



The Power of Resilience

Bouncing Back

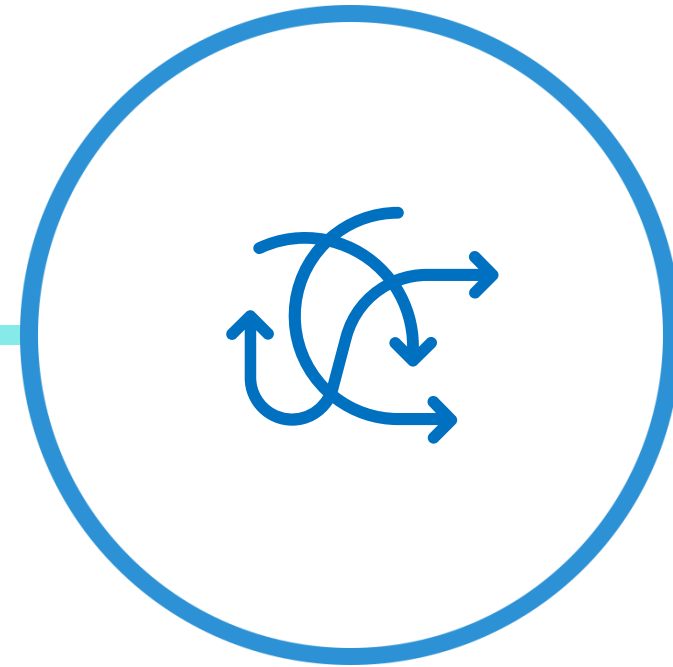
By Adam White, Human Potential Expert, Author, Speaker

Defining "Resiliency"



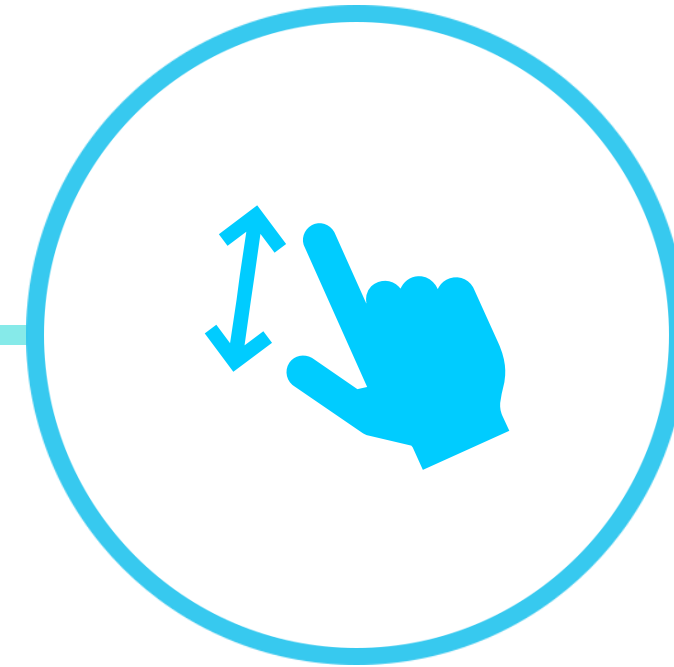
MANAGE

The ability to manage life's challenges, stresses, changes and pressures effectively



ADAPT

The ability to adapt and cope successfully with adversity



RESPOND

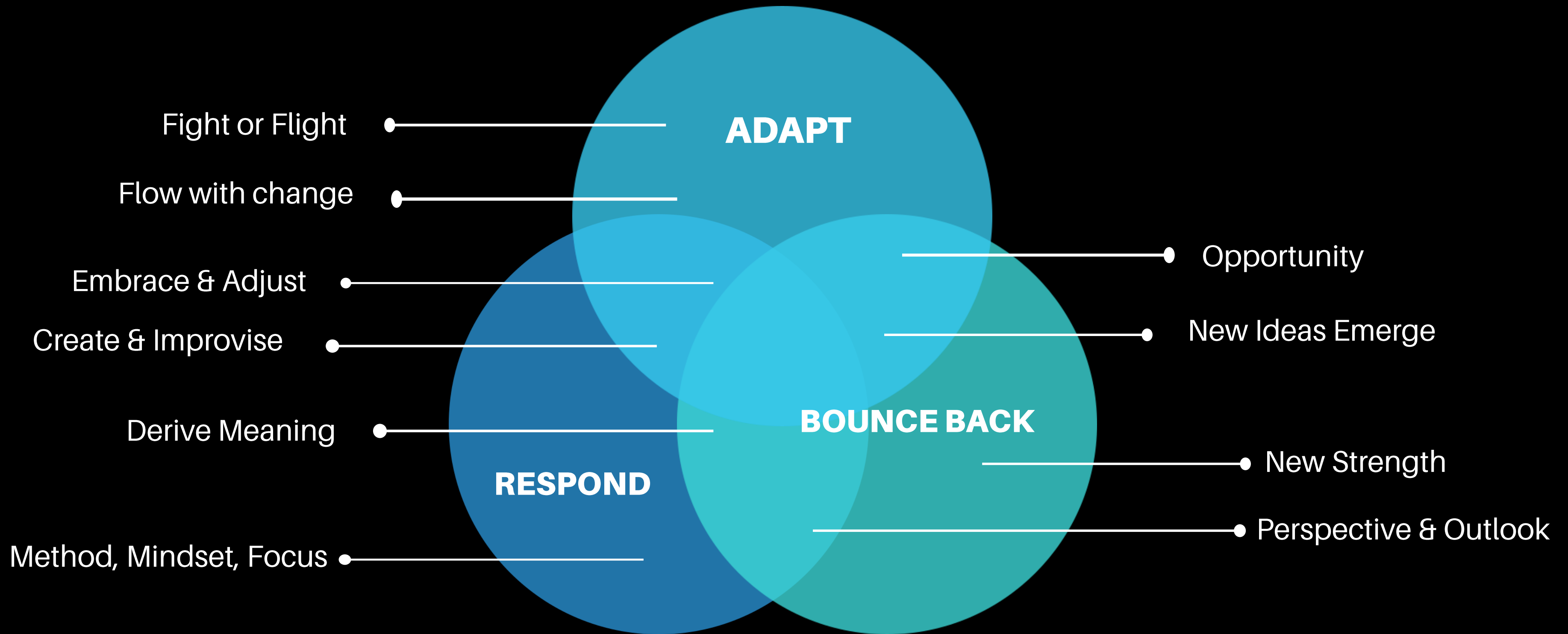
The ability to respond in a methodical, logical, and effective way



