



Build Your Resilience!

Six ideas to be more resilient and stay afloat throughout crisis

Speaker



Dr. Maureen Orey, CPLP

Founder/CEO

Workplace Learning & Performance Group

maureen@wlpgroup.com

@maureenorey



Dr. Maureen Orey

Session Goals

- Identify six key characteristics that enable resilience
- Explore how to develop a resilience in yourself and others
- Discover the simple and memorable StayAfloat™ model





I've got some
good news,

and some bad news...

The bad news...

Even a duck can drown!



The good news...

*Just like the ducks,
we can learn how to stay afloat.*



A key word for the day is

Biomimicry

*The **design** and production of materials, structures, and **systems** that are **modeled** on biological entities and processes.*

How do you define RESILIENCE?



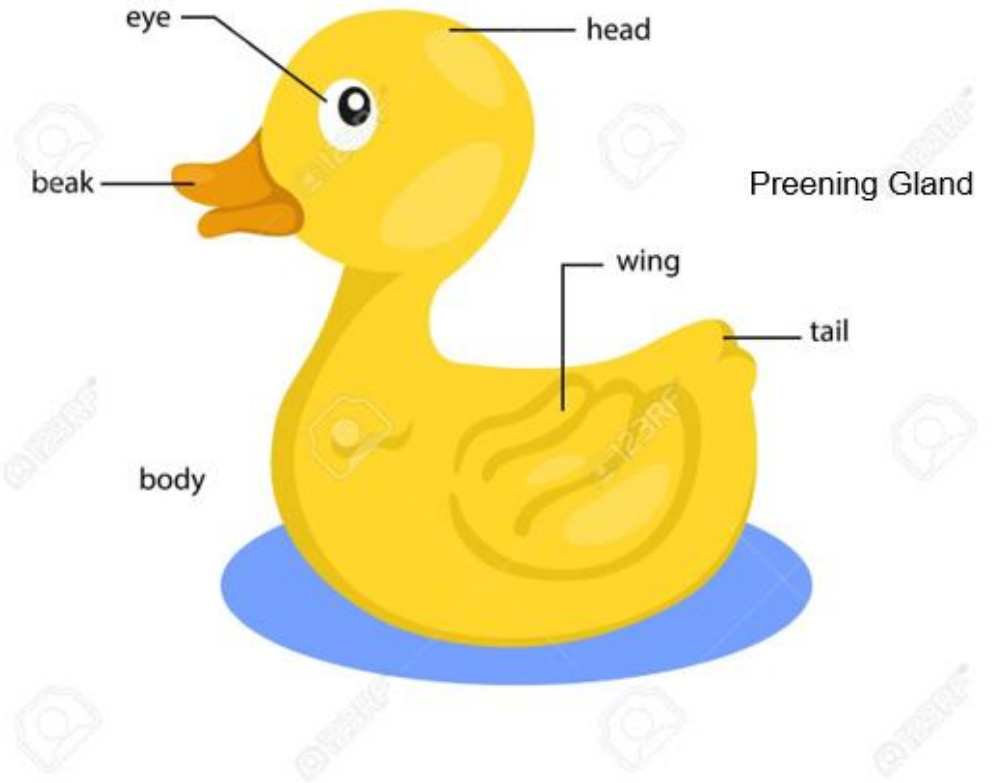
Why be resilient?

- Being Resilient Increases Your Performance
- And???

To take effective notes - draw a table like this...

1	4
2	5
3	6

The Anatomy of a Duck



Lesson #1:

CONNECT



The degree of **social capital** and resources available is a **critical contributor** to the development of resilience and sustainability

- Martin Seligman

Build Connections

- Don't isolate yourself – reach out
- Think about others needs
- Pick up the phone
- Share your strength
- Make TRUE connection



A hand is shown from the top left, carefully placing a wooden block with a checkmark on top of a stack of five other wooden blocks, each also featuring a checkmark. The blocks are light-colored wood and are stacked vertically. The background is a solid blue color.

