

Know Thyself: Executive Resiliency - Your Secret Strategy



Karen Maudlin, PsyD, CPCC
TurningPoints Leadership LLC
+1630.209.6407
TurningPoints.net
Executive Coach
Clinical Psychologist
SEP Venice, September 2025

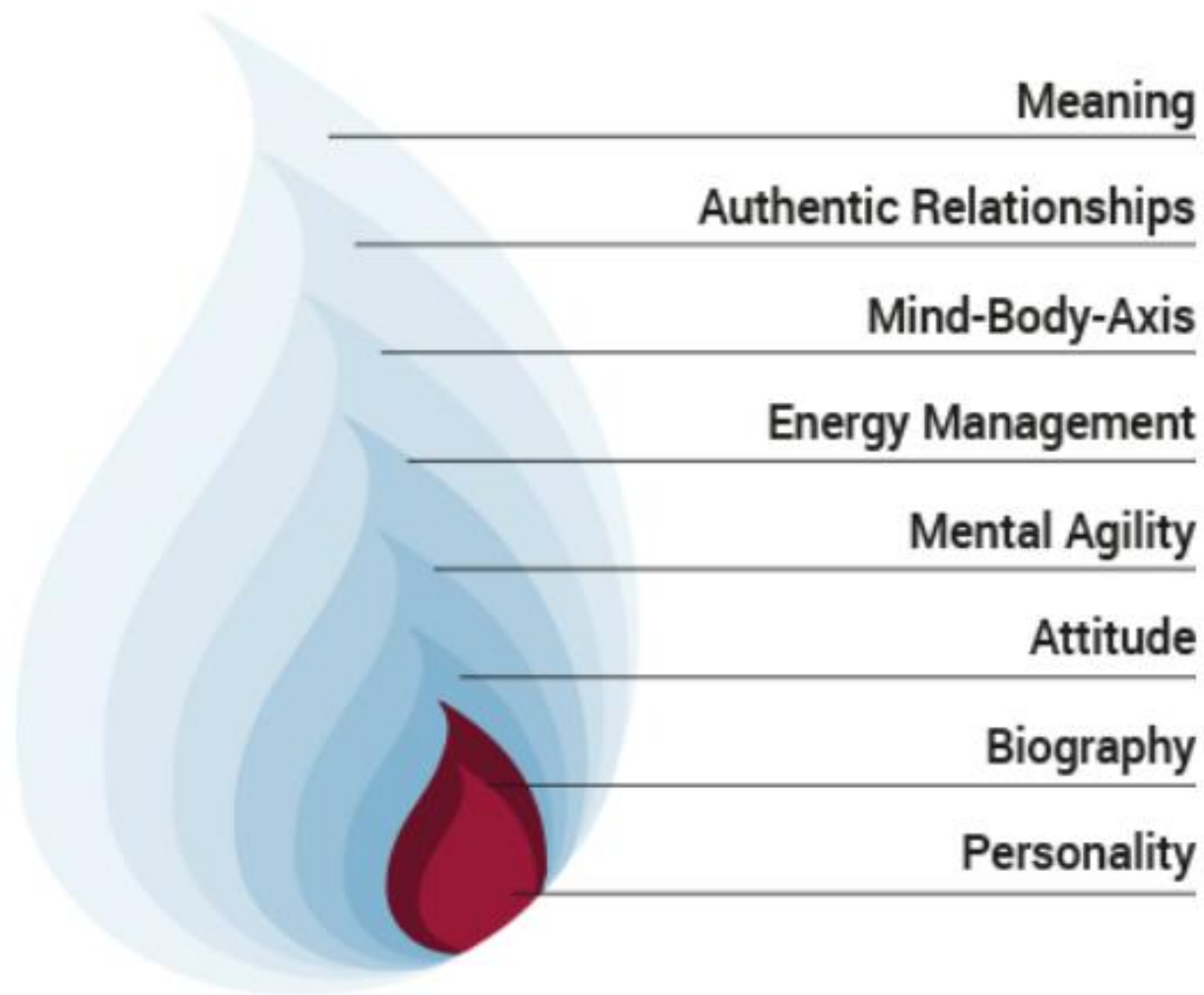
Resiliency: Executive Fire Index Model

Resiliency = the ability to recover from or adjust easily to misfortune or change.

