

4 key ingredients for resilience

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26th July 2021



A little bit about us...

At Illuminate we recognise that work gives us a **strong sense of purpose** and purpose is vital for our mental health and wellbeing.

We enable forward thinking companies to create **happy, engaged and productive workplaces** that are **proactive about mental health and wellbeing**.

Through understanding the values and culture of your organisation we develop and **deliver straightforward, practical and evidence-based solutions** in an empathetic, engaging and lasting way.

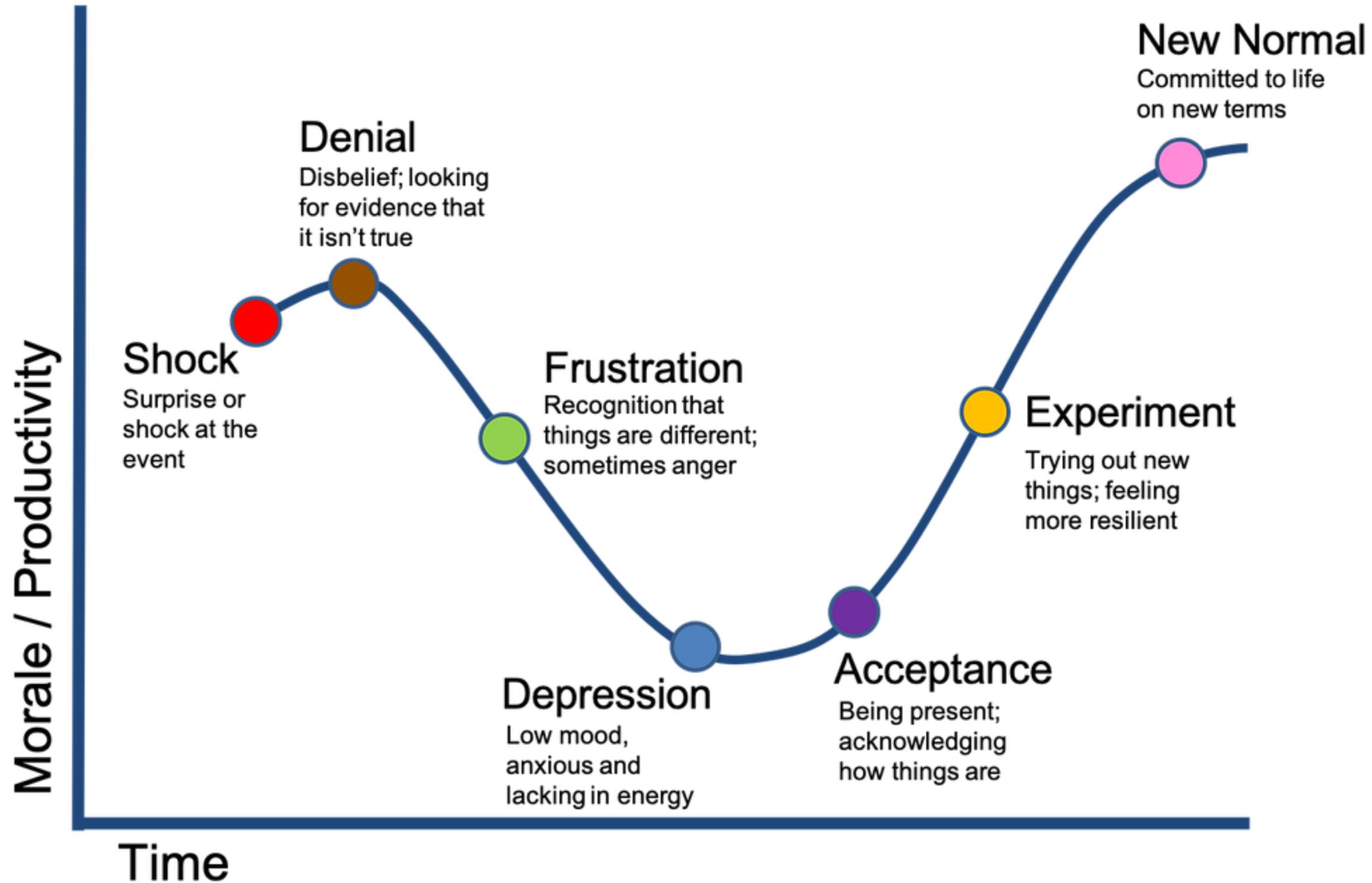
We do this through a range of **training, facilitation, vocational rehabilitation and consultancy support**.



