



It's time for some R&R

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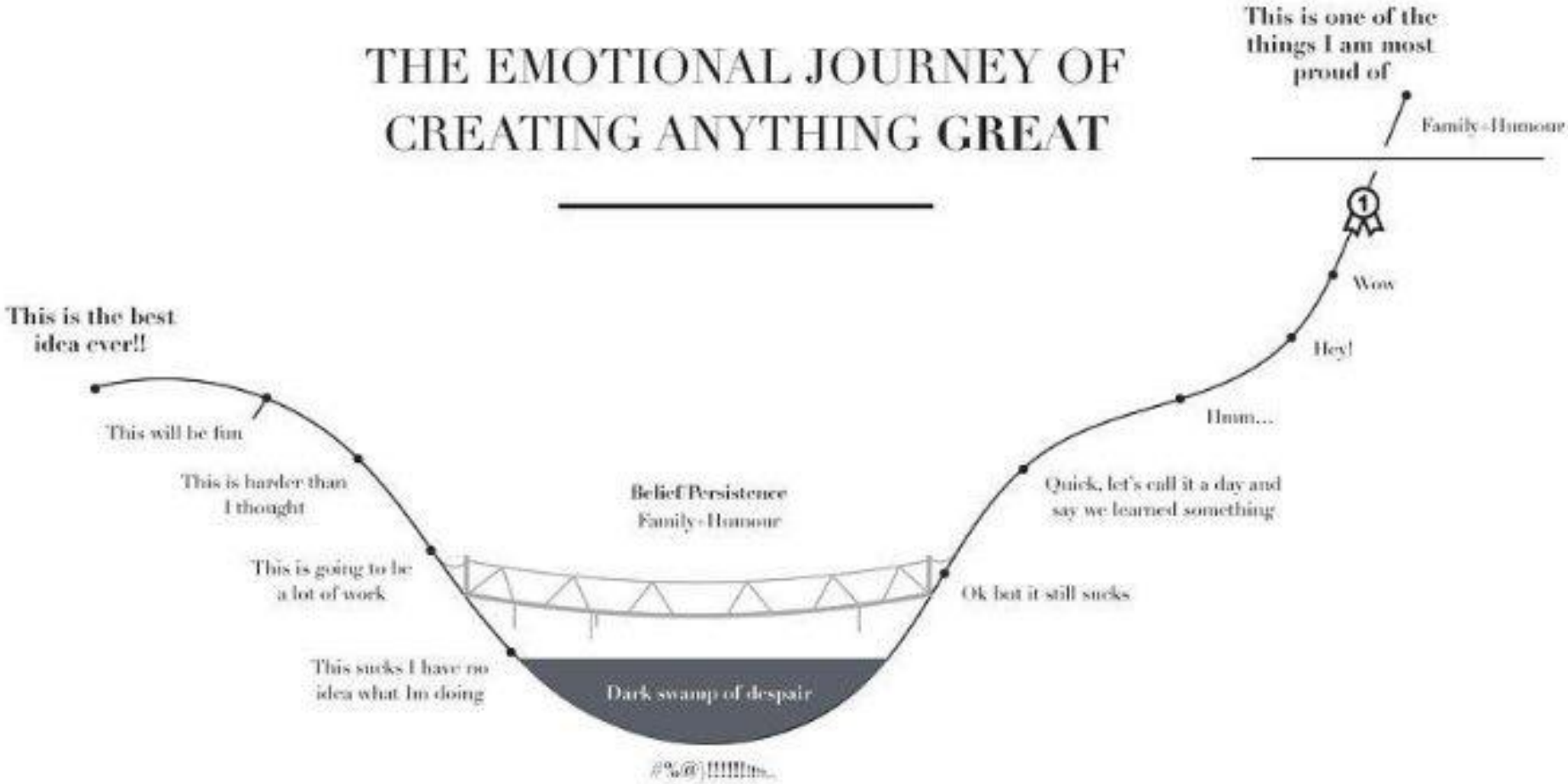
What you will learn...

- A better understanding of what resilience is
- How it applies to your personal and professional life
- The interplay between resilience, stress and attitude
- Strategies to develop resilience and resourcefulness

Why talk about



THE EMOTIONAL JOURNEY OF CREATING ANYTHING GREAT



THE EMOTIONAL JOURNEY IS INEVITABLE AND PERHAPS NECESSARY

Why is it important to be/or become resilient?

- Resilient people (leaders) have the ability to:
 - sustain their energy level under pressure
 - handle disruptive changes and adapt
 - bounce back from setbacks
 - overcome major difficulties without engaging in dysfunctional behaviour or harming others

Some Questions...

