



Resilience

Module Four

A Promoting Excellence
Online Course

This is part of a series of online courses
available from Promoting Excellence
Leadership Consultants.



Promoting
Excellence

Module 4 Building Resilience

Excellent advice

Develop your resilience by learning to do things for yourself. Don't have everything / things done for you.

Start with support and scaffolding but remove this piece by piece as you feel more confident. Start by thinking what is it that you could do for yourself? Examples might include asking others to make telephone calls on your behalf, dealing with difficult people, speaking to members of staff, running meetings, challenging poor practice, allowing others to dominate etc.

Have a goal, vision, or objective:

Develop your resilience in **small steps** by working toward a goal, vision, or objective. When times are tough have this in mind. Stay focused and calm by thinking about end goal.

Self-discipline:

If you observe people with self-discipline they usually know what they want and have a lot of drive. If you feel a lack of resilience, take 5 deep breaths and think of something positive to re-establish your self-control Eg. A favourite place, a song, a person who makes you feel stronger. Then tell yourself you matter, and you can do it...try to be optimistic.

Make peace with your past:

Come to terms with past events so that they do not negatively influence the present. Be realistic and accept that we all have things that we would rather forget, or that we are not particularly proud of, but we are only human. Train yourself to think of favourite things when your mind wanders to the past.

Avoid comparisons:

Your confidence will plummet if you compare yourself to others who appear particularly successful and resilient. You have no idea what the future holds for them – or what their life is really like. You are in charge of your happiness.