

Resilience – Turning Adversity into Opportunity





What do you envision when you think of resilience?



The Dictionary Definition:

re·sil·ience

/rə'zilyəns/

noun

The capacity to recover quickly
from difficulties: toughness



Resilient People



Stephen King



Oprah

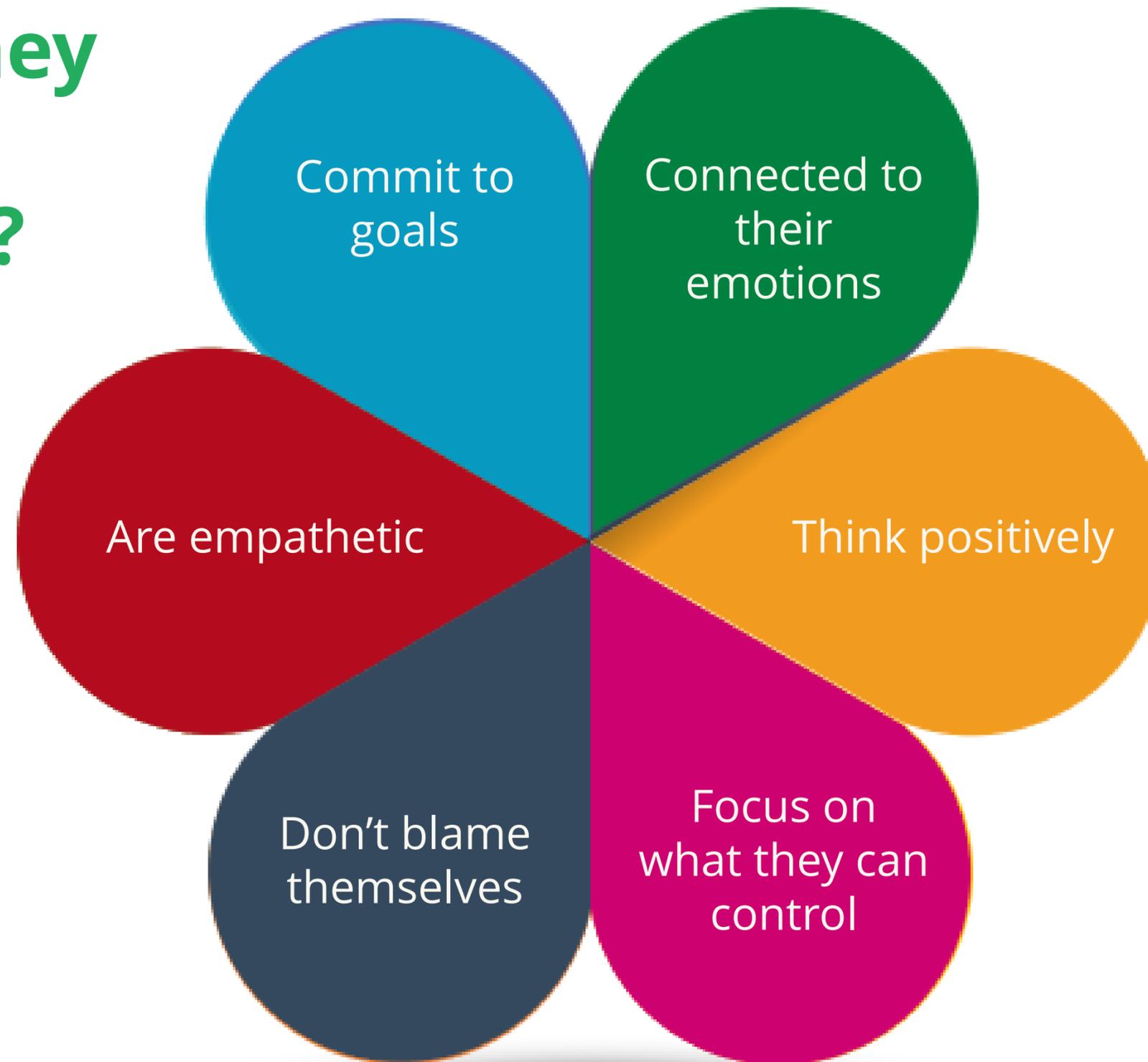


Shania Twain





What do they have in common?



