
Thriving in uncertainty

Lessons in Resilience from Skookumchuk





What is resilience?

Resilience?
Mental Toughness?
Grit?

Different terms that
get used to describe
resilience. All have
common themes

resilience

Dictionary definition

noun

1. the capacity to recover quickly from difficulties; toughness.
"the often remarkable resilience of so many British institutions"
2. the ability of a substance or object to spring back into shape; elasticity.
"nylon is excellent in wearability, abrasion resistance and resilience"

resilience

A wider definition
that is more than
bouncing back

noun

1. Adaption and agility
2. Learning and stretching
3. Acceptance of different reality and that this adversity won't persist
4. Seeking meaning in adversity and growing in tough times, imagining possibilities and using what you have in new and innovative ways
5. Thriving

Finding meaning in adversity and growing in tough times, imagining possibilities and using what you have in new and innovative ways. **BOUNCING FORWARD.**

Lesson 1- Mindset





Lesson 1- Mindset

Preparation, experience and the skills have, have got you to the point you are at.

You need trust them and commit to what you want achieve.

The actual reality will feel different and may not go to plan.

Be open to learning, growth and experience.

The thoughts and emotions are not real but are normal.

Lesson 2 - Control and Confidence





Lesson 2 - Control and Confidence

The unexpected will happen and there will be external factors. Focus on your performance and what you can control.

Sometimes it is these unexpected experiences that teach us more and we discover how we can use our skills in new ways.

Commit to the action you are taking you will either succeed or learn

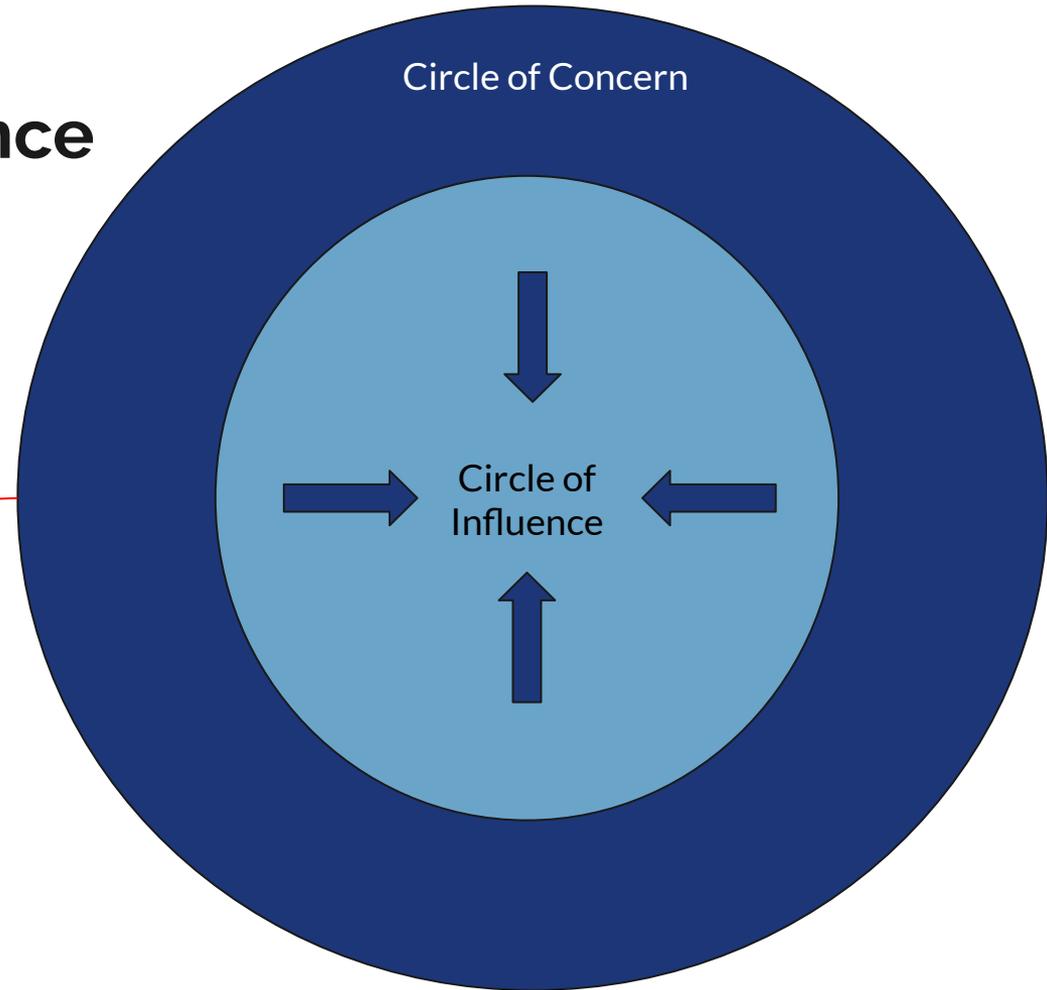
When we find ourselves in a challenging situation we are adding to our experience and knowledge bank and building our resilience



