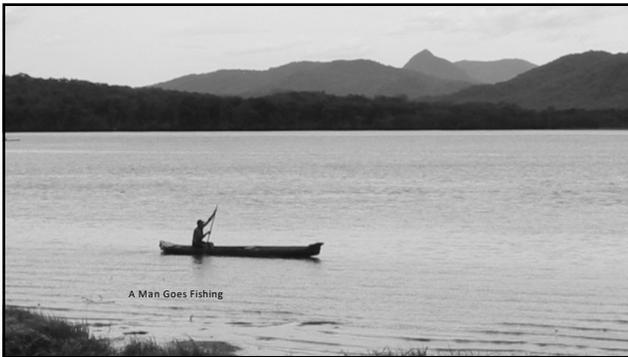


The Power of Resilience: Maintaining Balance, Confidence and Strength in Your Personal and Professional Lives



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The Future



The purpose of life is to prepare the next generation for their future.

Survival of the Species

- Salmon and snakes are born with sufficient instincts to survive.
- Bear cubs require at least one or two years with their mother to insure survival.
- Higher primates require three or four years.
- Humans require at least ten years.

My Grandparent's Future



My Grandparent's Future



My Parent's Future



Moms are Important Too!



Our Future



Preschool Graduation Part I



Preschool Graduation Part II



A lesson from Michael.

Through the Eyes of
Innocence



Kindergarten
Graduation



How Will They Feel in Five Years?



Knowledge is power.

Sir Francis Bacon

The greatest obstacle to discovery is not ignorance - it is the illusion of knowledge.

Daniel J. Boorstein

Caution should be taken in jumping to readily onto the bandwagon of whatever happens to be the prevailing enthusiasm of the moment.

Sir Michael Rutter

"I'm not afraid about my girlfriends and myself, we'll squeeze through somehow, though I'm not too certain about my math."

Anne Frank
June 21, 1942

"I have lots of courage, I feel so strong and as if I can bear a great deal. I feel so free and so young! I was glad when I first realized it, because I don't think I shall easily bow down before the blows that inevitably come to everyone."

Anne Frank
July 15, 1944

Resilience is a process focusing upon strengths to overcome adversity.

The idea of resilience has different meanings for different people, many of which are vague and contradictory.

Howard Kaplan

Alternatively it might be argued that the concept of resilience is useful, precisely because it instigates so many conceptual or theoretical issues.

Howard Kaplan

Is resilience the opposite of non-resilience or vulnerability?

What is the relationship between resilience and the experience of distressful life events?

Is resilience reflected in the ability to bounce back from adversity or caused by adversity?

Resilience

- A process leading to good outcome despite high risk
- The ability to function competently under stress
- The ability to recover from trauma and adversity

Resilience is Predicted By Factors Within:



The Child



The Family



The Culture

Some Predictors of Resilience

- Social contact
- Academic success
- Easy temperament
- Supportive family
- Supportive community
- Living above the poverty level

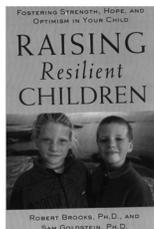
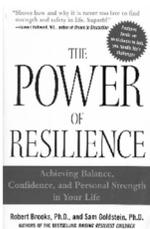
Some Predictors of Resilience

- Educational opportunity
- Organized religious affiliation
- Higher intellect
- Learning to problem solve
- Internal locus of control
- Sense of self-worth
- Sense of humor

Most Powerful Predictors of a Resilient Child

- Easy temperament
- Consistent family relationships
- Positive self-esteem
- A sense of emotional security
- Making contributions to others

Ten Keys For Resilient Living



Ten Keys For Resilient Living

- Rewrite your negative scripts.
- Choose the path to become stress hardy than stressed out.
- Develop the ability to see the world through the eyes of others.
- Learn to communicate effectively: Listen, learn and influence.
- Accept yourself and others.