Executive Fire = Resiliency is a skill that can be learned and developed. Resilience involves emotional, behavioral and cognitive skillsets.



Fire Model of Executive Resilience



The FiRE Model of Executive Resilience

Acquired Resiliency

Meaning

Authentic Relationships

Energy Management

Mental Agility

Attitude

Biography.

Raw/Innate Resiliency

Personality

Energy



Energy Management



Mind-Body Axis



Mindset



Mental Agility



Attitude



Meaning



Purpose



Authentic Relationships



Fixed Mindset = “the belief that basic qualities like intelligence or talent, are simply **fixed** traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.”
(**Dweck**, 2015) VICTIM

Growth Mindset = “the belief that basic abilities like intelligence or talent, can be developed or **grow** through dedication and hard work and that talent is just the starting point. This belief creates a love of learning and resilience that is essential for great accomplishment.” (**Dweck**, 2015) AGENCY

Fixed Mindset vs. Growth Mindset

*Mindset: The New
Psychology of
Success.*
2015
Carol Dweck

FIRE Components

1. **Personality** = Stress & Ambiguity Tolerance (Need for Stability, Extraversion & Originality), Agreeableness, & Conscientiousness. Derived partly from genetics and from early childhood experiences.
2. **Biography** = the story a person tells himself/herself about his/her own life. Being in touch with one's story helps overcoming memory and recency biases. Reframe/Restore life story.
3. **Attitude** = inner stance one chooses by default when confronted with adversity. Key differentiator. Agency versus Victim.
4. **Mental Agility** = Mindset. ability to continue to learn and flex to rapidly changing situations.
5. **Energy Management** = practices/strategies to improve energy levels.
6. **Mind-Body Axis** = relation to the body (nutrition, exercise, mediation).
7. **Authentic Relationships** = links with trustworthy people. BOA.
8. **Meaning** = a strong value system, meaning of life, higher purpose.

Ground Your Biography: The Power of Story Telling Present

1. What is a present crisis you are facing that maybe keeps you up at night? This is something that is inviting your attention and energy – your life is nudging you, or shouting at you, to take a deeper look at this concern.
2. Write a one sentence description of the crisis.
3. What is the current impact of the crisis.



Ground Your Biography: The Power Story Telling Future/Future Self – Insight Partner

1. Take 20 seconds to picture your future self 20 years from now – hair, face, wrinkles, wisdom. Get the picture in your mind.
2. Take a deep breath and ask for your future wiser self to help you out.
3. “Looking at my current crisis from your perspective, what is the most important think I must do?
4. Write that down.



Making a Commitment to Yourself Regarding Your Resiliency



Know Thyself: Executive Resiliency - Your Secret Strategy



Karen Maudlin, PsyD, CPCC
TurningPoints Leadership LLC
+1630.209.6407
Executive Coach
Clinical Psychologist
SEP Venice, September 2025



Resilience: Resource Slides



FIRE Components with Coaching Tips

1. **Personality** = given – manage extroversion/introversion.
2. **Biography** = Reframe life story. Future Self, Intention/Reflection.

MINDSET

3. **Attitude** = Train the brain for agency, mental shift to choose happiness and a positive mind.
4. **Mental Agility** = Growth Mindset Exercises. Positive psychology, Forced Perspective, active curiosity, & powerful questions.

ENERGY

5. **Energy Management** = Meditation, Yoga, Breathing, Visualization.
6. **Mind-Body Axis** = Food as medicine, nutrition, exercise, one intense physical challenge/year. Glucose Goddess, Good Energy.

PURPOSE

7. **Authentic Relationships** = personal board of advisors, SEP circle.
8. **Meaning** = what is mine to do that only I can offer the world. Journal, vision board, accountability partners.