What will we cover today?

1. Recognising how we are currently adapting to the ongoing changes and the role of resilience in this
2. Understand how to use the 4 key ingredients to:
 - Build inner confidence
 - Maintain a strong support network
 - Develop an adaptable, resilient mindset
 - Identify your purpose moving forward

How do we deal with change?



What do we mean by resilience?

“The ability to remain flexible in our thoughts, feelings & behaviours when faced with life events or pressures and which make us stronger, wiser & more able to bounce forward”

Dr Carole Pemberton (2015)

What are the 4 key ingredients?



Building your inner confidence

- Do more of what you are good at – play to your strengths
- Own and celebrate achievements
- View mistakes as part of the learning process
- Develop self-compassion and talk to yourself positively
- Try new things – get out of your comfort zone
- Reflect on what you are grateful for – it boosts your self-esteem

THE JOYFUL



CONFIDENCE IS LIKE
A MUSCLE:
THE MORE YOU USE IT,
the stronger it gets.

Maintaining a strong support network

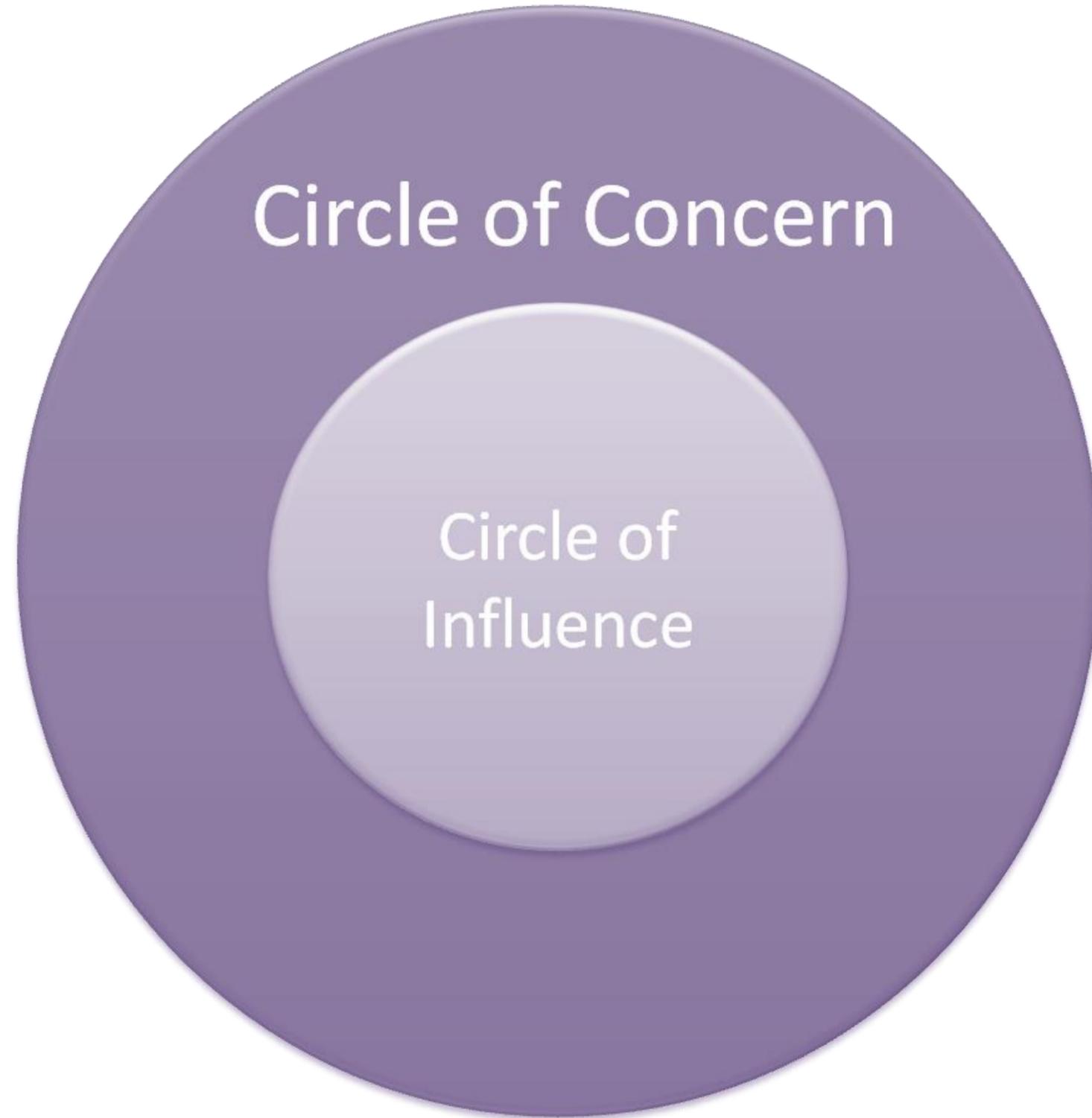


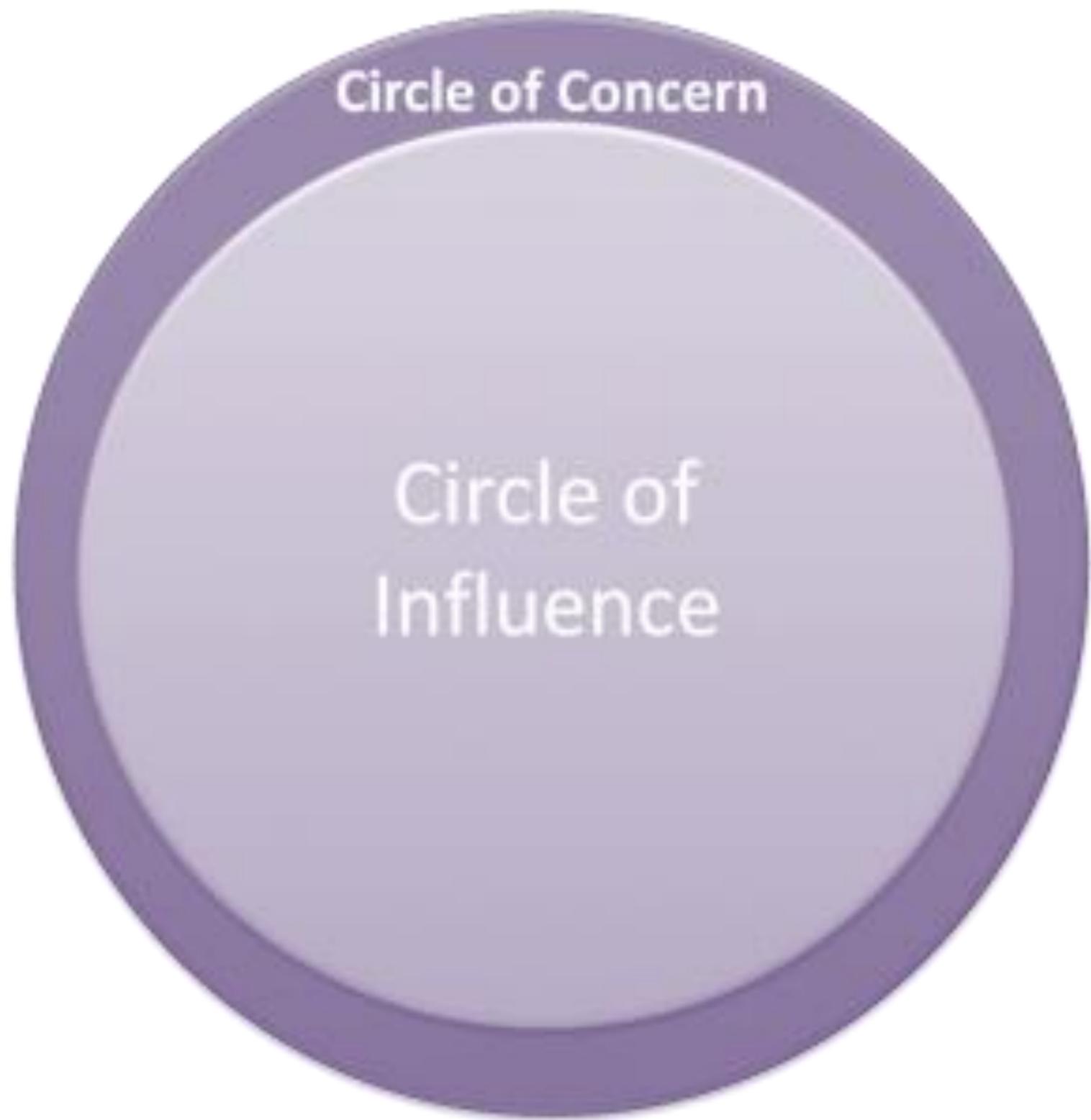
- Be honest about what you are comfortable with
- Quality over quantity
- Remember it is 2-way
- Ask for help when you need it