BOUNCE BACK

Bounce back to a balanced state after facing a major disruption in life or career

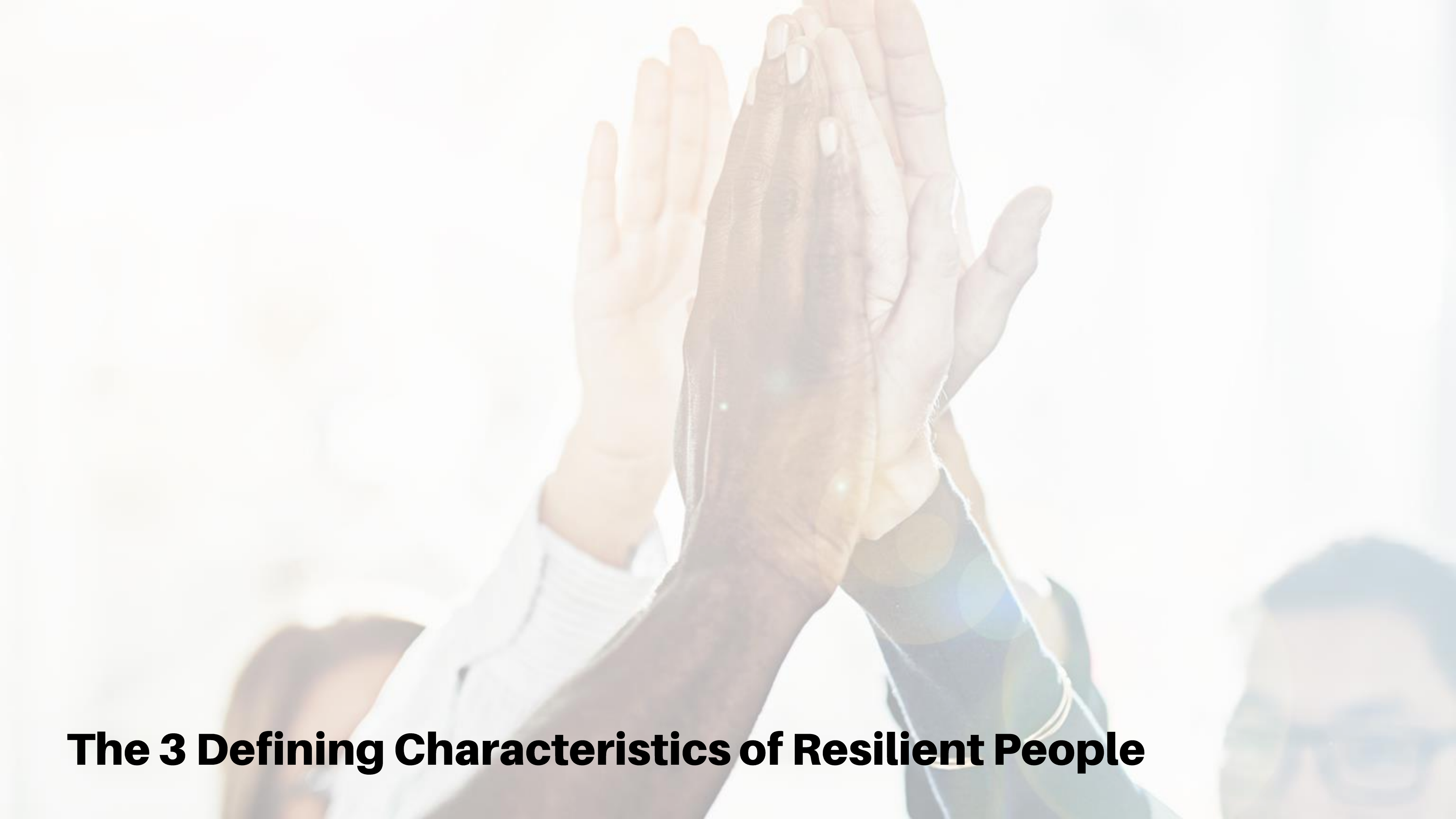
The Process of Resilience



- Lost her mother to multiple Sclerosis (describes the loss as the most traumatizing moment of her life)
- Had a miscarriage of her first child
- Marriage only lasted for 13 months
- She became jobless, a single parent and poor
- In a 2008 Harvard Commencement Speech she said, "I was the biggest failure I knew"
- The loss of her mother, divorce, joblessness, and poverty lead to severe depression
- Received "loads" of rejections from book publishers for her Harry Potter book
- She never gave up on her dream to write books and finally became a published author
- Her series of seven books has sold more than 450 million copies, won innumerable awards, been made into movies and transformed Rowling's life
- She is estimated to be worth more than \$1 billion and one of the richest women in the world

J.K Rowling

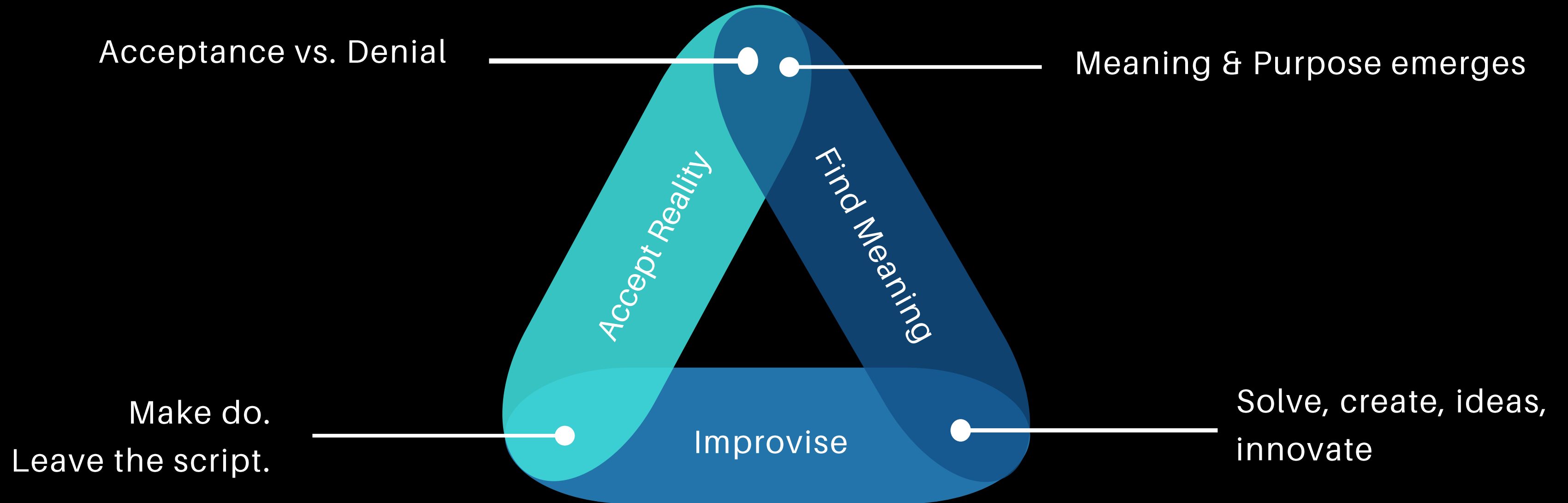




The 3 Defining Characteristics of Resilient People

The 3 Defining Characteristics

Resilient People





7 Traits of Resilient People



7 Traits of Resilient People

Continuous Interconnected Chain of Traits

1

Reacts in optimistic way

7

Takes positive action

2

Thinks of change as a natural flow and goes with it

6

See problems as challenges

3

Thrives under challenging conditions

4

Believe they can influence their reaction

5

Recognizes that with change comes growth





Optimists vs. Pessimists

Optimists vs. Pessimists

The Glass...

Some people see the glass as half full, while others see it as half empty. The first group of people are called optimists and the second group are called pessimists

Optimists...

Regardless of transitions, setbacks or disappointments, this person looks at the bright side and sees the possibilities

Optimists expect good things to happen, expect to be able to solve problems efficiently, and plan to accomplish their goals

Optimists go through life with positive outlooks and maintain a positive worldview

Pessimists...

Pessimists think negatively and cynically about circumstances, change and the world

They expect that things will go wrong, and see all the obstacles instead of the opportunities



Optimists vs. Pessimists

Let's explore the contrast of language and thought between the optimists vs pessimists...

Pessimist: If something can go wrong, it will

Optimist: I expect things to go my way

Pessimist: Nothing good ever happens to me

Optimist: Something great is going to happen to me today



Pessimist: My problems seem to never end

Optimist: Every problem births more purpose out of me

Pessimist: I have no control over what happens

Optimist: I am responsible for the outcome of my life and results

Pessimist: I am waiting for happiness to find me

Optimist: I am responsible for my own attitude and happiness



Two Groups of Nuns

Researchers Danner, Snowdon, and Friesen from the University of Kentucky sampled nuns in their 20's and then again when they were in their 80's and 90's

Group of Negative Nuns...

