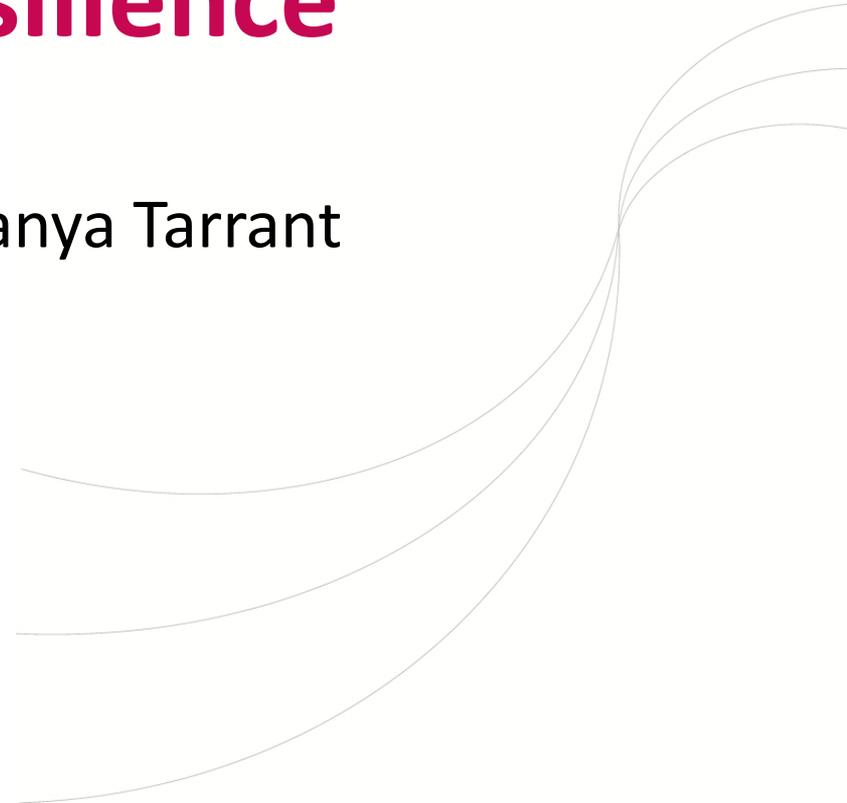




# Building Resilience

Facilitated by: Saranya Tarrant





# Personal Resilience

Resilience is emerging as a key factor which determines who will succeed more than education, experience or training

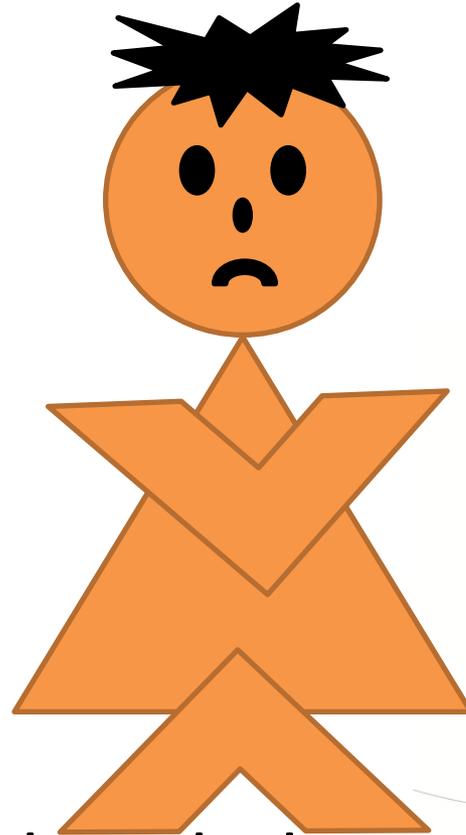
Resilience is a great skill to have in your life