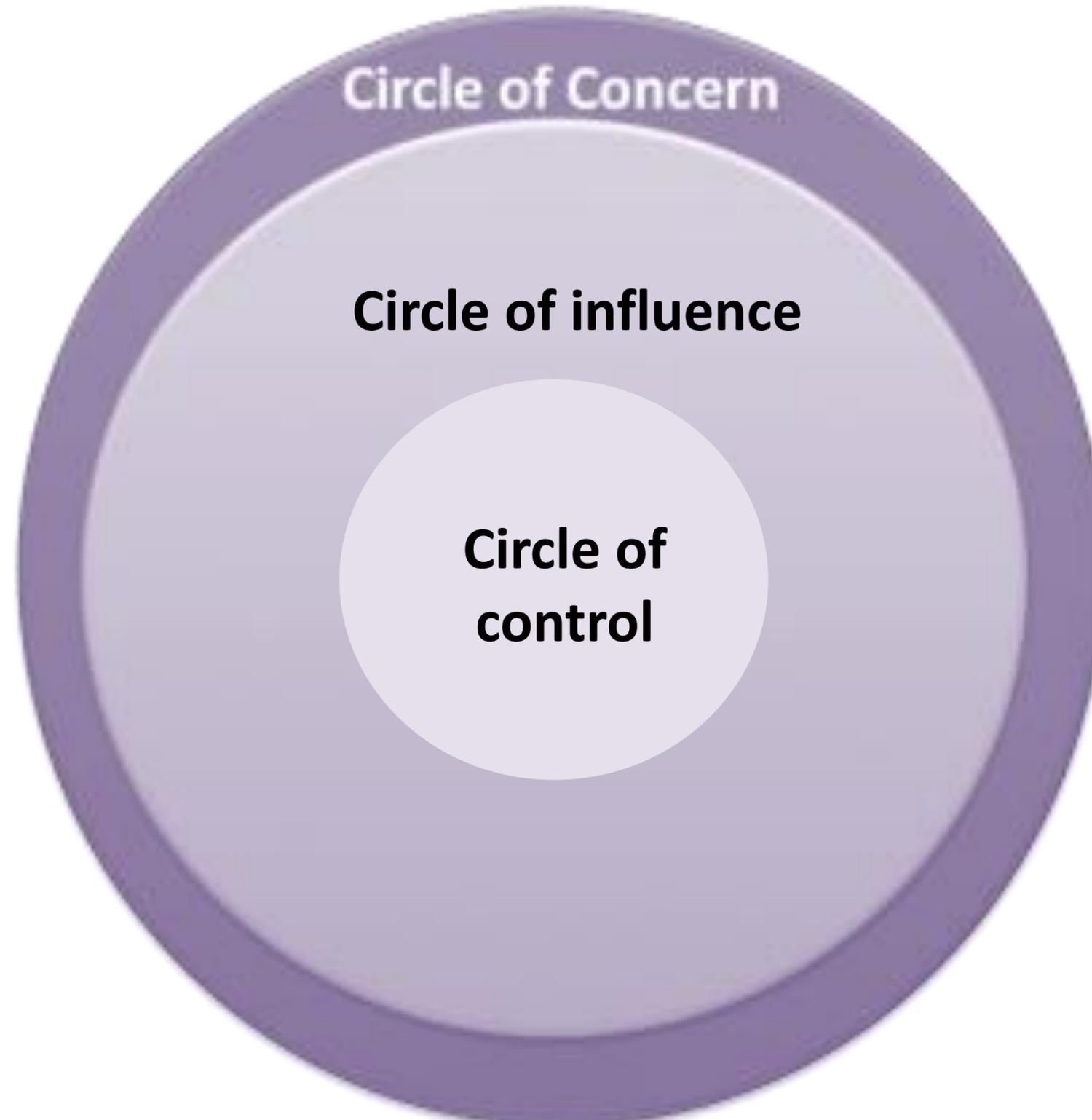
Developing an adaptable mindset

“Attitude is more important than facts. The remarkable thing is I have a choice every day of what my attitude will be. Life is 10% what happens to me and 90% how I react to it.”

