

Staying Resilient in Challenging Times

When facing rejection, adversity or other challenging situations, it can be frustrating and make you feel defeated. Without dealing with these situations appropriately, it can make a situation worse and harder to bounce back. A leader must be resilient in his or her line of work and they must be prepared to deal with challenging situations early and often. The following tips below will help you deal with whatever challenges come your way so that you can stay resilient bounce back quickly:

1. **Recognize** your emotions. Understand that your emotions are neither positive or negative. It's how we respond to those emotions that make these emotions positive or negative. (refer to the attached document that outlines the eight core emotions and how we interpret them)
2. **Accept** your emotions- Don't deny what you are feeling. Give yourself permission to feel the way you feel. Give yourself the space to own your emotions!
3. Focus on what is within your control by asking "what" not "why".
 - i. Asking the question "why" it may lead to reasons outside of your control. Ex. Why didn't I get that opportunity? Why did this happen to me? These questions do not help you move on. It merely adds to your frustration.
 - ii. Asking the question "what" allows you to focus on what you can control and help you identify the solutions to help you move forward.
 - iii. Instead of asking "why" did this happen to me? Ask what can I do differently for a better outcome? What can I do to be more flexible? What do I want and how does it align with my values?

If you have questions about how to employ the 3-step process, I'd be happy to help. Just contact me at ewilliamson@tailoredtrainingsolutions.com for a consultation.