

Recipe for Resilience

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2020 was totally disrupted. 2021 was the year everything was supposed to go “back” to normal.





In this new World...

What are clients
looking to us for?









And we've got to
be ready to not
only face those
changes and
challenges, but
turn them into real
opportunities...

~Tony Robbins

So to recap...

A dramatic landscape photograph of a mountain peak, likely El Capitan in Yosemite National Park, under a warm, hazy sky at sunset or sunrise. The image is used as a background for a quote. A dark, semi-transparent rectangular box is centered over the image, containing the quote in white serif font. The quote is split across two lines. Below the quote, the name 'Hannibal' is written in white serif font inside a small red rectangular box. At the bottom center, there is a small logo for 'quotefancy' which consists of a speech bubble icon and the word 'quotefancy' in a sans-serif font.

We will either find
a way or make one.

Hannibal

The 1st/Primary Human Need

Certainty

Mental state of being
without doubt;
confident and assured.



*How can you be the CALM in the
eye of the
transaction storm?*



So how can we provide certainty?

- ★ Develop and expand your grounding practice
- ★ Grow your **Resilience Muscle**
- ★ Remember the Fundamentals!





What is resilience?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress.



re·sil·ience

/rəˈzilyəns/

noun

1. the capacity to recover quickly from difficulties; toughness.
"the often remarkable resilience of so many British institutions"
2. the ability of a substance or object to spring back into shape; elasticity.
"nylon is excellent in wearability and resilience"



Resilience

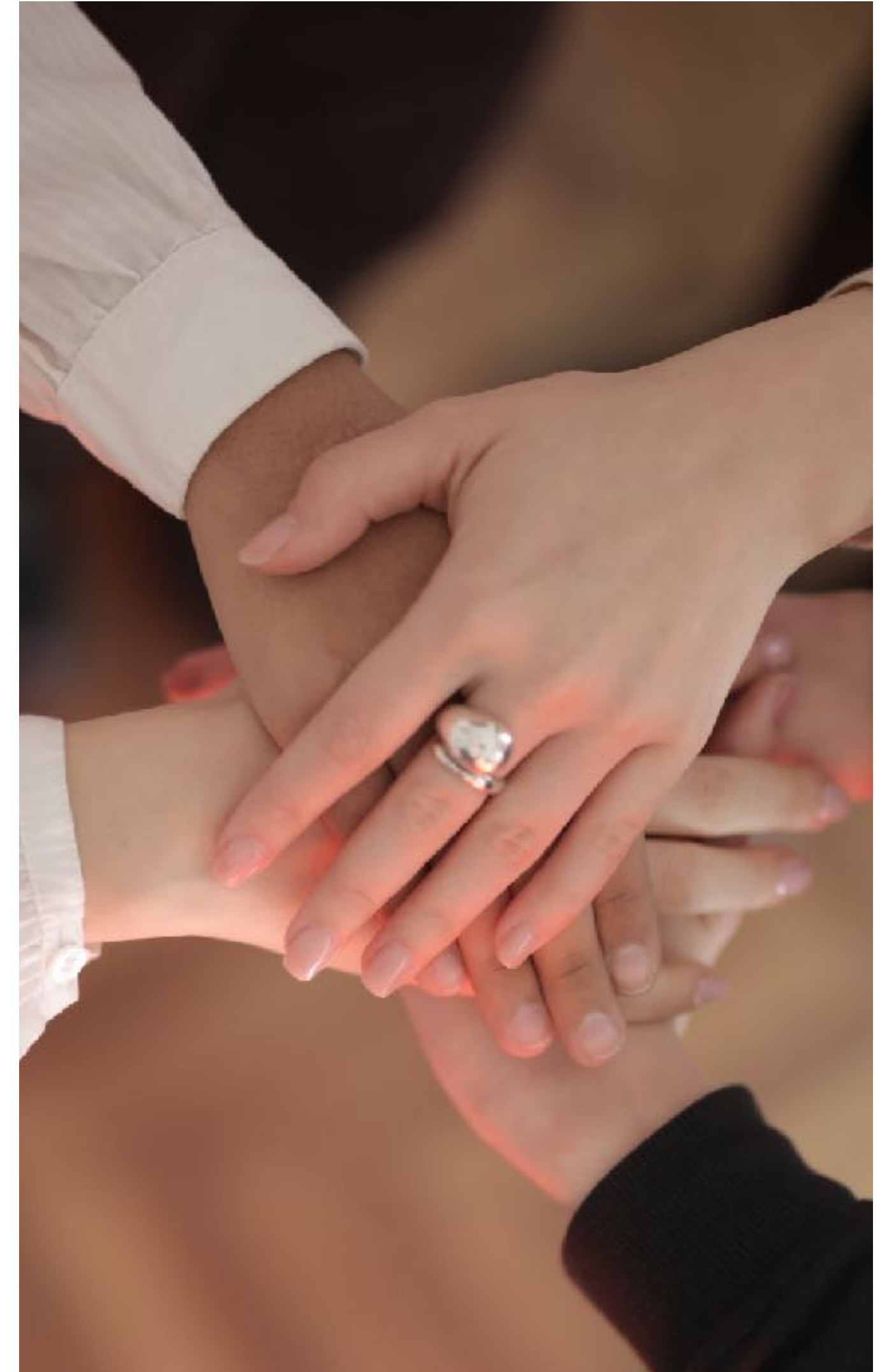
According to the research of leading psychologist, Susan Kobasa, there are three elements that are essential to resilience:

➡ **Challenge** – Resilient people view a difficulty as a challenge, not as a paralyzing event. They look at their failures and mistakes as lessons to be learned from, and as opportunities for growth. They don't view them as a negative reflection on their abilities or self-worth.



Resilience

➡ **Commitment** – Resilient people are committed to their lives and their goals, and they have a compelling reason to get out of bed in the morning. Commitment isn't just restricted to their work – they commit to their relationships, their friendships, the causes they care about, and their religious or spiritual beliefs.



Resilience

➡ **Personal Control** – Resilient people spend their time and energy focusing on situations and events that they have control over. Because they put their efforts where they can have the most impact, they feel empowered and confident. Those who spend time worrying about uncontrollable events can often feel lost, helpless, and powerless to take action.





Recipe for Building Your Resilience Muscle



7 Main Ingredients



1. Competence
2. Confidence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control



A close-up photograph of a person's hands mixing ingredients in a large, reflective metal bowl. The person is wearing a light-colored long-sleeved shirt and a grey and white striped apron. Their left hand holds a white-handled whisk, and their right hand holds a wooden spoon. The bowl is placed on a wooden surface. The background is slightly blurred, showing a window with white blinds. The text "Mixing the Ingredients" is overlaid in a white, cursive font at the bottom of the image.

Mixing the Ingredients

- ★ Better Sleep. We all know that getting a good night sleep can change our worlds...
- ★ Challenge Your Comfort Zone...
- ★ Self-Care – Physical & Mental...
- ★ Strategic Micro-breaks...
- ★ Positive Mindset...
- ★ Connect and Contribute...
- ★ Belly Laughs–Just laugh MORE!



In Summary...





*What ingredients could you add into
your life tomorrow to grow your
resilience muscle?*





*Questions?
Call/text/email me!*



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