nothing will work unless you do!”***      **Maya Angelou**

**“Be who you are; not who you’re not”** **Lemn Sissay**



## Q&A 3





Robertson Cooper (Manchester)

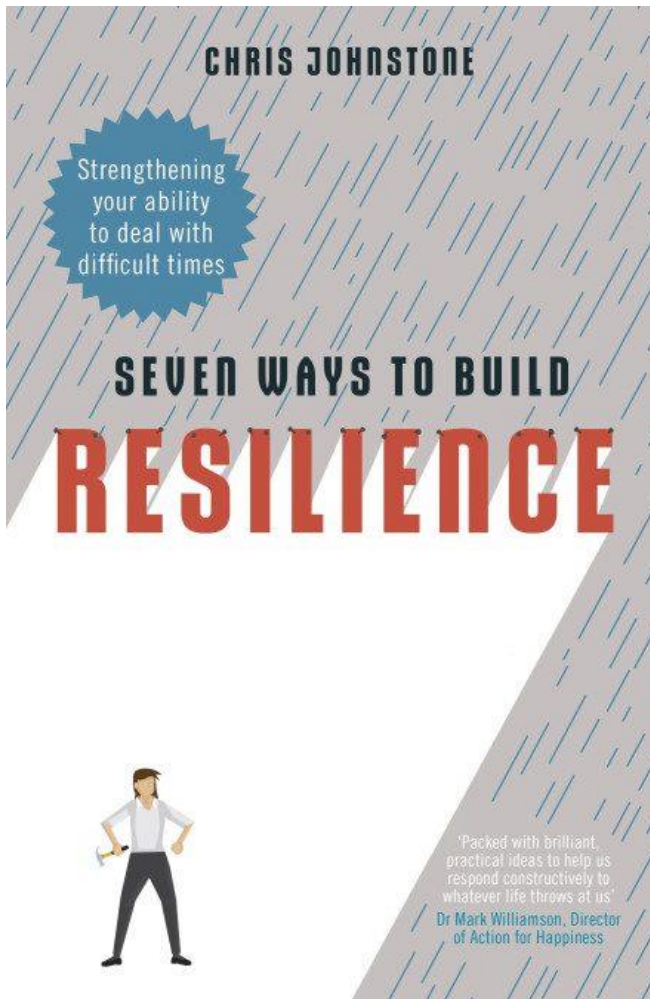
<https://www.robertsoncooper.com/>

Setting yourself up for wellbeing – Personal Resilience

COVID-19 crisis special edition

<https://www.robertsoncooper.com/iresilience/>

		Your analysis of your current status	Impact/change to work life	Impact/change to home life
Positive Experiences	Are you feeling motivated by your work and life?			
Social Relationships	Has the quality of your relationships changed?			
Meaning	Do you feel like your work and life has purpose and is making an impact?			
Getting things done	Do you feel like you are equipped to get on and do your job/home tasks?			



## Chris Johnstone Seven Ways to Build Resilience

<http://collegeofwellbeing.com/>

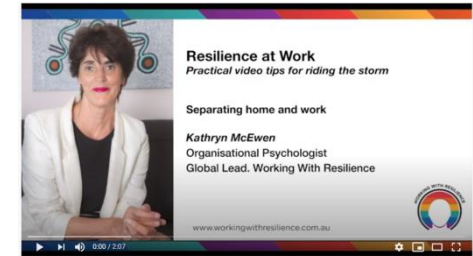
# References

Kathryn McEwen Working with Resilience

<https://workingwithresilience.com.au/>

R@W

<https://workingwithresilience.us7.list-manage.com/track/click?u=006e72f82aa236611a1a72c42&id=ee823c1342&e=9ff5b697f9>



Robertson Cooper (Manchester)

<https://www.robertsoncooper.com/>

Setting yourself up for wellbeing – Personal Resilience

COVID-19 crisis special edition

<https://www.robertsoncooper.com/iresilience/>

Chris Johnstone

Seven Ways to Build Resilience

<http://collegeofwellbeing.com/>

*Information in this webinar is provided by the speaker and is as up to date and accurate as feasibly possible*