Circle of Influence

Circle of Concern

When people focus on the outer circle they spend time and energy on things that they really can do nothing about, trying to control them, blame them or complain about them. They are reactive and as a result their circle of influence shrinks.



A model from Steven Covey - 7 Habits of Highly Effective People

Circle of Influence

Circle of Concern

Circle of Influence

When people are proactive they focus on their inner circle of influence where their efforts will make a positive difference on things that they can control and can influence. As a result their circle of influence grows.

The challenge is not to ignore the outside circle but to accept it as a current reality and think about what you can do to be your best version in that situation

A model from Steven Covey - 7 Habits of Highly Effective People

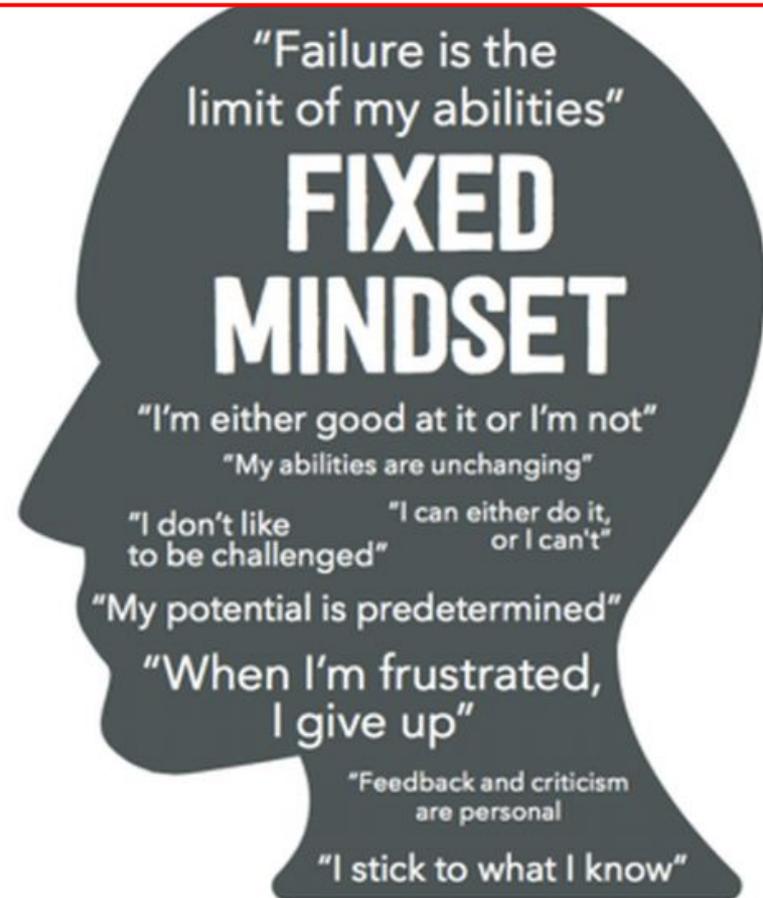
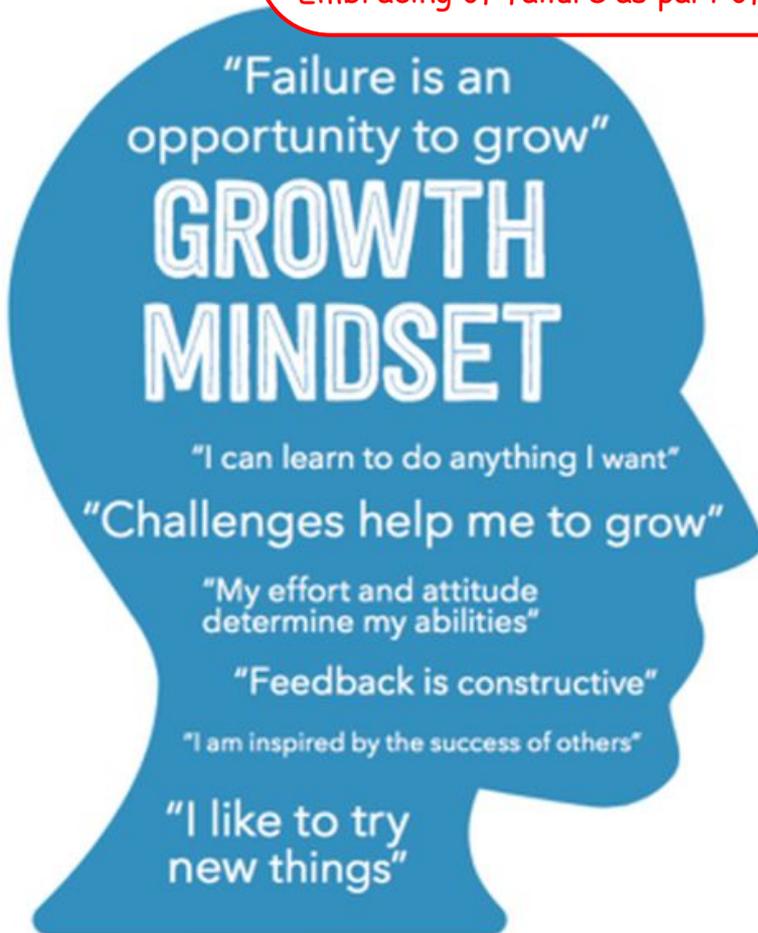
Growth vs Fixed