Process Check #1

Share your ideas

- What are you doing to **CONNECT** and build better relationships
- Who might you need to **CONNECT** with that you should reach out to?

Lesson #2

DEVELOP



Develop the Capacity for Resilience

- Invest in yourself
- Learn new tools
- Develop new content & ideas
- Utilize a positive mindset
- Build your mental toughness



Lesson #3

APPLY



Apply Your New Skills

- Practice, Practice, Practice
- Done is better than perfect
- Enhance your signature strengths
- Take purposeful action - repeatedly



A hand is shown from the top left, carefully placing a wooden block onto a stack of five other wooden blocks. Each block has a black checkmark drawn on its top surface. The background is a solid light blue color.

Process Check #2

Share your ideas

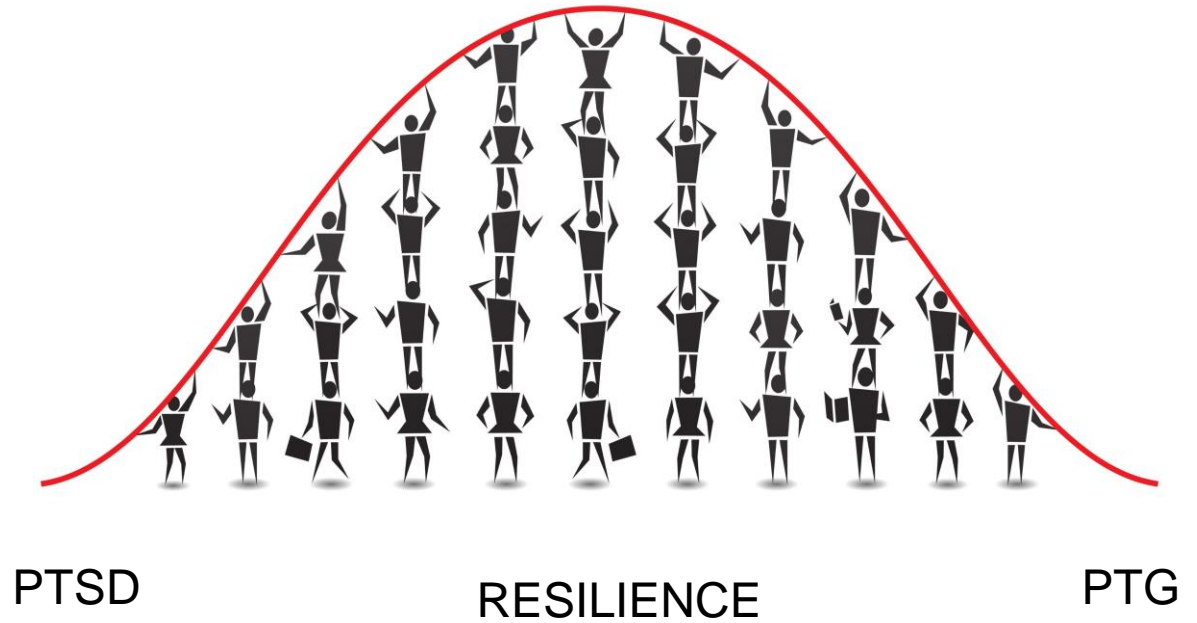
- What skills or capacities would you like to **DEVELOP**
- Identify how you will ensure that you **APPLY** what you have learned

Lesson #4

BALANCE



Post
Traumatic
Growth



Following the September 11 terrorist attacks in NYC,
7.5% of Manhattan residents evidenced clinical problems,
and this rate dropped to less than 1% at 6 months.

5% = 10%

5% - 10% adults exposed to traumatic events develop PTSD and
related clinical problems, and it dissipates as time passes

Dealing with COVID-19 & Civil Unrest

- Change happens to us
- Are we stuck, or???
- We can choose to change, and we have a choice in how we respond!
- What do you want this period of your life to be?