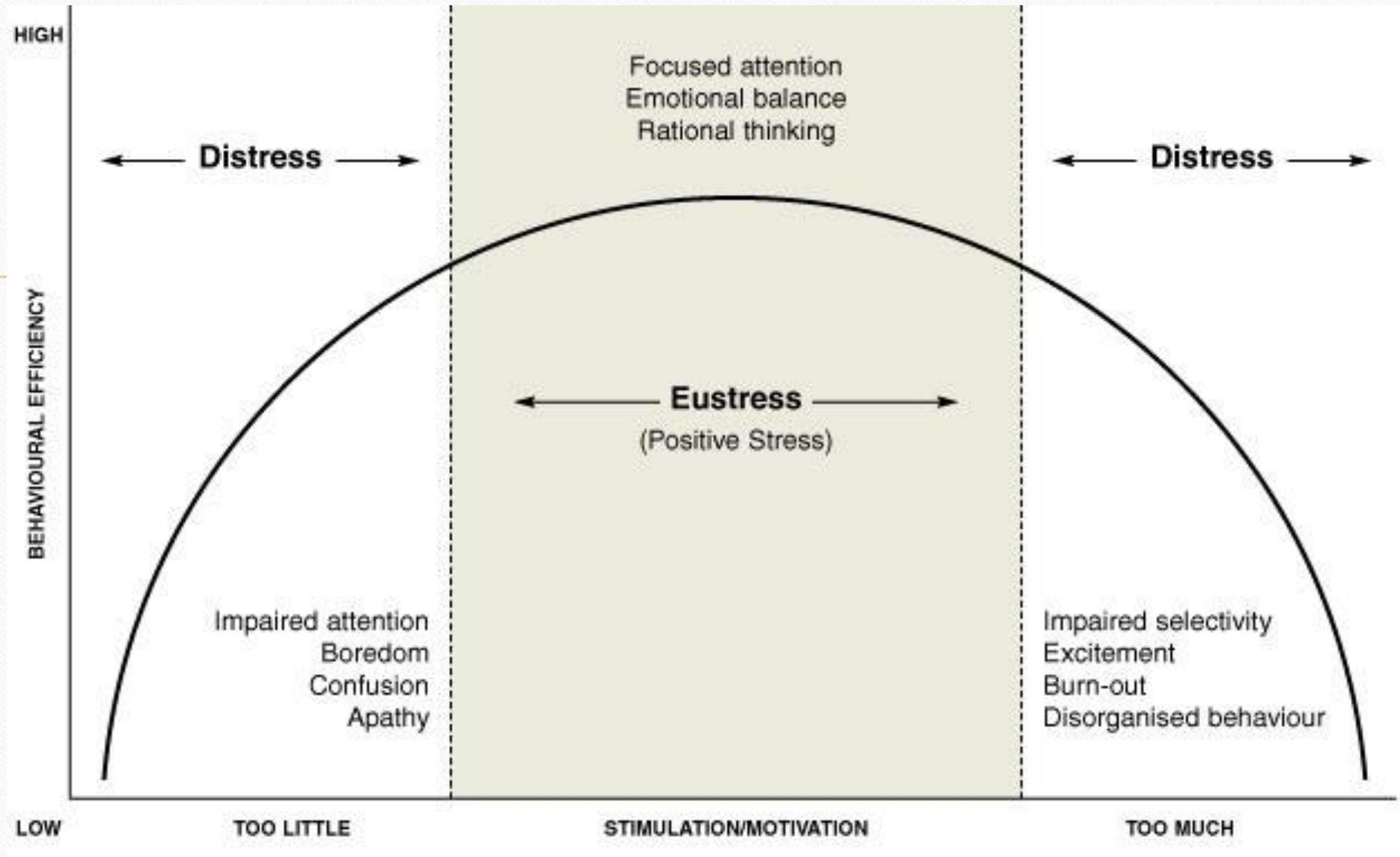
- How many of you have seen conflict in the workplace?
- How many of you have observed people getting sick or burning out?
- How many of you have experienced unexpected and significant change(s) in their lives?
- How many of you have experienced heavy work assignments and feel you could not provide the level of care that is required?
- How many of you have experienced when 'climbing the career' that others have changed towards you?
- How many of you have experienced getting used to a new boss?
- How many of you have made a mistake and everybody knew about it?
- How many of you have had to manage patients and families who became upset?