FORBES April 26, 2020

These are the secrets of resilient people?

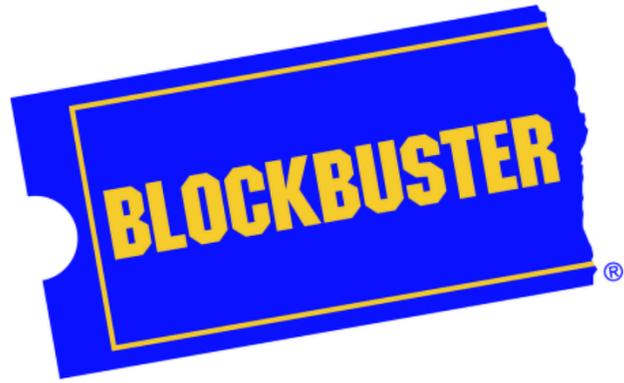
- 1) Accepting
- 2) Reframing
- 3) Acknowledging
- 4) Focusing
- 5) Evaluating



Can Brands be Resilient?







Beyond Books



R.I.P

Companies that couldn't make the leap...

- Blockbuster 1985-2010
- Polaroid 1937-2001
- Toys R Us 1948-2017
- Pan Am 1927-1991
- Borders 1971-2011
- Compaq 1982-2002