Take Care of YOU

- Mindset
- Exercise
- Meditate
- Sleep
- Moderate



Lesson #5

GRIT!



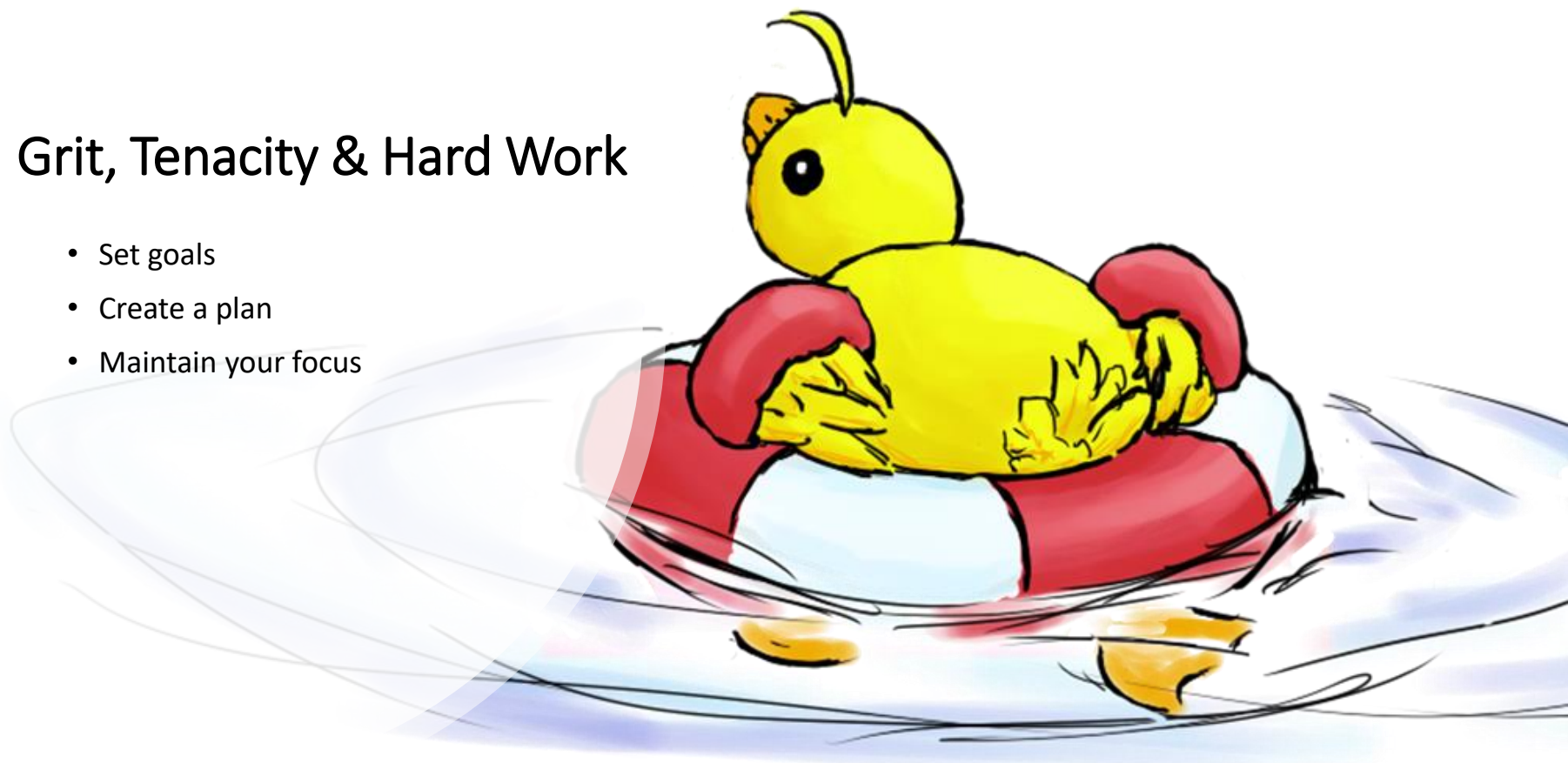
It takes more than grit...



to stay afloat!