Break Out Session

- Discuss in groups challenging situations you have faced and how you have felt in these circumstances

Role of Stress

- Situations like this are often considered stressful however not all stress is bad or unhealthy
- People need a healthy level of stress (eustress) in order get things done.
- An adequate level of stress allows people to be motivated, functional, and effective.
- It is important that the level of stress does not become too much (distress), which is evidenced by the feeling of being overwhelmed, dysfunctional, forgetful, irritated, loss of creativity, tendency to isolate oneself, cynicism, and so on...



Role of Attitude

- How you look at a situation has a significant impact on how you deal with it
- Your attitude can turn a challenge into an opportunity or into a obstacle, or simply said;
- Your attitude can be ‘your wings to fly or your anchor to hold you back’
- People with a positive attitude and outlook on life are generally more successful

Strategies to develop resilience & being resourceful

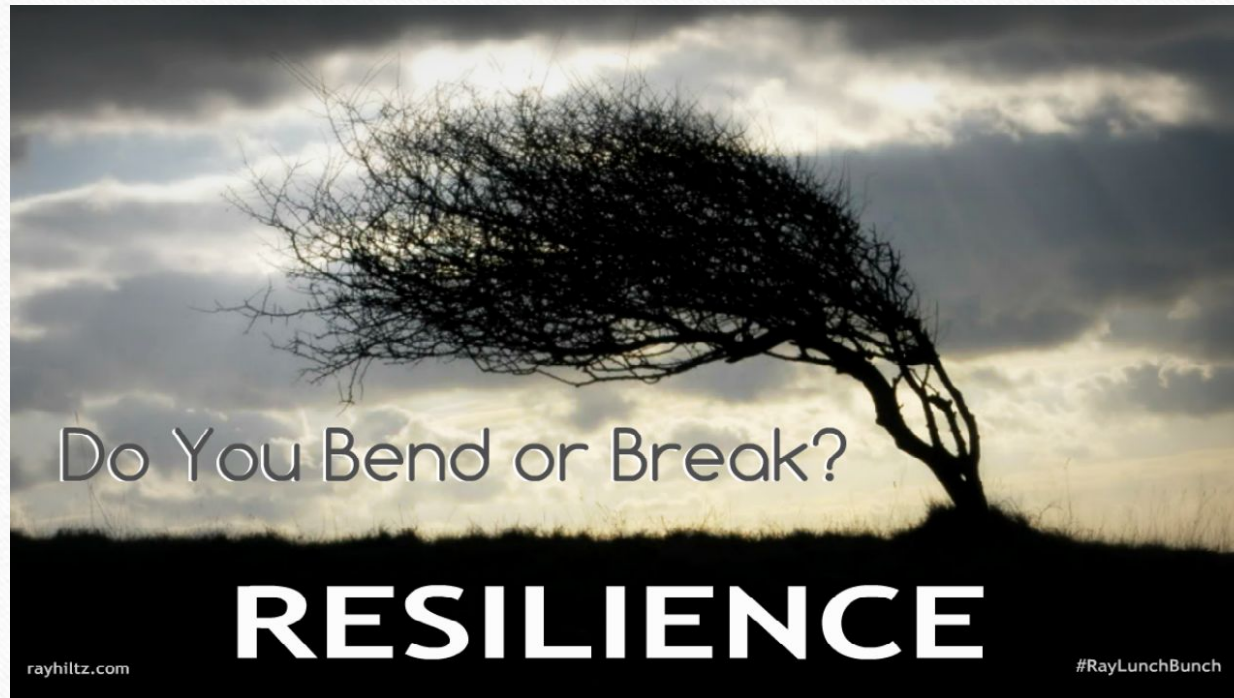
- Seek challenging situations
- Keep training your 'stress management muscle'
- Obtain feedback often
- Develop positive habits
- Learn to forgive yourself and move on (becoming unstuck)
- Remain a life long learner
- Frequently take the time to slow down and reflect
- Maintain a positive outlook
- Stay healthy and fit



Take home points...

- Life is full of peaks and valleys
- How we choose to face our challenges will determine our outcome
- Failure is an essential part of progress and if taken as a learning opportunity it will positively contribute towards becoming successful
- Learning to become resilient will ensure we/you remain motivated and healthy throughout the process

Thank you



Resources

- Baron, R. (2015). *How to be a resilient leader*. [online] Available at: <https://www.hee.nhs.uk/sites/default/files/documents/Rebecca-Baron-Resilience.pdf> [Accessed 28 Nov. 2017].
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- Rossouw, J. (2016). *The 6 domains of resilience*. [online] Available at: <https://www.linkedin.com/pulse/6-domains-resilience-jurie-rossouw> [Accessed 28 Nov. 2017].