

By Karen Dean

# HOW TO BUILD RESILIENCE

*Toolkit*



Resilience is a muscle. You need to exercise it every day in order to keep it toned and strong. But you don't need to do it alone. In this toolkit, you will find tips and tricks that will help you stay soaring at the power level of self-confidence you deserve in order to be your most successful, both personally and professionally. Feel free to print out and keep it somewhere close for when you need these reminders.

[www.KarenDeanSpeaks.com](http://www.KarenDeanSpeaks.com)

  
**Karen Dean**  
SUCCESS COACH  
RESILIENCE EXPERT  
INSPIRING SPEAKER  
BESTSELLING AUTHOR



*Hi there!*

Welcome to your Resilience Toolkit.

As a self-made resilience expert, I teach these tools to workplaces & organizations and at conferences through inspiring workshops and keynote speeches.

My messages spring from a mountain of lived experience, and I am passionate about my mission to help people become their most resilient and reach a higher level of success, both personally and professionally.

To book me to help build a stronger workforce in your organization, with easy-to-implement tools to enhance resilience, email me at [hello@KarenDeanSpeaks.com](mailto:hello@KarenDeanSpeaks.com).

*Karen Dean*





# 1 SET BOUNDARIES

- Invest time in healthy relationships ONLY
- When you recognize the signs of a relationship turning toxic, start setting boundaries to protect yourself
- Call on other close relationships for support when one is faltering
- Look for other places to set boundaries regularly too —with your time, your heart, your efforts



# 2

## EMBRACE BEING PERFECTLY IMPERFECT

- The first step is forgiveness, and the first person to forgive is yourself
- Don't let your past mistakes define you—everyone makes them and it is our strengths that power us through
- Make a list of your excellent qualities to review regularly and celebrate who you are
- Look to your list of strengths for ways to use them to supercharge your life and purpose





# 3

## SPEAK KINDLY TO YOURSELF

- Make sure that you are your own biggest cheerleader
- Don't explain yourself to others or doubt yourself
- Don't accept any of the following excuses from yourself: too busy, too old, too weary. In other words, don't give up!
- Write down some kind things you say to other people and then say them to yourself – keep the list in your pocket for emergencies



# 4

## FOCUS ON WHAT YOU WANT

- Don't listen to other peoples' opinions. This goes double if they don't share your lived experience or show empathy towards you
- Don't pretend to be someone you are not—you're already good enough the way you are and you have many gifts to share
- Don't apologize for who you are. Your uniqueness is what makes you likeable and even lovable



# 5

## TAKE CHARGE OF YOUR OWN HAPPINESS

- Find something that makes you happy or brings you joy every day
- Don't live in the past—the future is much more exciting and it's still out there to grasp
- Happiness is a muscle too, so keep checking in with yourself regularly to make sure you're still happy, and even more importantly, happy on your own terms

# *More about Karen!*



**Resilience Expert, Inspiring Speaker,  
Fierce Leader, Bestselling Author,  
Entrepreneur, Mentor, Mom,  
Survivor, Advocate, Limit-Pusher**

Karen Dean is an incredible speaker, entrepreneur, and bestselling author who shares her own personal stories of resilience, in addition to proven tools for success, while inspiring audiences and clients with an amazing sense of positivity.

She has been featured on CBC, Global TV and CTV Atlantic, Eastlink Community TV's Women Now, as well as numerous podcasts around the world.

Recognized by the RBC Canadian Women Entrepreneur Awards as a Nominee four times, Karen has operated successful businesses in many different industries for over 25 years.

**Contact Karen to inspire the audience at  
your next event!**

Email - [hello@KarenDeanSpeaks.com](mailto:hello@KarenDeanSpeaks.com)