You need to know how resilient you are and the areas to work on



# Out Of Balance ?

Home



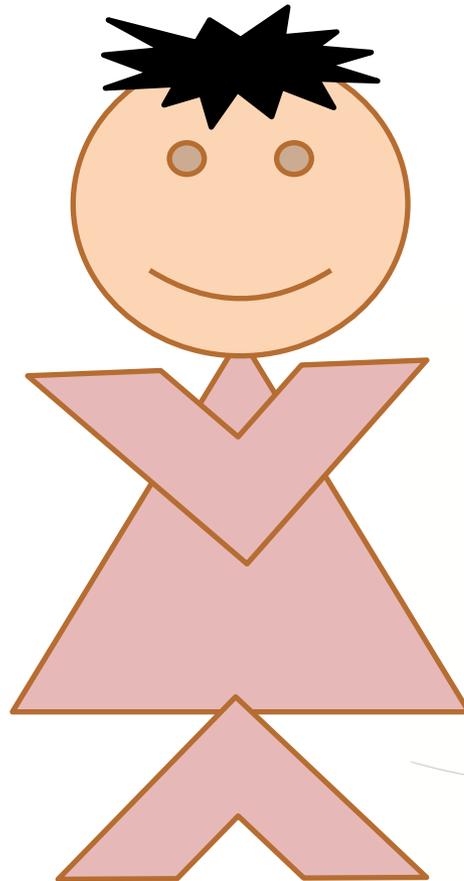
Work

We bring the whole person to work



# 3 Aspects to Life Experience

**MIND**  
Intellect



**BODY**  
Physical

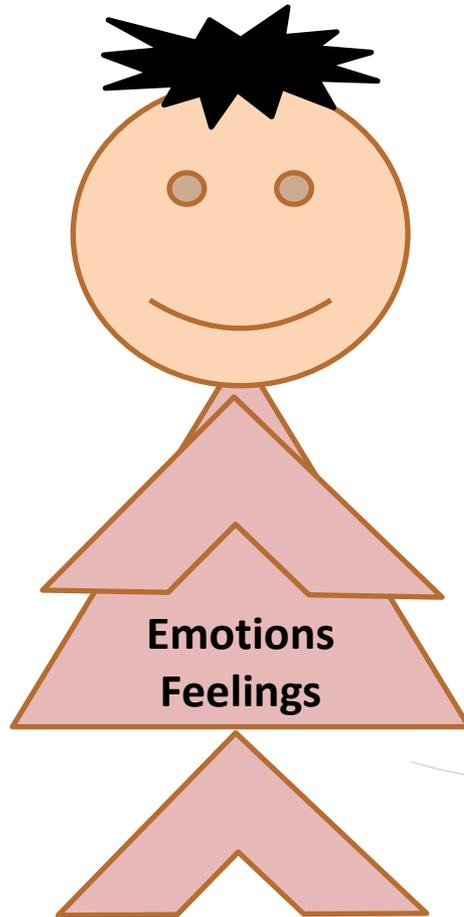
**SPIRIT**  
Energy



# Personality

**MIND**

**Thinking**



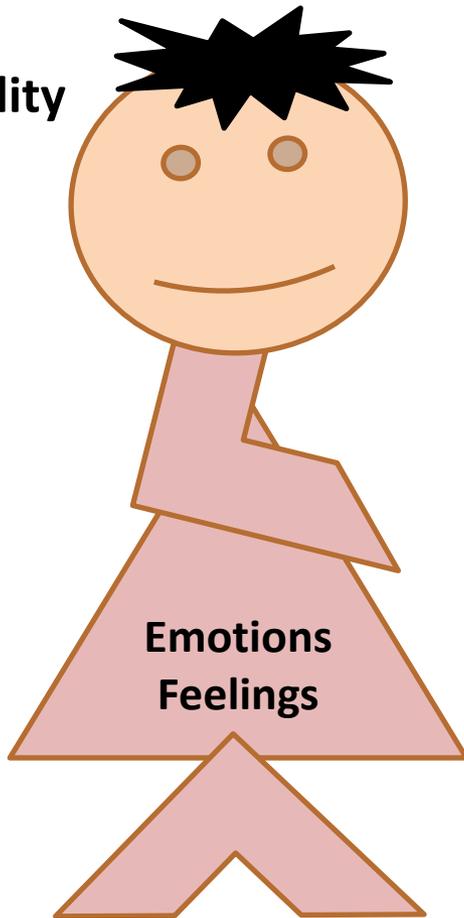
**BODY**  
**Doing**

**SPIRIT**  
**Being**



**MIND**

**Personality**



**BODY**

**Emotions  
Feelings**

**SPIRIT**

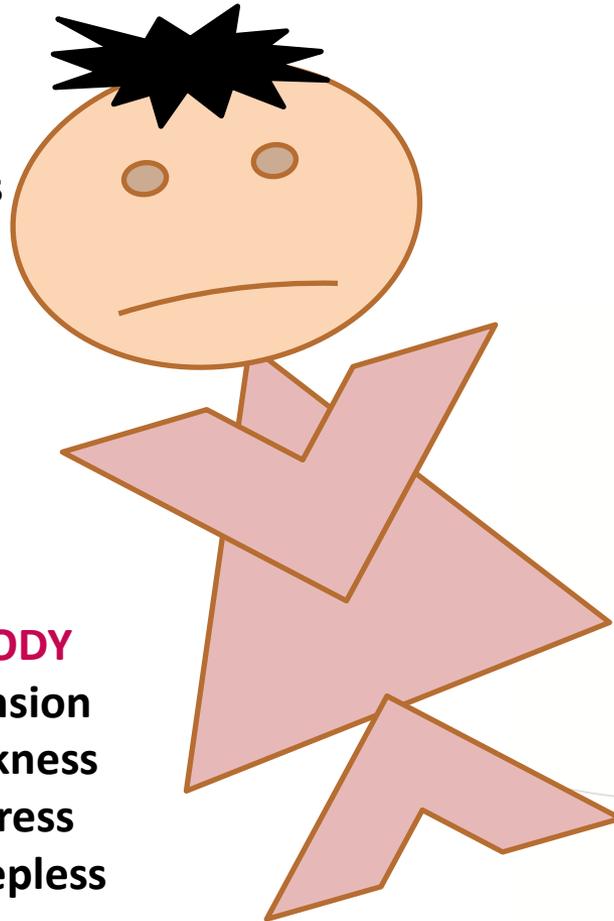
- **Beliefs**
- **Assumptions**
- **Conditioning**
- **Opinions**
- **Judgements**
- **Concepts**
- **Patterns of behaviour**
- **Cultural Influences**