The negative, pessimistic nuns live a shorter time than their positive counterparts. More than 60 percent of the negative nuns had died before the age of 80. When data and study was done on their brains that found that negativity and a negative outlook was a factor to their death.

Group of Positive Nuns...

The positive nuns on average lived longer than the negative nuns. They had positive outlooks and a positive psychology

** The lesson is resilience and a positive mindset has been scientifically proven to help us fight off sickness and disease, boost our immune system and even help us to live longer

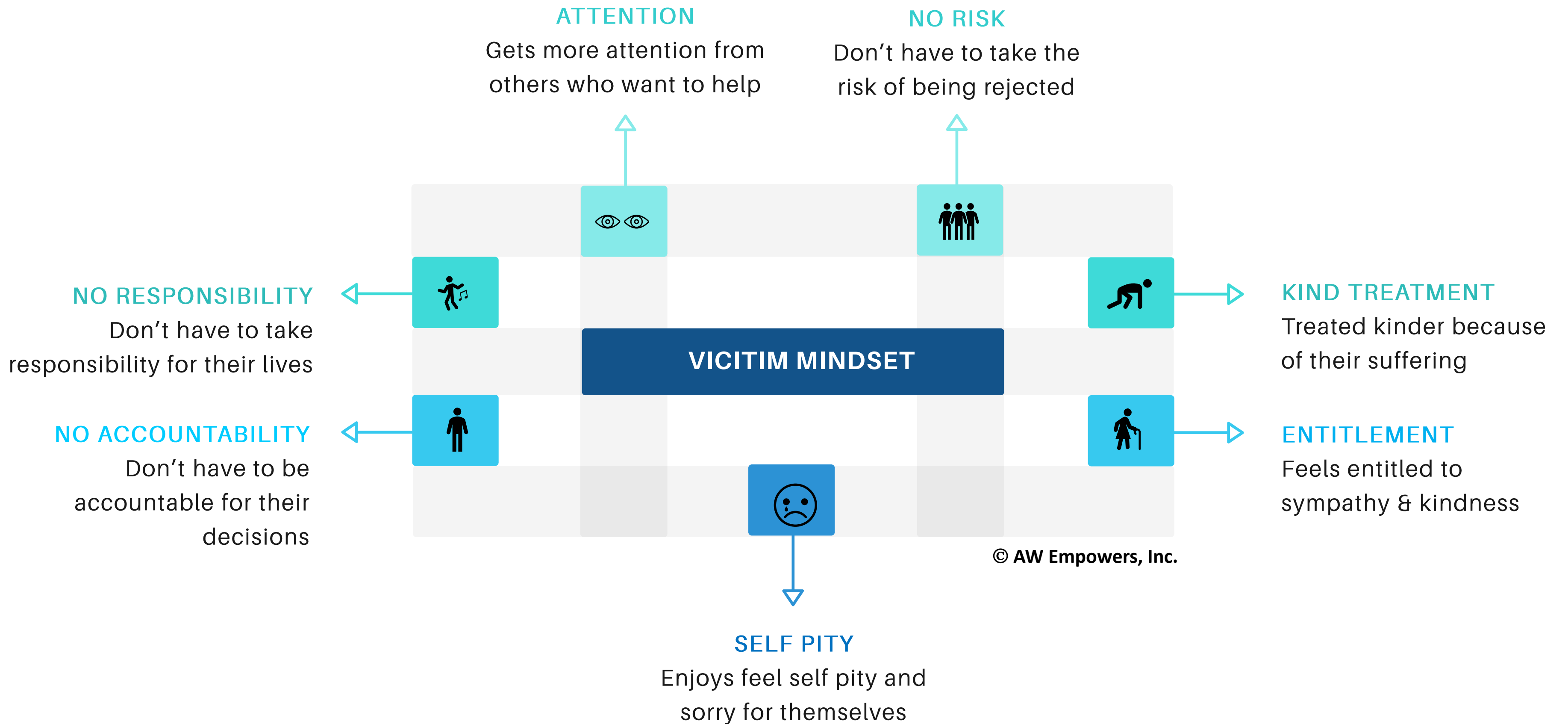




Helplessness is Power
7 dependencies of a victim mindset

7 Dependencies of the Victim Mindset

HELPLESSNESS IS POWER





Emotional Home

What Emotional Home Do You Live In?



- ❖ Anger?
- ❖ Frustration?
- ❖ Fear?
- ❖ Disappointment?
- ❖ Sadness?
- ❖ Victim mindset?

OR

- ❖ Joy?
- ❖ Peace?
- ❖ Calmness?
- ❖ Self-control?
- ❖ Confidence?
- ❖ Passion?

DEVELOPING RESILIENCE



The importance of Resilience...

In times of crisis, challenge and change, resilience becomes more important than ever.

More than education, more than experience, more than training, a person's level of resilience will determine if they succeed or fail.

This is in the cancer ward, in the Olympics, and it's true in organizations.



