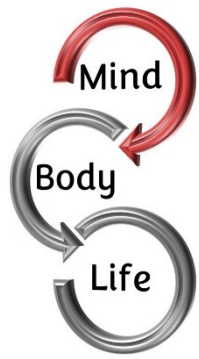


# The Total Coach – The Resilience Guide

## *Resilience*

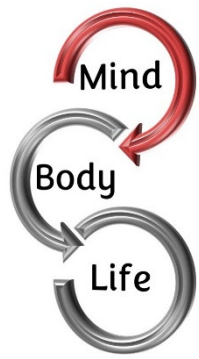
***“1. The capacity to withstand or to recover quickly from difficulties; toughness.”***





# The Total Coach – The Mindfulness Guide

- 1. What is resilience?***
- 2. Why is resilience important?***
- 3. How do we build and maintain resilience? –  
The 7 C's***



# The Total Coach – The Mindfulness Guide

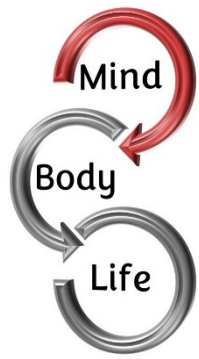
## 1. *What is resilience?*

“Resilience is having the mental, emotional, and behavioral flexibility and ability to adjust to both internal and external demands” – American Psychological Association (APA)

Resilience is an indication of your wellness, both mentally and physically. It is your ability to bounce back and grow from life's difficulties.

Resilience does not mean that you don't experience stress, fear, suffering or emotional lows. Resilience is your ability to recognise these situations and utilise the skills, tools and techniques you have in your “Tool Kit” to overcome with and grow from the experience.

Building resilience takes time, practice and trust, both in yourself and the people around you.



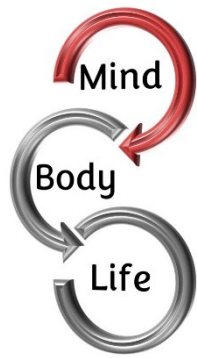
# The Total Coach – The Mindfulness Guide

## *2. Why is resilience important ?*

Resilience is important to give us the ability to identify, deal with and overcome hardship.

People lacking resilience can get overwhelmed, become ill and reach for unhealthy coping mechanisms such as alcohol, drugs, etc.

Resilient people are self aware and utilise their internal strengths as well as the strengths of their support networks ( friends, family, professionals) to positively work through the experienced hardships.



# The Total Coach – The Mindfulness Guide

## *3. How do we build and maintain resilience?*

Ken Ginsberg, MD developed the 7C's model of building and maintain resilience;

**1. Confidence**

**2. Commitment**

**3. Connection (to self)**

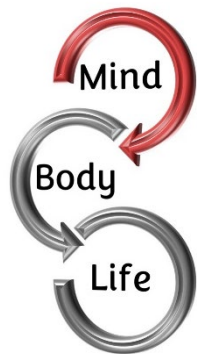
**4. Conviction**

**5. Caution / Mindfulness**

**6. Compassion**

**7. Creativity**

	Confidence
	Commitment
	Connection (to self)
	Conviction
	Caution / Mindfulness
	Compassion
	Creativity



# The Total Coach – The Mindfulness Guide

## *3. How do we build and maintain resilience?*

### **1. Confidence**

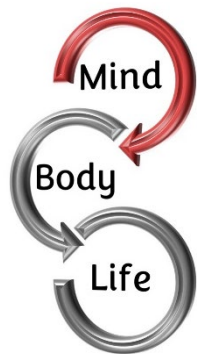
This is an interesting challenge. How do you make yourself confident? It can seem like an impossible task. Confidence comes from within, having belief and trust in your abilities and forging a “Growth Mindset”. Its is also about knowing you might fail and understanding that this is fine and a part of life's journey.

If you find yourself saying sentences that contain “I can’t” or “ I’m not” try, simply adding the work “yet” to change the narrative. Maintain a positive outlook and take the lessons from failure as we learn more from failure than we do from success.

### **2. Commitment**

You **NEED** to commit to building your resilience “Tool Kit”. Resilience is built on the foundations of a commitment to take positive action in all aspects of life. You must look at resilience with open-mindedness and a commitment to accept and own your feelings, emotions and beliefs.

3.



# The Total Coach – The Mindfulness Guide

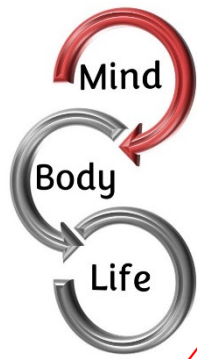
## *3. How do we build and maintain resilience?*

### **3. Connection (to self)**

Connection to yourself is incredibly important. Being truly honest and knowing how you react to difficult situations allows you the awareness of when your resilience skills and tools that need to be employed. Recognise the change in your feelings and emotions and react accordingly to bring your resilience and growth mindset back to the fore.

However, **YOU ARE NOT IN THIS ALONE!**

We all have those friends and family members that we call on, during particularly the challenging times. These are the people who we trust to listen and support without judgement. These connections are so important and usually help with perspective. They are a key part to our resilience.



# The Total Coach – The Mindfulness Guide

## *3. How do we build and maintain resilience?*

### **4. Conviction**

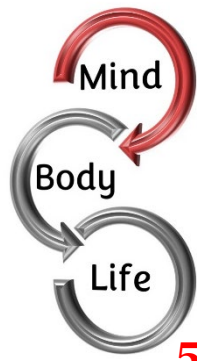
Conviction is the belief that resilience can ultimately be achieved and is an outcome rather than a cause. It is an acceptance that it is achieved through ACTIONS, THOUGHTS and ATTITUDE!

Having the conviction in yourself means not ignoring difficult situations. It is knowing you can deal with them and proactively look at the positives that could come from them.

### **5. Caution / Mindfulness**

Not every experience or situation requires you to be part of it. Caution gives you the ability to avoid “unnecessary” stressful situations. If you can, control your involvement in these situations and remove yourself. Be present in all situation as this will allow us to recognise the signs and take action.





# The Total Coach – The Mindfulness Guide

## *3. How do we build and maintain resilience?*

### **5. Compassion**

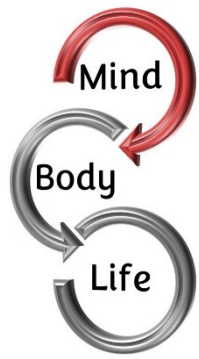
Resilient people demonstrate empathy and compassion towards others. The understanding that the world does not revolve around you, and others have their own hardships, allows you to empathise without judgement.

Compassionate, resilient people are empowered to “pay it forward”, in turn bolstering those around them and their own resilience. BE KIND!

### **6. Creativity**

Use your creativity to support how you react to situations. Creativity allows you to adapt your approach, behaviors and thoughts towards people and challenges.

Creativity can assist in problem solving. It allows you to look at challenges from all angles. It can make problem solving easier and faster by using an open mind to consider new and innovative solutions without settling for the “standard” reaction.



# The Total Coach – The Mindfulness Guide

## *3. How do we build and maintain resilience?*

### Conclusion

Understanding the 7C's, practicing and developing your "Tool Kit" will help you become a resilient person in all aspects of your life where you encounter challenge or difficulties.

As with all aspects of building your mental and physical strength you need to work hard.

You need to understand where you are strong and where you are weaker. Work on all the 7C's to initially BUILD but then MAINTAIN your resilience.