



TRAINING

BUILDING PERSONAL RESILIENCE

INTRODUCTORY GUIDE





WHAT IS RESILIENCE?

It is the ability to mitigate the effects of excessive pressure & stress, bounce back, roll with the punches and deal with challenging situations in a positive and creative way.

Resilient people turn a challenge into an opportunity and have the ability to be able to continually function physically, emotionally and psychologically to a very high standard.

As well as being able to respond appropriately to challenges in life, retain decisive and positive, it is also the ability to be prepared for what life throws at us.



WHY DO WE NEED RESILIENCE?

In today's complex, fast-paced, rapidly changing world, we all need skills to negotiate uncertain and even risky situations, and the resilience to cope with pressure.

We can't always control what happens to us, what we are exposed to, or the stress and pressure that is thrust upon us, but exciting research tells us we can learn to be resilient and develop life-skills that can make a massive difference to wellbeing, peace of mind and the levels of true success we achieve in life – resilient people are successful people.

Resilient people have lower levels of depression, develop personally as a result of a set-back, have such inner strength they can bounce back from adversity and can make sound, well thought through decisions and act with responsibility in a committed way.

HOW TO DEVELOP YOUR RESILIENCE

Here are 10 things to help you build your own personal resilience:

1. Develop your awareness of how resilient/confident you are right now
2. Develop personal emotional control and proactively bring a regular flow of positive emotions into your life
3. Developing the mindset/thinking patterns of a highly resilient, confident and assertive person – take control of your thoughts and beliefs
4. Focus on the things you can influence and let go of those you cannot
5. Respond rather than react to challenging situations and stressed people
6. Stress – know your early warning signs & symptoms, recognise the real (not superficial) underlying causes, and develop a range of coping mechanisms
7. Be decisive and learn how to embrace change
8. Set challenging but achievable goals
9. Develop your physical wellbeing – nutrition, exercise, water and sleep/rest
10. Be proactive in building your own support network

This article was written by coach, trainer, consultant and success coach, Bernard Genge, who has a proven formula for transformational performance and delivers energy, enthusiasm and commitment to his audience. A former medic in the Royal Navy, his experience has shaped his personal brand of leadership and management training in the corporate world.

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