Triad of Resilience: 3 ways to cultivate Resilience

The Triad of Resilience

3 Ways to Cultivate Resilience

1

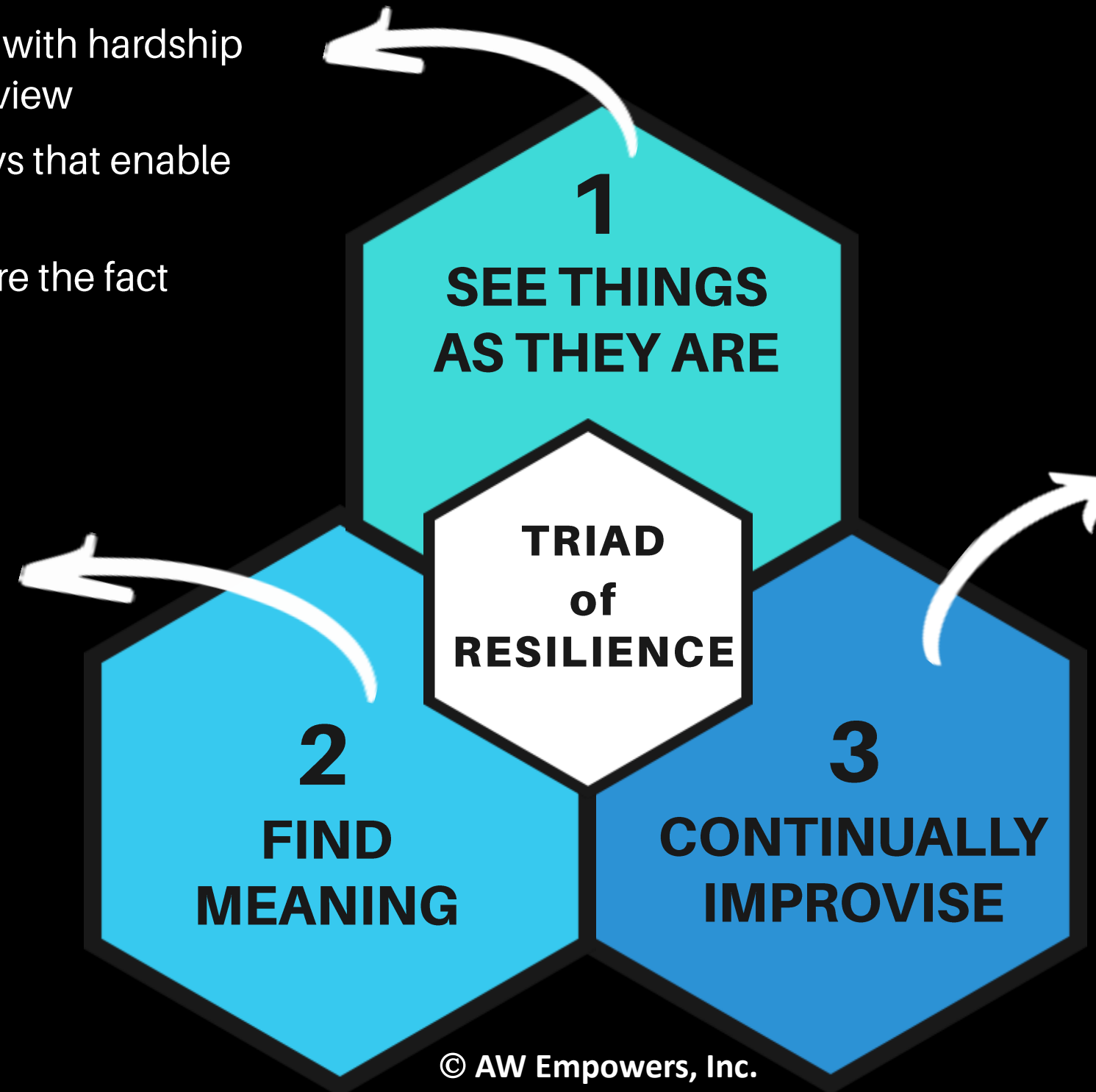
- Don't slip into denial to cope with hardship
Take a sober, down-to-earth view
- Prepare yourself to act in ways that enable you to endure
- Train yourself to survive before the fact

2

- Resist the impulse view yourself as a victim
- Derive meaning
- Build mental bridge from present to better future
- What does this mean?
- Meaning affects feeling

3

- When crisis strike, be inventive. Create a solution
- Make the most of what you have
- Put resources to unfamiliar uses
- Imagine possibilities that others don't see



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ADAM WHITE SPEAKS

- His father lost his job and the family hit rough times
- They moved into a VW van on a relative's lawn
- At age 10 – took an 8-hour factory job after school to help make ends meet
- At age 15 – performed his comedy on stage in a suit his mom made for him. He bombed, but never quit
- At age 16 – he quit school, moved to LA, parked on Mulholland drive every night and visualized his success
- One of these nights he wrote a check to himself for \$10 million for “Acting Services Rendered” which dated Thanksgiving 1995
- Just before that date, he hit his payday, landing the role in *Dumb and Dumber*
- He put the deteriorated check, which he'd kept in his wallet the whole time, in his father's casket

Jim Carrey



The Nature of Resilience: **VALUES**



The Nature of Resilience **VALUES**

The most successful organizations and people possess **strong value systems.**

Strong values infuse an environment with **meaning** because they offer ways to interpret and **shape events.**

Value systems at resilient companies change **very little** over the years and are used as **scaffolding in times of trouble.**

Resilience is a way of facing and understanding the world, that is **deeply etched** in the **mind and soul of a resilient person.**

Resilient people and companies face reality with staunchness, make meaning of hardship instead of crying out in despair, and improvise solutions from thin air.

