

# Develop & Improve Your Resilience – An Overview

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# Agenda

- 1. Introduction**
  - Aim of session
  - Bio of Vipin Maini
- 2. Explanation of Resilience**
  - Definition
  - 4 Pillar Model
- 3. Exercise 1**
  - How do you deal with adversity
- 4. Key Features of Resilience**
- 5. Exercise 2**
  - Limiting beliefs
- 6. Resilience building habits**

# Introduction: Aim of Session

- ❖ Understand the importance of resilience.
- ❖ Understand your current behaviours during adversity
- ❖ Know what your limiting beliefs are which undermine your resilience.
- ❖ Know the core characteristics of resilience.
- ❖ Develop ways of becoming more resilient.



# Introduction: Brief Bio Of Vipin Maini

- Varied and hugely interesting 35-year business career.
  - Qualified accountant
  - Management consultant for many years
  - Set up several businesses

- Three heart attacks during my early 40s
- Major back surgery, suffered opioid addiction whilst trying to control back pain
- Diagnosed as suffering major coronary artery disease.

**Facing such intense moments and brushes with death has given me unique insights and perspectives on dealing with difficult moments. I have developed strategies and methods for dealing with adversity and to learn and grow from such moments.**

# Definition of resilience

“The capacity to remain flexible in our thoughts, feelings and behaviours when faced by a life disruption, or extended periods of pressure, so that we emerge from difficulty, stronger, wiser and more able.”