# Low Resilience

## Out of Balance

**MIND**  
Worry  
Anxiety  
Problems

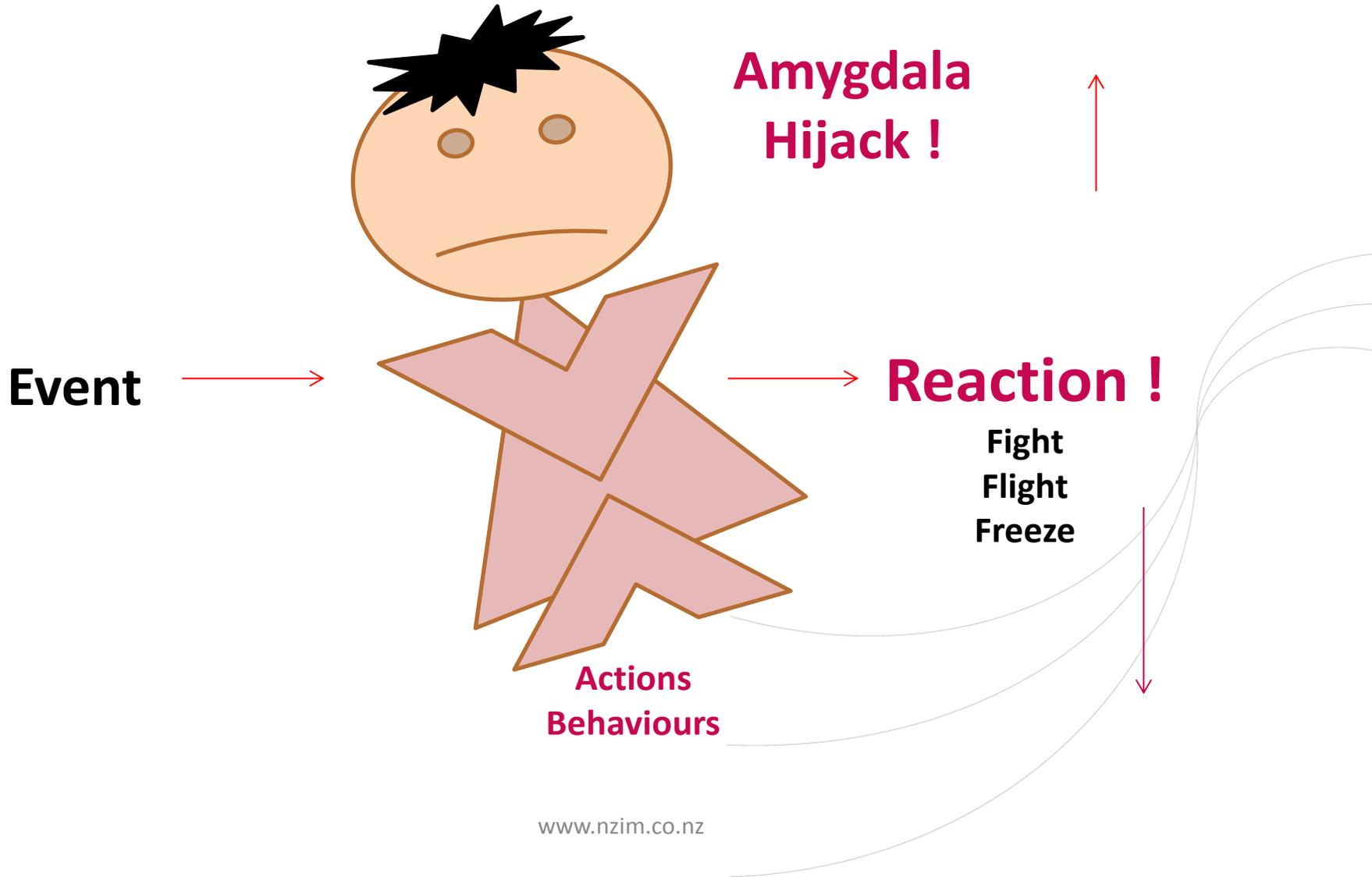


**BODY**  
Tension  
Sickness  
Stress  
Sleepless

**SPIRIT**  
Low energy  
Lethargic  
Demotivated  
Tired

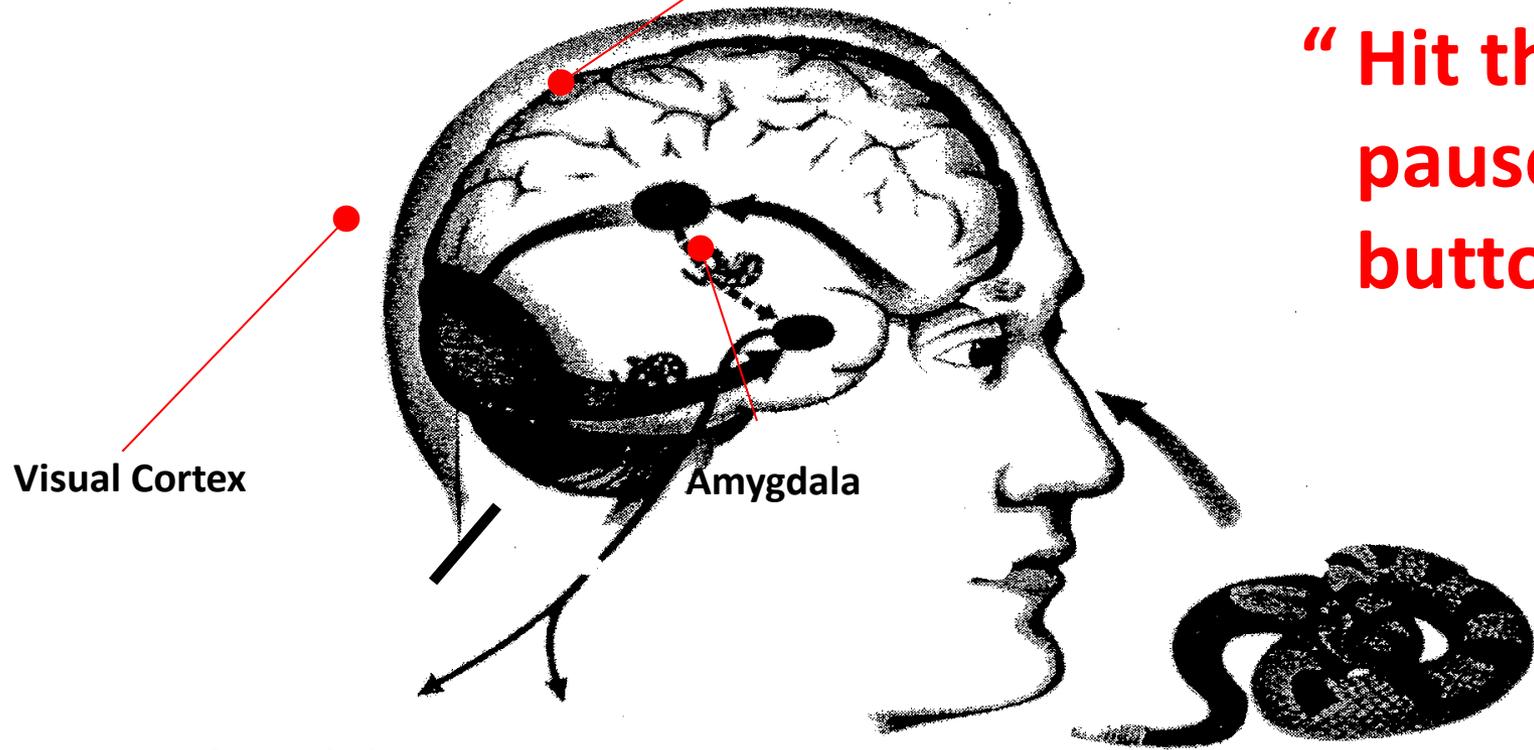


# Low Resilience





Thalamus



**“ Hit the  
pause  
button!”**

### **Fight or Flight Response**

*Heart rate and blood pressure increase.  
Large muscles prepare for quick action.*



# Signs of Low Resilience in the Organisation

- **Absenteeism**
- **High Staff Turn Over**
- **Mistakes**
- **Accidents**
- **General Climate**
- **Rows**
- **Saboteurs**
- **Disagreements**
- **Reduced performance**
- **Sickness**