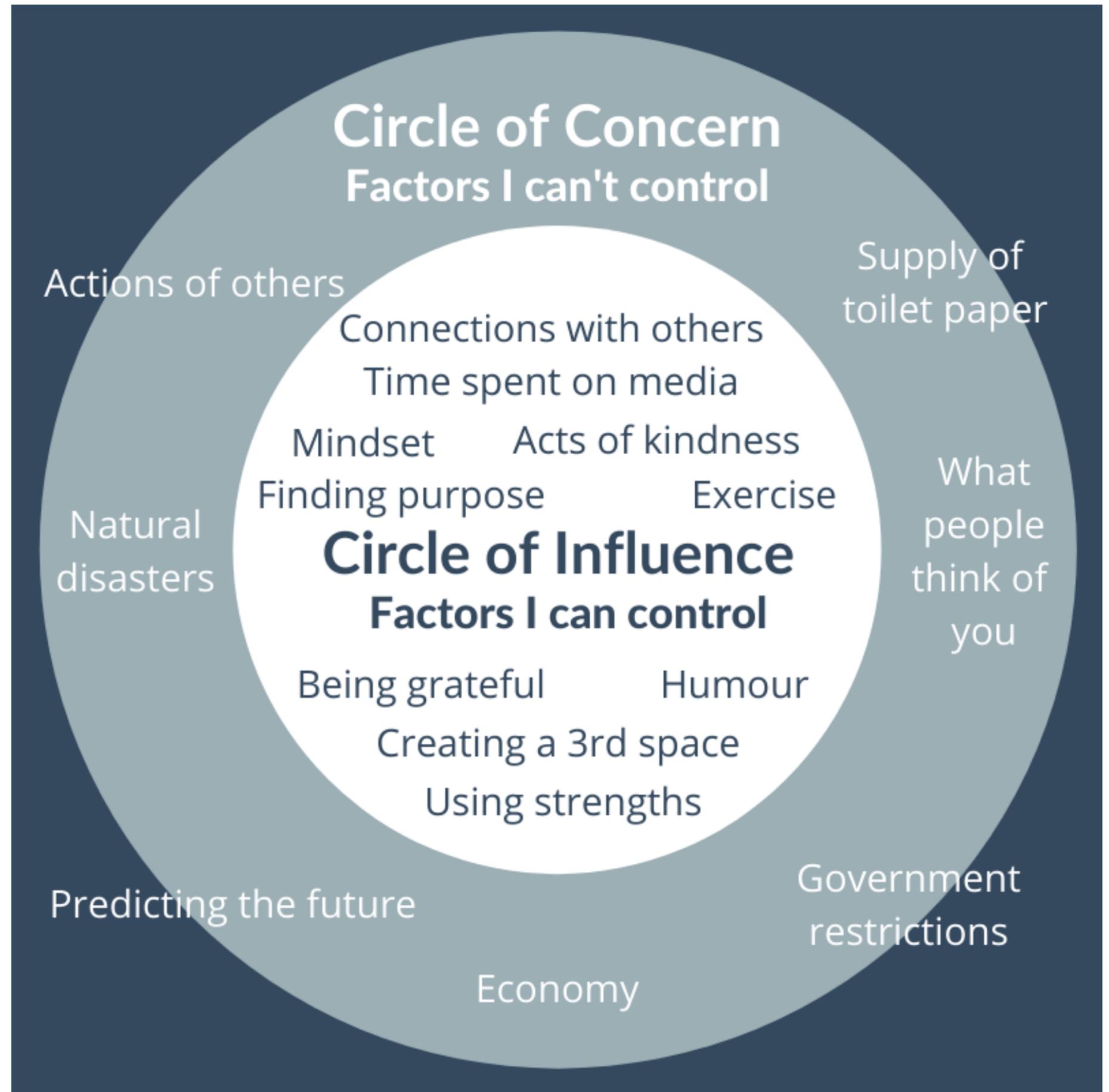


To handle
increased
stress...**BUILD**
your **RESILIENCE**



Why FAILURE Can Help Us

Create a
Healthy
Relationship to
Control



What are some new workplace stressors brought on by the pandemic?

Concern about the risk of being exposed to the virus at work

Taking care of personal and family needs while working

Managing a different workload

Lack of access to the tools and equipment needed to perform your job

Feelings that you are not contributing enough to work or guilt about not being on the frontline

Uncertainty about the future of your workplace and/or employment

Learning new communication tools and dealing with technical difficulties

Adapting to a different workspace and/or work schedule



Health –

Nutrition, sleep & exercise



Eat.



Sleep.



Move.

A healthy body provides a strong foundation for your own resilience so you can focus on your sense of purpose and goals.

Nutrition is not just about keeping lean, as nutrition also affects your brain health and mental performance.

Lack of sleep increases cortisol, the brain's stress hormone.

Regular exercise is proven to increase mental performance and increase your ability to learn.

TENACITY –

Persistence, realistic optimism, bounce back



Persistence is the key

Be willing to work hard and smart and stay with a problem if you hope achieve success – especially if you want to achieve something that no one else has

Learn from mistakes - the past is there to learn from, not to dwell on.

Don't be naïve - have a sense of 'realistic optimism', meaning that you are hopeful about your ability to succeed, but you realize that the road will be tough and full of challenges.

VISION –

Purpose, goals &
congruence



The most important of the Six Domains

Vision is about your sense of purpose, goals, and personal vision for yourself

All other domains are guided by what it is you want to achieve.

Having clarity in this domain allows you to be decisive when facing tough choices, and to maintain perspective when facing challenges

Congruence - all your actions are working together across your larger vision of yourself and sense of purpose, through medium and short terms goals.

Resilience Toolbox

Stay positive – you can overcome great challenges

Remember the basics – reframing and refocus will keep you headed down the right path

Have a clear vision of your goal and desired outcome

Keep personal health a priority, that will give you the fuel and energy to remain maintain persistence and optimism to get there

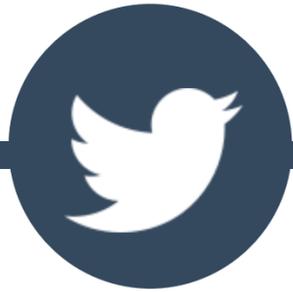
Health allows us to have the tenacity we need to be able to achieve our vision

Keep lines of communication open & reach out individually

THANK YOU!



13x Winner!
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
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KeyBridge Medical
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@KeyBridgeMedical

www.KeyBridgeMed.com

Bgarver@keybridgemed.com