Ten Keys For Resilient Living

- Develop connections with those around you.
- Learn to deal with mistakes.
- Learn to deal with success and build islands of competence.
- Develop the skills of self-discipline and self-control.
- Learn the lessons of resilience: Maintain a resilient lifestyle.

Changing The Words of Life: Re-writing Your Negative Scripts

- Learn to identify obstacles that prevent progress:
- A lack of awareness of the role negative scripts play in your life.
 - Insisting that others must change first if you are to change.
 - Hiding behind the stress of every day life to avoid having to change.
 - Giving up.

Changing The Words of Life: Re-writing Your Negative Scripts

Becoming the Author of your life:

- Seek out negative scripts in your life and assume responsibility to change them.
- Take the time to define short and long-term goals.
- Consider new scripts or plans of actions in accordance with your goals.

Changing The Words of Life: Re-writing Your Negative Scripts

Becoming the Author of your life:

- Select from these new scripts the one you believe has the greatest probability for success. Decide what success means to you.
- Anticipate the possible obstacles that might interfere with your success.
- Put the new script into action and assess effectiveness.
- Make changes if things aren't working but keep moving forward.

Through the Eyes of Others

- Do you practice what you have learned and lived?
- It is difficult to be empathic when you are disappointed or angry.
- Do you make assumptions about the motives of others?
- Do you hold the erroneous belief that if you are too empathic people will take advantage of you?

Through the Eyes of Others

Steps to becoming an empathic person:

- Take the time to complete empathy exercise. Consider how you would like other people to describe you versus how they might actually describe you. Act on the discrepancy.
- Use your experiences as a guide.
- Make an effort to put empathy into practice every day.

Communicating Effectively

- What am I attempting to achieve in this communication?
- Am I saying or doing things in a manner in which others will be most responsive to listening to what I have to say?
- Would I want anyone to speak to me the way I speak to others?
- How would others describe me as I communicate with them?

Communicating Effectively

- What makes it easiest for me to listen to what others have to say?
- What do others say or do that turns me off and keeps me from listening to their message?
- Even if I disagree with someone, do I at last validate their point of view?

Communicating Effectively

Obstacles to effective communication:

- It is difficult to communicate when you are disappointed, angry or frustrated.
- It is difficult to communicate when you lose sight of your goal.
- Are you trapped by models from your past?

Communicating Effectively

Steps to improving communication:

- Become an active listener.
- Validate: Let others know they have been heard.
- Live by the golden rule.

Communicating Effectively

Steps to improving communication:

- Avoid ultimatums and all or none statements.
- Serve as a model of honesty, integrity and dignity.
- Make humor an essential part of your communication.
- Practice and then practice more.

Dealing with Mistakes

Steps to manage mistakes and setbacks:

- Examine your assumptions about mistakes.
- Challenge self-defeating attributions.
- Learn something positive from every situation.
- Decide on a plan of action to attempt new scripts based on new attributions.

The Lessons of Resilience: Maintaining a Resilient Lifestyle

Exercising resilience on a daily basis:

- Have I truly listened during the past day and attempted to understand the viewpoints of others?
- How have I related to others? Have I practiced empathy and respect?
- How have I responded to stress, mistakes and setbacks? What will I do differently the next time?
- In what areas did I do well? How do I maintain and/or reproduce these positive behaviors tomorrow?

The Lessons of Resilience: Maintaining a Resilient Lifestyle

Guiding principles for the long term:

- Revisit the principles of a resilient mindset.
- Periodically assess your progress in terms of leading a resilient life.
- Do not wait for other people to change first for you to achieve your goals and happiness.

The Lessons of Resilience: Maintaining a Resilient Lifestyle

- Articulate and evaluate short and long-term goals that are realistic, achievable and in concert with your values.
- Anticipate mistakes and setbacks. Be prepared with a back-up plan.
- Relish your accomplishments.
- Develop and maintain connections with people, ideals, causes and faith.



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