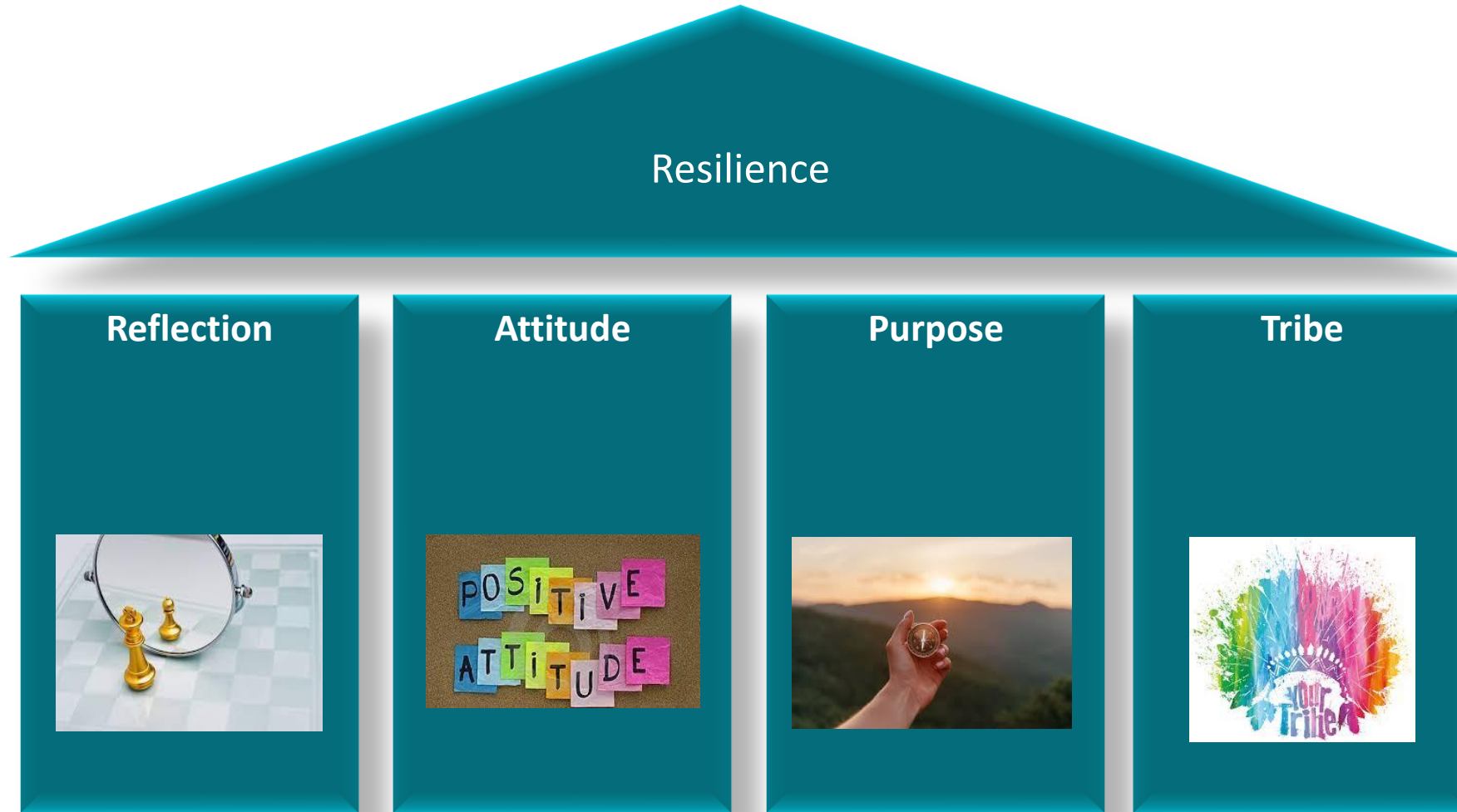


## Importance

All of us will, at some point, be faced with setbacks, disappointments and other various life shocks – i.e. unexpected adverse events.

How we respond and react to them determines our mental well being, peace of mind, health and quality of the rest of our lives.

# Four Pillars Of Resilience - *RAPT*



# Key Features Of Resilience

- Can handle unpleasant feelings
- Strong sense of purpose
- In control of your life
- Pride in your achievements
- Think of self as a strong person
- Always do best effort, no matter

- Can adapt to change
- Close and secure friendships
- Can deal with whatever comes
- Past successes gives confidence for new challenges
- Sees humorous side of things
- Things happen for a reason

- When things look hopeless, you don't give up
- You can achieve your goals
- You know where to turn for help
- Under pressure, think and focus clearly
- Not easily discouraged by failure

# Exercise 1: How do you deal with adversity?



- What has been some of the biggest challenges you have faced?
- How did you get through them?
- When you do have a setback, how easy do you find it to let go?
- What and or who helped you with those challenges?
- What have you learned from dealing with adversity?



# Examples of resilient people



## Oprah Winfrey

- Suffered a lot of criticism throughout her life – racism, weight, sexuality.
- During her childhood, victim of sexual abuse by her cousin, uncle and family friend. Became pregnant at 14, but baby died 2 weeks later.
- However, she persevered, finished High School as an Honours student. Gained full scholarship to college.
- Worked her way up ranks of TV, became global superstar & creator of her own network.



## Maya Angelou

- Raped by her mother's boyfriend when 8 years old
- Worked in the sex trade to support her family
- Later became best selling author and poet with books including "I know why the caged bird sings" and "And I shall rise".



## J. K. Rowling

- Single mother on state benefits.
- Couldn't afford a computer so manually typed out each version of her 90,000 word novel.
- Novel was rejected dozens of times by publishers.

# Resilience is not fixed and one size does not fit all

**Resilience is not fixed**

Our resilience changes during our lifetime.

**Resilience is multi dimensional**

We can have different levels of resilience in each of these aspects, e.g. for work, family, relationships.

**There is not one correct method for developing resilience**

Some techniques will work better for some people. The journey for developing our resilience is therefore, very personal and unique.

# Limiting Beliefs

- Limiting beliefs – those beliefs that limit what you believe is possible for yourself and what you will allow in your life. Consequently they inhibit our growth and well-being; e.g.
  - ❖ “I don’t deserve to be happy/successful”
  - ❖ “My opinion doesn’t count”
- Limiting Beliefs play an important role in shaping our resilience.
- Important to identify limiting beliefs so that we can change them and choose a new way of thinking and behaving.



*“The direction and quality of your life is the result of your beliefs. Your thoughts, actions and expectations are all based on your beliefs”*

# Exercise 2 : Limiting Beliefs

## 30 minute exercise

1. The limiting beliefs I hold about myself are..
2. The 3 limiting beliefs that hold me back most are...
3. The cost to me in my life of my limiting beliefs is...

# 5 Daily Habits To Build Resilience

- **Kindness**
  - ❖ Daily acts of kindness
- **Exercise**
  - ❖ For at least 30minutes
- **Gratitude**
  - ❖ Be thankful and write down your gratitude
- **Daily journaling**
  - ❖ Write down thoughts and emotions from events
- **Self Love**
  - ❖ Ensure you maintain your discipline re issues of self care such as hygiene, personal dress etc

Other habits to think about include:

- Know your triggers
- Find things to look forward to
- Avoid catastrophizing
- Surround yourself with good role models
- Daily positivity