Others do not. **This is the nature of resilience.**

The Nature of Resilience **VALUES**

What are your **values**?

What do you **believe**?

What do you **stand for**?

Are you for **sale**?

Resilient people don't change their values or beliefs regardless of environment, circumstances, or other people's opinion. They don't sell out their values.



3 Key Facts About Resilience

3 Key Facts About Resilience

Thinking, Potential, Development

0
1

THINKING

Your thinking and subsequent behavioral habits create either bridges or barriers to a better future

0
2

POTENTIAL

The struggle to bounce back and recover from setbacks can lead to the development of potential you didn't know you had

0
3

DEVELOPMENT

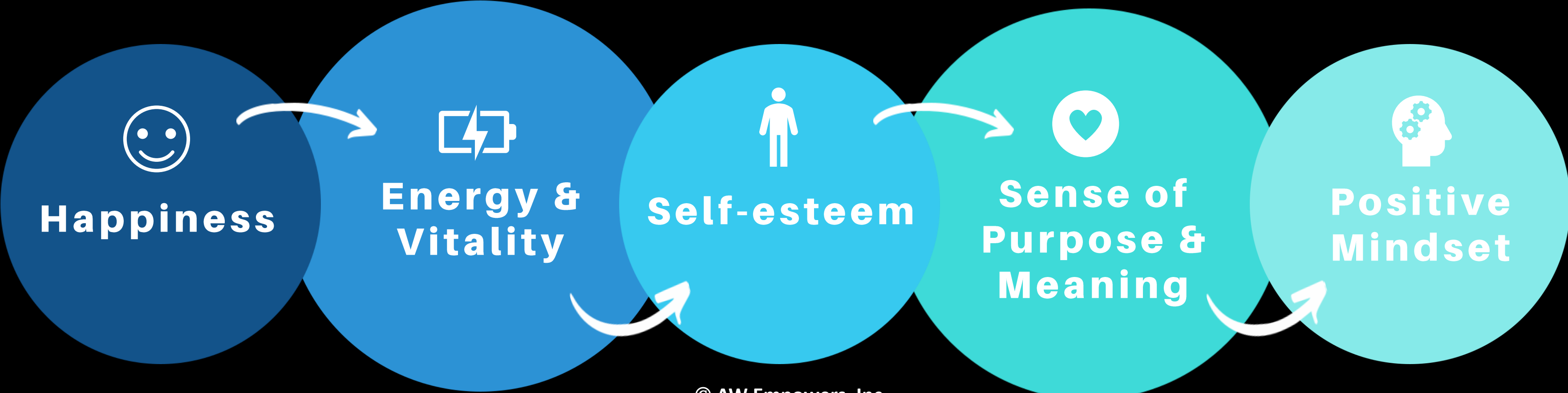
Resilience can be learned and developed



Sources of Resilience : 5 Domains

SOURCES OF RESILIENCE

5 Domains of Life that Builds Resilience in People



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Resilience Lessons: **Basketball**

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Resilience is the ability to **“REBOUND”** from crisis, challenge and changes that happen in our lives. In the game of basketball a rebound is the ability to **“REBOUND”** from missed shots or to claim possession of a ball from the opposing team

Here are the Resilience Lessons we can learn from the game of basketball...



RESILIENCE LESSONS FROM BASKETBALL

5 Lessons on "Rebounding"

LESSON 1



A rebound is a second chance to make the shot that was missed

LESSON 2



An opportunity to fix what went wrong with the shot

LESSON 3



The shot could be the one you take or your team member

LESSON 4



Rebounds win games

LESSON 5



You must be in the right position and have the right timing to rebound

LESSON 6



You must box out other opponents

RESILIENCE

“I cannot always control what goes on outside. But I can always control what goes on inside”

- Wayne Dyer, Author

“Whether you prevail or fail, endure or die, depends more on what you do to yourself than on what the world does to you”

- Jim Collins, Author of Good to Great

“Your thoughts and words create your reality. Your mind listens to your mouth”