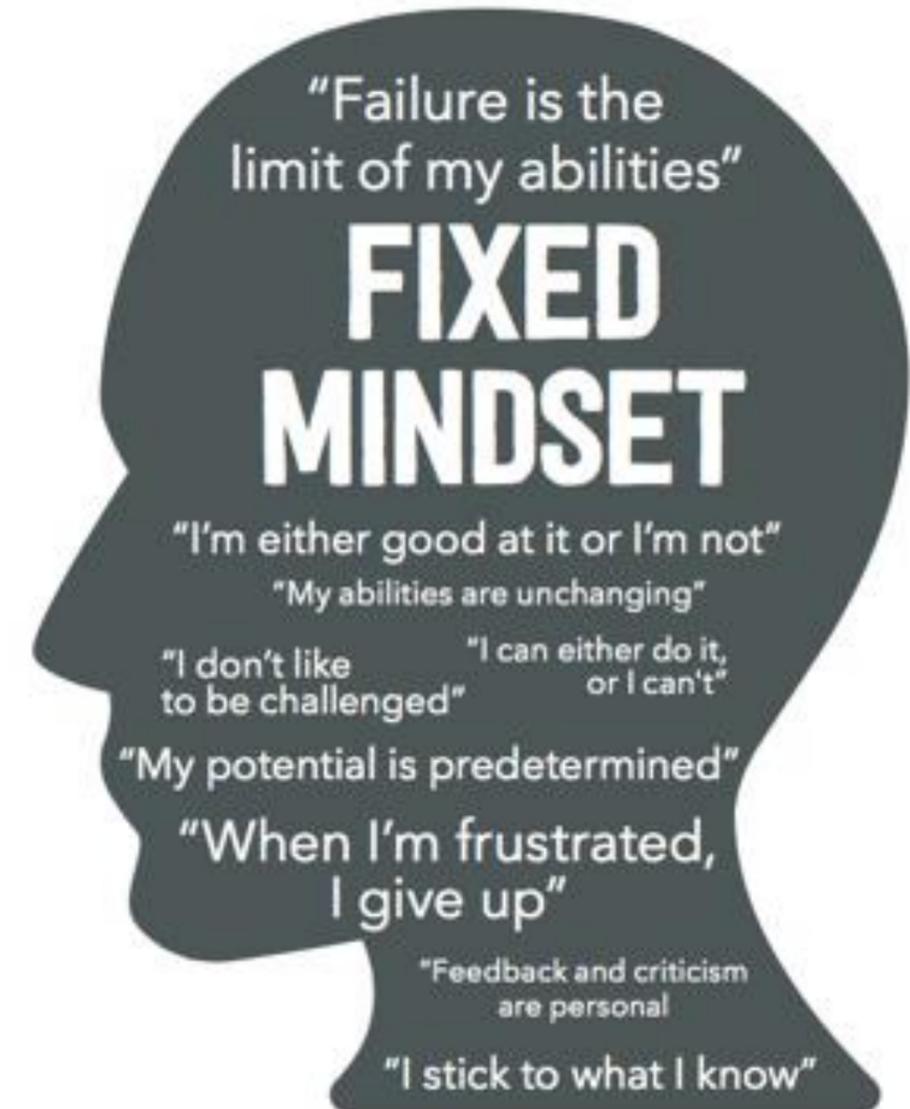
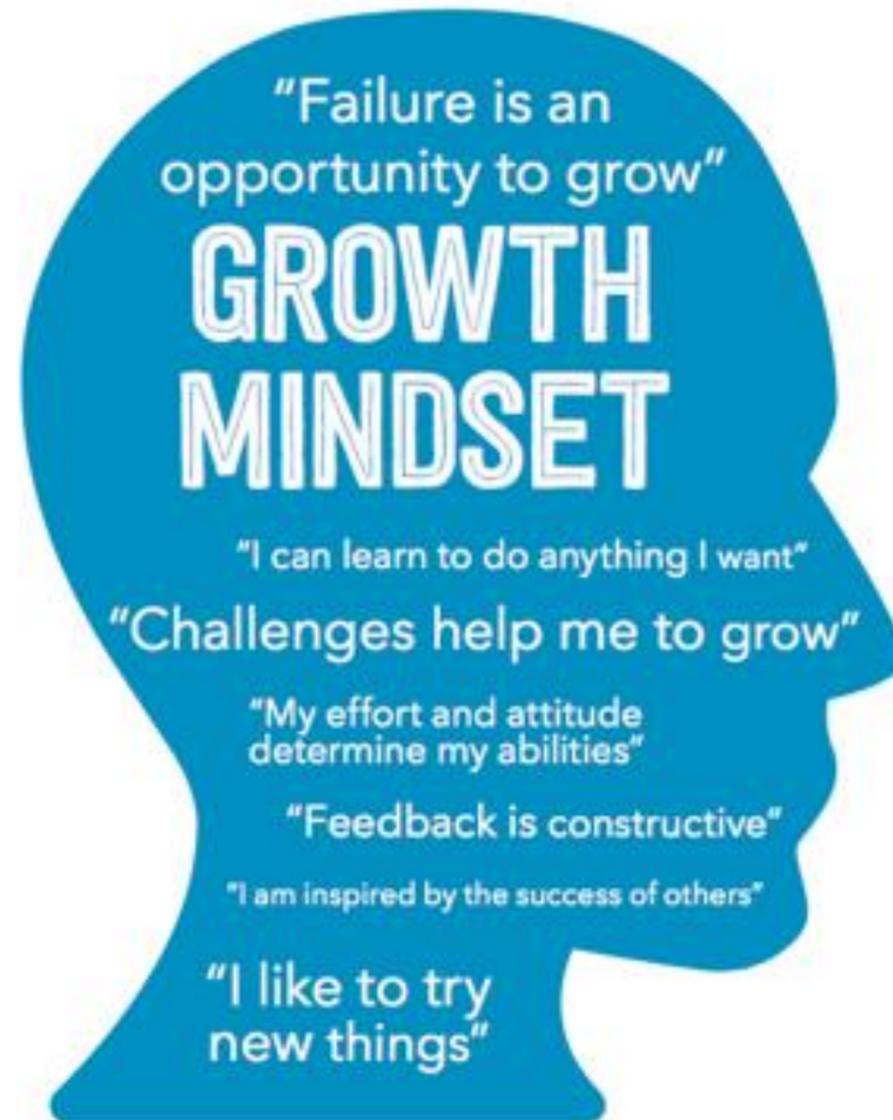
Charles Swindoll







Fixed vs growth?



Identifying your purpose

- What really matters to you as we move forward?
- What do you want to keep that served you well?
- What did you really miss that negatively impacted your wellbeing?
- What would you want to be remembered for?

LIFE IS NEVER
MADE UNBEARABLE
BY CIRCUMSTANCES,
BUT ONLY BY LACK
OF MEANING
AND PURPOSE

VIKTOR FRANKL

Any questions?

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