This ties in with the Fixed and Growth Mindset - The fixed mindset resides in the outer circle of concern the growth in the inner circle of influence.

What are the options for developing this - awareness of where you use the growth mindset and where you hear a fixed mindset, how does this manifest itself - what is stopping you actually achieving

There is a difference between I can't / never will and I can but choose not to (at the moment)

Embracing of failure as part of the learning journey and engaging with this



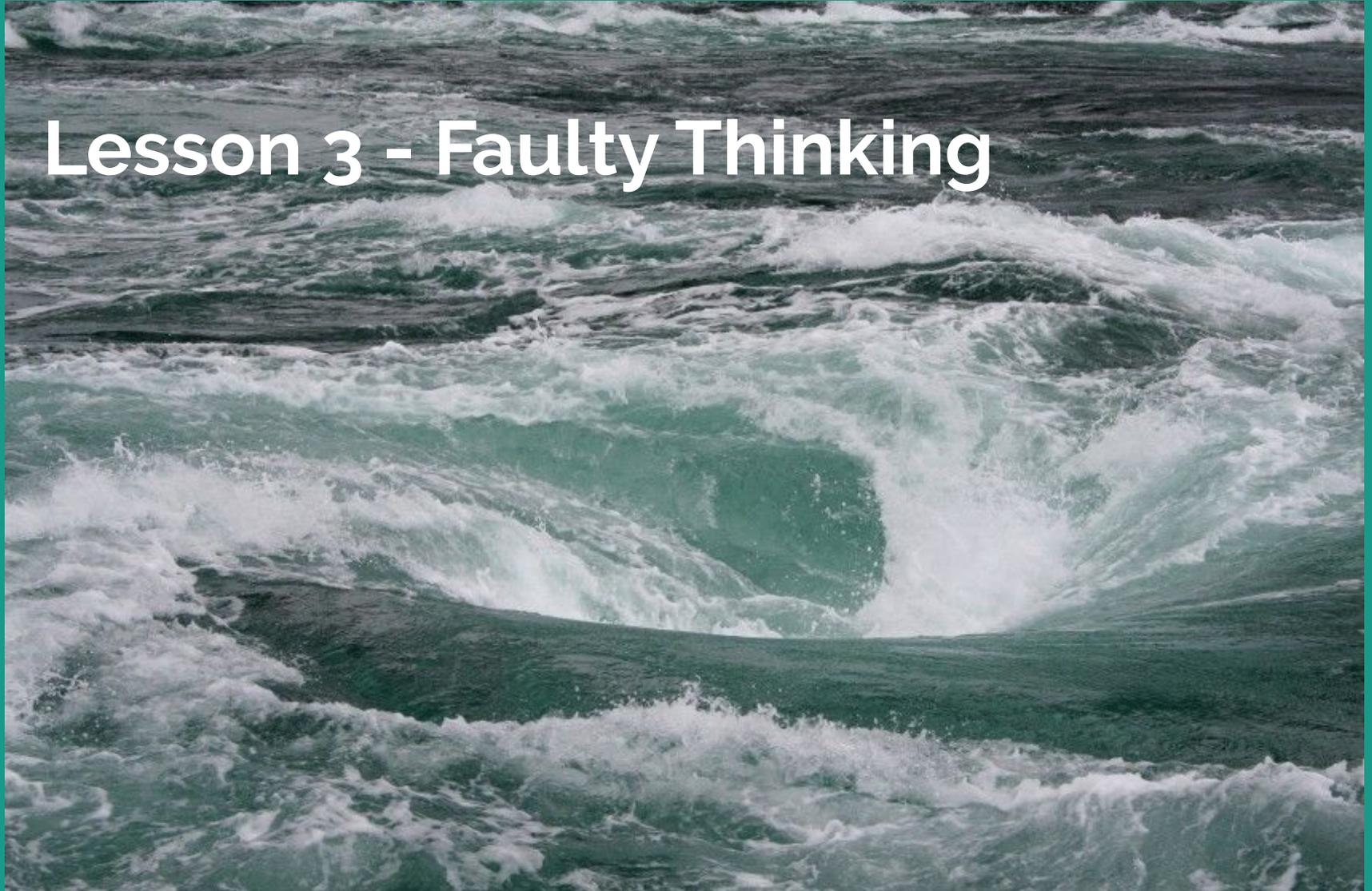
Confidence

“Confidence doesn’t mean not questioning, but it maybe means not self criticising.” - Chrissie Wellington OBE (4 time Triathlon Ironman World Champion)

Martin Seligman talks about not attaching a negative meaning to the event



Lesson 3 - Faulty Thinking





Lesson 3 - Faulty Thinking

When it goes wrong it might feel like the end, but only if you let it be

How are you thinking about the situation will impact on the outcome and your performance

Sometimes stop fighting it and focusing the energy elsewhere. Rely on your skills, beliefs and focus on how you will get out of it..

...And then reflect on what you can learn from it



Hamlet quote

Why, then, 'tis none to you, for there is nothing either good or bad, but **thinking** makes it so.

Faulty Thinking

A pattern or way of thinking about an event (negatively) which hinders our performance.

We often employ these faulty thoughts for a positive intention but if we reside on the faulty thinking and use this as a basis for or behaviour choices and decision making then we will struggle to achieve our goals

A simple process is to ask yourself -
Is this true?
Really?
Where isn't this true?
Where's the evidence?
What are the alternatives?

If you notice one of these creeping into your thoughts think "What purpose can that thought serve?" or "How does this benefit me?" as opposed to thinking "I shouldn't think like that!"

If you find yourself caught in the whirlpool these thoughts can create, consciously acknowledge the thought and question it. Do this without judgement on yourself.