- Adam White, Author, Speaker, Human Potential Expert

I AM NOT A QUITTER

I HAVE WILL POWER

I BELIEVE IN MYSELF

I MAY BEND BUT I WON'T BREAK

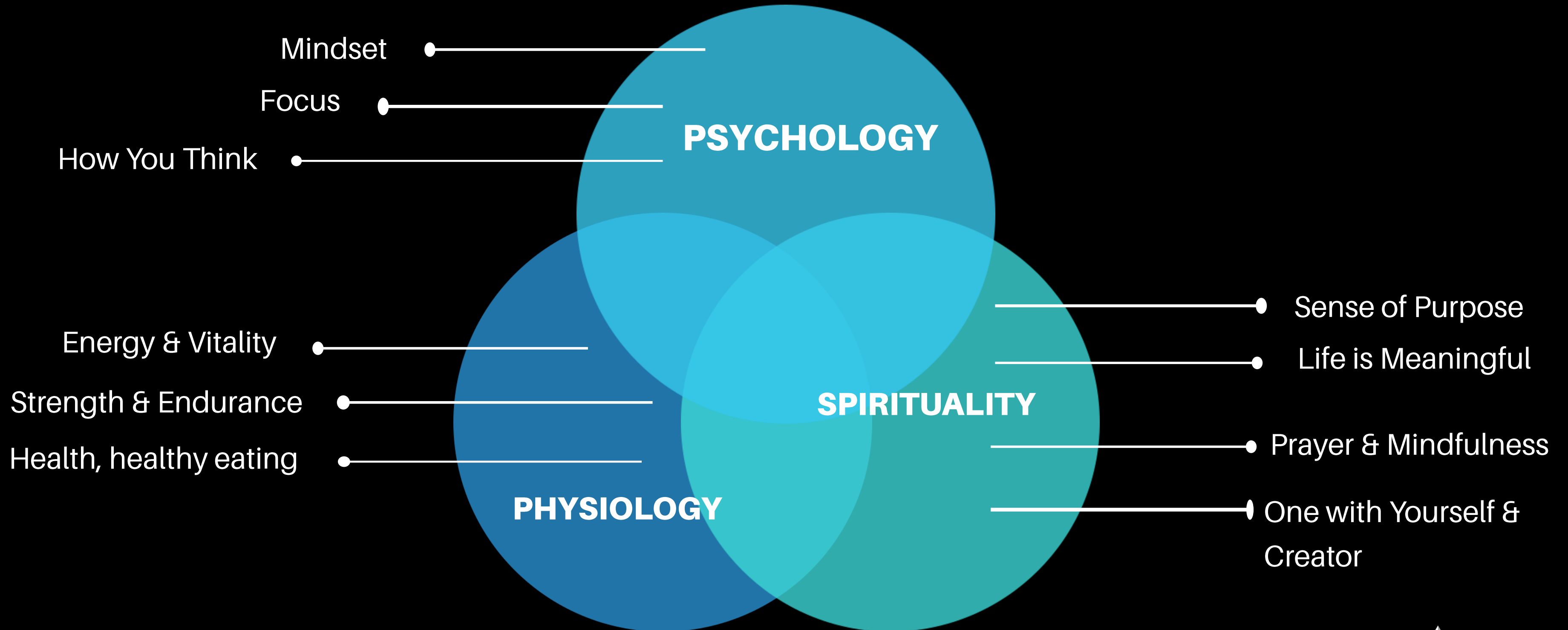
YOU HAVEN'T SEEN THE LAST OF ME

I WAS BORN TO WIN AND NOT LOSE



3 AREAS OF LIFE TO BUILD RESILIENCY

3 AREAS OF LIFE TO BUILD RESILIENCY





The Power of Positive Thinking

Positive Thinking Generates Positive Results



DIS-EASE DIMINISHED

Rates of infections disease, poor health and earlier mortality rates diminish as a result of positive thinking & mindset



PERSISTENCE

The ability to develop persistence emerges and is born to complete goals in the face of obstacles



MENTAL HEALTH

Mental health and emotional health is enhanced and improved through positive thinking



PHYSICAL HEALTH

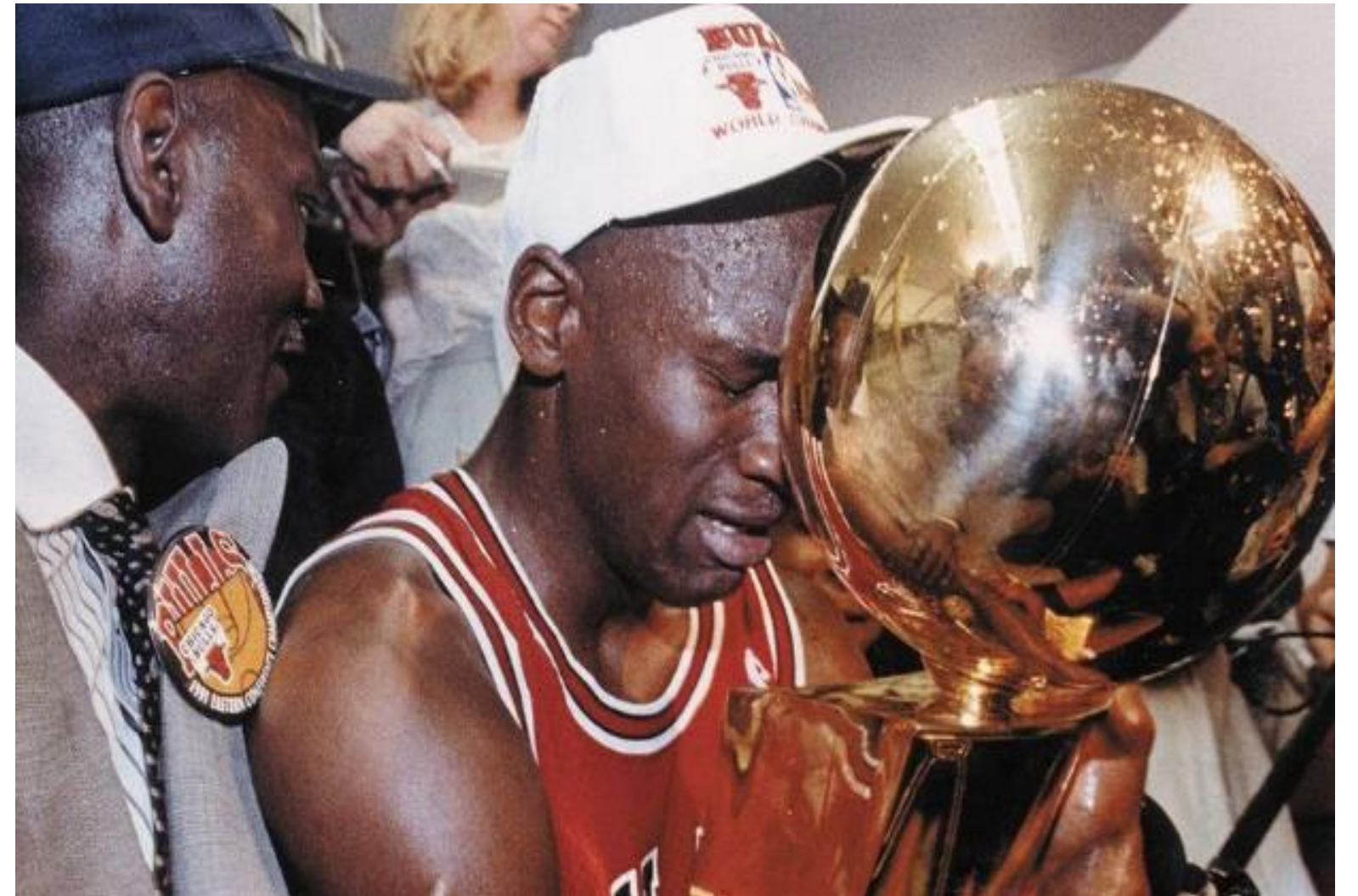
Physical health and longevity improves as a result of positive thinking