Grit, Tenacity & Hard Work

- Set goals
- Create a plan
- Maintain your focus



“Enthusiasm is common.
Endurance is rare.”

- Angela Duckworth,
Grit: The Power of Passion and Perseverance

Lesson #6

RISK



Follow Your Instincts

- Know when it's time to "Fly South"
- Assess your situation
- Discover your purpose
- Identify key indicators for change
- Prepare yourself for change



A hand is shown from the top left, carefully balancing a stack of five light-colored wooden blocks. Each block has a black checkmark drawn on its top surface. The blocks are stacked vertically, and the hand is positioned to support the top block. The background is a solid light blue color.

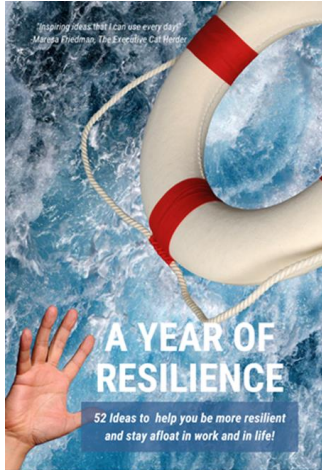
Process Check #3

In chat share your ideas

- How do you manage **BALANCE**?
- What kind of **GRIT** & tenacity do you need to succeed?
- What's the **RISK** and timing of perseverance vs. moving on?




Resilience Resources



Dr. Maureen Orey



Stay Afloat® – BINGO Build Your Resilience!

CONNECT	DEVELOP	WORK	BALANCE	PIVOT
Reach out to a friend	Identify a new skill to develop	Push through to get a job done	Take a day off away from the computer	Accept the fact that life has changed
Attend an event to network with others	Take a class or watch a video to learn the skill	Reward yourself for completing a project	Go for a walk or run to get your steps in	Prepare yourself for a new journey
Send a thank you note to someone who helped you	Practice the skill a little (or a lot) daily	 Reflect or meditate to be mindful today	Choose to be positive amidst change	
Join a club or organization that aligns with your passion	Teach someone else some aspect of the skill	Ask for help if you need additional resources	Write down 5 things you are grateful for	Listen to your inner voice for guidance
Offer to help a friend or colleague with something	Write a blog post or article about your learning experience	Leverage your inner strength	Purge old items you no longer need	Go with the flow



KEEP
CALM
AND
STAY
AFLOAT

WLP WORKPLACE LEARNING & PERFORMANCE GROUP
www.wlpgroup.com
619-475-8397



THINGS YOU CAN LEARN FROM A DUCK – ABOUT HOW TO STAY AFLOAT



CONNECT

Ducks aren't hatched waterproof, ducklings need to get oil from their mother to stay afloat – people need a strong network to build career resilience. 85% of new jobs are found through a personal network.



DEVELOP

When ducks mature they develop a preening gland that holds their lifesaving oil – people need to develop new skills, resources and even a new mindset to be resilient. The m...



APPLY

Ducks apply oil to their feathers every day so that they remain buoyant in water – so must we apply our skills, resources and positive mindset daily. 65.6% of employers ranked initiative as a key attribute.



WORK

Ducks are known for looking calm above the water, as they paddle their feet furiously. People need to use grit, tenacity and self-control as a strategy to build resilience and buoyancy. Gritty people achieve more!



RISK

Ducks fly south when the weather gets too cold, and they know where they are headed. People need to know when to leave a bad situation, or follow their heart when it's time to pursue a new career opportunity.



BALANCE

Even an adult duck can drown if they are sick or if they don't have access to clean water. People must also take time to have balance – eat well, rest, exercise and play!



Ducks aren't hatched waterproof, and people are not born resilient. You must take action to stay afloat!

- Dr. Maureen Orey

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