All or nothing

Imagining catastrophe

Over-generalisation

Negative bias

Comparison despair

Personalisation

Link to exercise that helps with this

Lesson 4 - Not alone





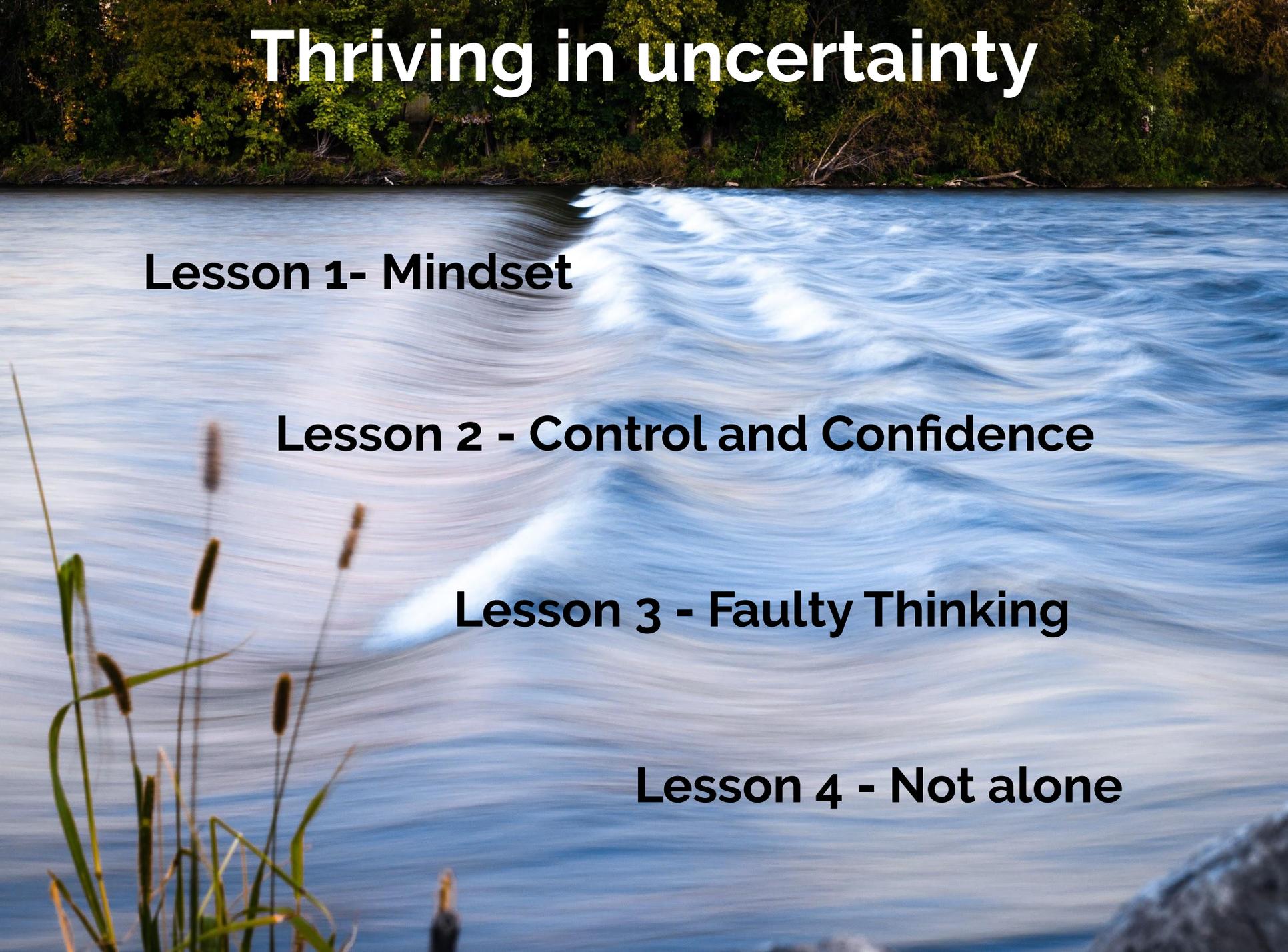
Lesson 4 - Not alone

We are always learning - mistakes are inevitable but you don't have to do it alone

There will be support from a range of people, be grateful when it is offered and use it as a chance to learn

Don't be afraid to ask for support

Thriving in uncertainty

A scenic view of a river with rapids, surrounded by lush green trees and reeds in the foreground. The water is turbulent and white with foam, contrasting with the calm blue water further down. The background is a dense forest of green trees, and the foreground shows several tall reeds with brown seed heads.

Lesson 1- Mindset

Lesson 2 - Control and Confidence

Lesson 3 - Faulty Thinking

Lesson 4 - Not alone



3 P's

This is described beautifully here
[Sheryl Sandberg Gives UC Berkeley
Commencement Keynote Speech](#)
Starts at 4:00 but the whole speech
is good

Permanence - it won't last the situation will change

Pervasiveness - It isn't in all areas of your life

Personalisation - You do have control, focus on what you can control and not what you can't change

Dr. Martin Seligman A leading authority in the fields of Positive Psychology, resilience, learned helplessness, depression, optimism and pessimism.