- Cut from his own high school basketball team
- Came home crying, but resilience helped him to use the summer to get better and make the team next season
- Has missed more than 9,000 shots in his career
- Lost almost 300 games
- On 26 occasions he was trusted to take the game winning shot and missed

“ I have failed over and over and over again in my life. And that’s why I succeed.”

- Michael Jordan


Michael Jordan








9 Ways to Develop the “Bounce-Back” Mindset

9 Ways to Develop the Bounce Back Mindset


 **1**
Find new more positive friends

 **2**
Change your environment
(toxic places, people, things)


 **3**
Don't allow someone's
opinion to define you

 **4**
Be present. Don't dwell on
the past

 **5**
Set yourself free from negative
message & mental brainwashing

 **6**
Invest in you most
valuable asset: YOU

 **7**
Accept Responsibility for your
life and results

 **8**
Refrain from making excuses
or blaming others

 **9**
Be confident in yourself &
your abilities

- **Physically and sexually abused growing up**
- **Got kicked out of high school**
- **Tried to commit suicide twice – once as a preteen and again at 22**
- **In 1992 wrote and produce his first theatre production that failed miserably; only 30 people showed up**
- **Kept producing, worked odd jobs and slept in his car to get by**
- **Six years after his first play, he broke through**
- **Today he is an extremely successful director, writer, actor and was named by Forbes highest paid man in entertainment**
- **Owns his own Movie Studio in Atlanta**

Tyler Perry



- Hamilton started surfing when she was just a child
- At age 13, an almost-deadly shark attack resulted in her losing her arm
- She was back on her surfboard one month later
- In the next 2 years she won first place in the Explorer Women's Division of the NSSA National Championships

Talk about resilience!

Bethany Hamilton



R.E.S.I.L.I.E.N.C.E.



ADAM WHITE SPEAKS

| | | |
|----------|-------------------------------------|--|
| R | REMEMBER TO BE GRATEFUL | Your home is the dream of a homeless person. Your life is the dream of someone else Be grateful always |
| E | EXPERESS YOURSELF | Express how you feel. Sharing how you feel allows you to release. Don't be afraid to ask for help. |
| S | SELF WORTH | Know your personal worth. No human can define you. Worth means to estimate the value of. Place the right estimate on yourself. |
| I | INTERNALLY DIRECTED | Be internally directed, not externally affected. Self-management leads to confidence & great results |
| L | LOVE | Someone loves you. Make sure to love them back. Be kind, thoughtful, caring and considerate |
| I | IMAGINATION & CREATIVITY | Don't stop dreaming. Don't lose your creative ability. Think outside the box. You are filled with ideas. |
| E | ENJOY LIFE | Don't forget to smile and do things that make you happy. Avoid pessimistic and negative people |
| N | NEVER PUT YOURSELF DOWN | Don't say what you can't do. Always say positive things about yourself and believe in YOU! |
| C | CLARITY | Know what you want. Know the direction you are headed. Set goals, be clear about your life outcome |
| E | EXCELLENCE | Always strive to give your best. Don't just be average. You have greatness inside of you |

Adam's 10 Rules for RESILIENCE

10 Resilience Principles to Live By

FOCUS QUESTIONS FOR DISCUSSION

Do you have the right mindset, perspective and attitude towards change, challenge and crisis?

Use reflective thinking to think about the recent thoughts you have had about crisis, challenges and changes in your life. Have they been positive or negative?

How will you bounce back from this current crisis we are facing?

Changing work environment, racial tension, COVID-19, trying to take care of our families, our customers and ourselves, and so many other challenges. How will you bounce back?





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