# Causes - SCARF

**S**tatus

**C**ertainty

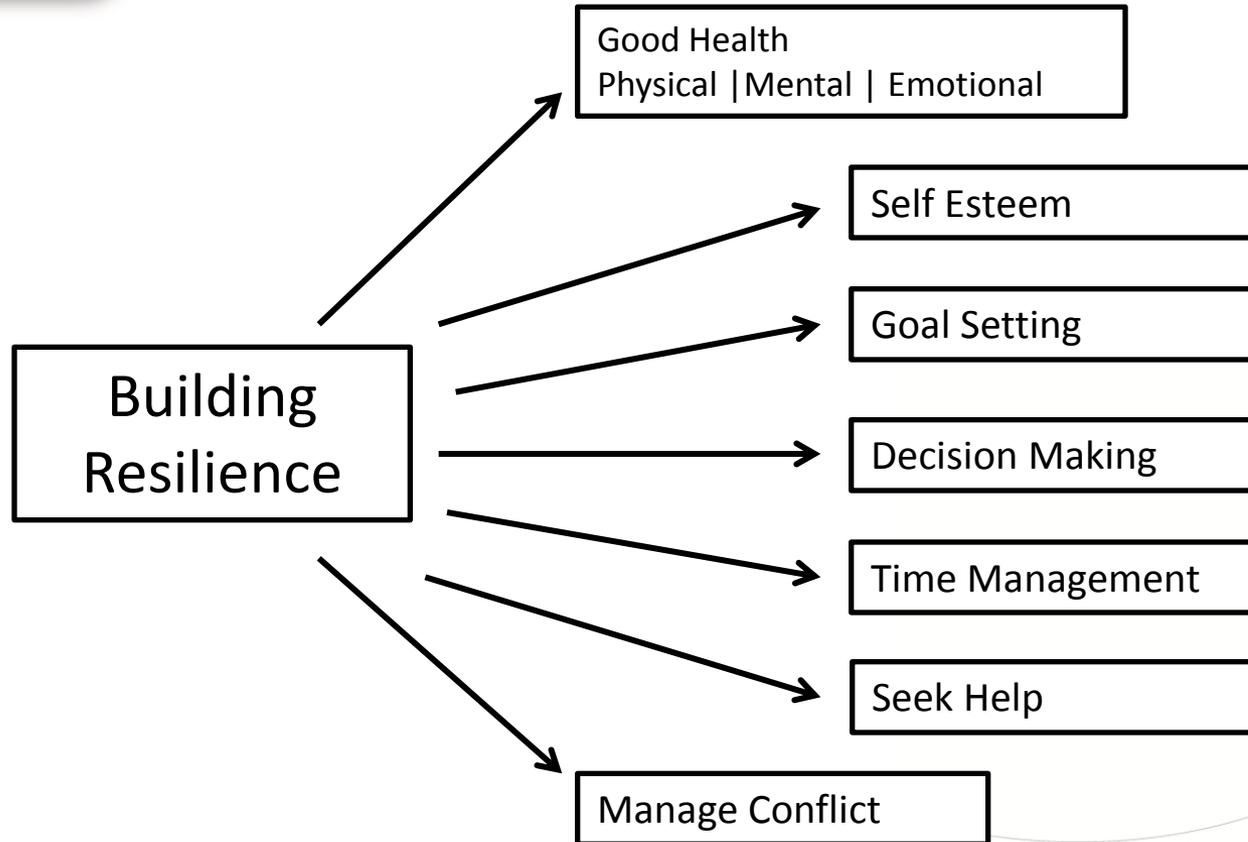
**A**utonomy

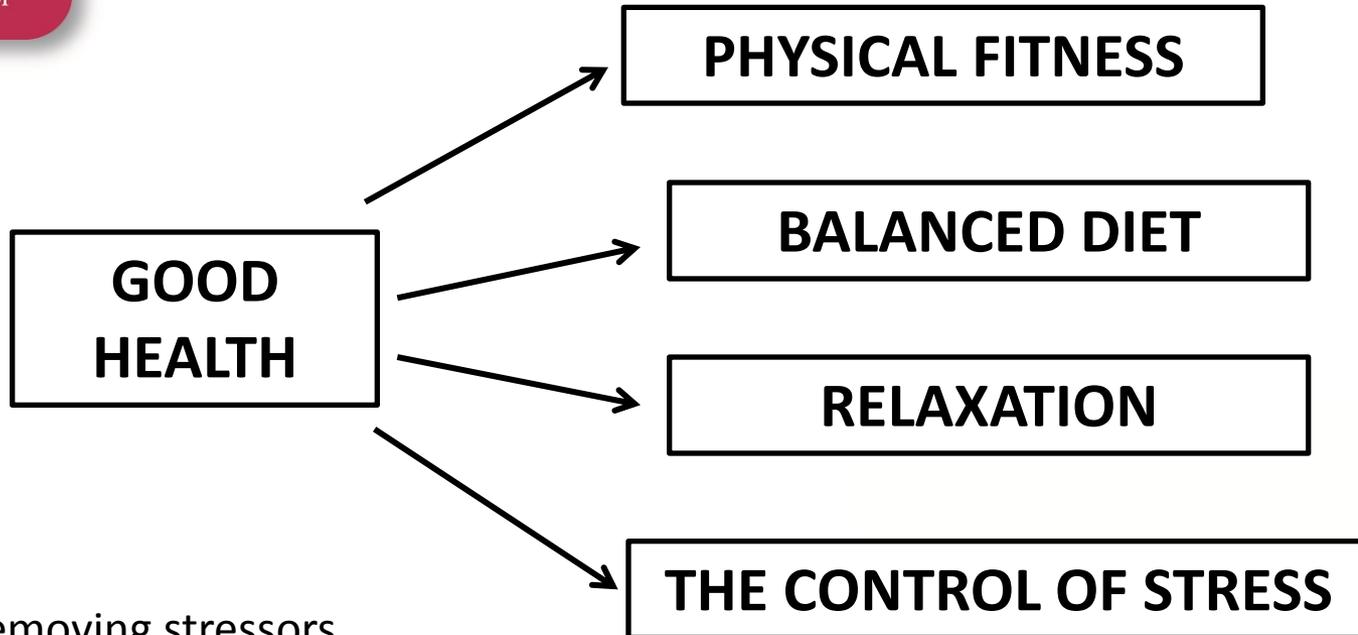
**R**elatedness

**F**airness



# Building Resilience





- Removing stressors
- Avoiding stressors
- Perception
- Self Analysis
- Priorities
- Controlling the stress response



# Resilience Building

We offer workshops and personal coaching to help you and your staff...

- understand and identify the causes of low resilience and personal situations that affect health and well being
- have a greater understanding of the stress response, the signs and symptoms of stress that affect physical, mental and emotional well being.
- have an understanding of how your personality type affects how you deal with resilience.
- have a resource of techniques and ideas for developing good habits to build resilience and maintain a healthy well balanced life style.

