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Welcome to Springboard Supplements: Today's session – Resilience

With

Max Redhall

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What do you understand by '*Resilience'*?

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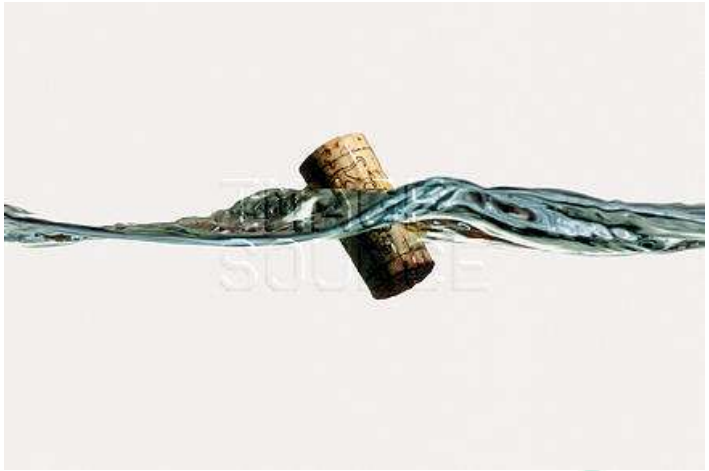

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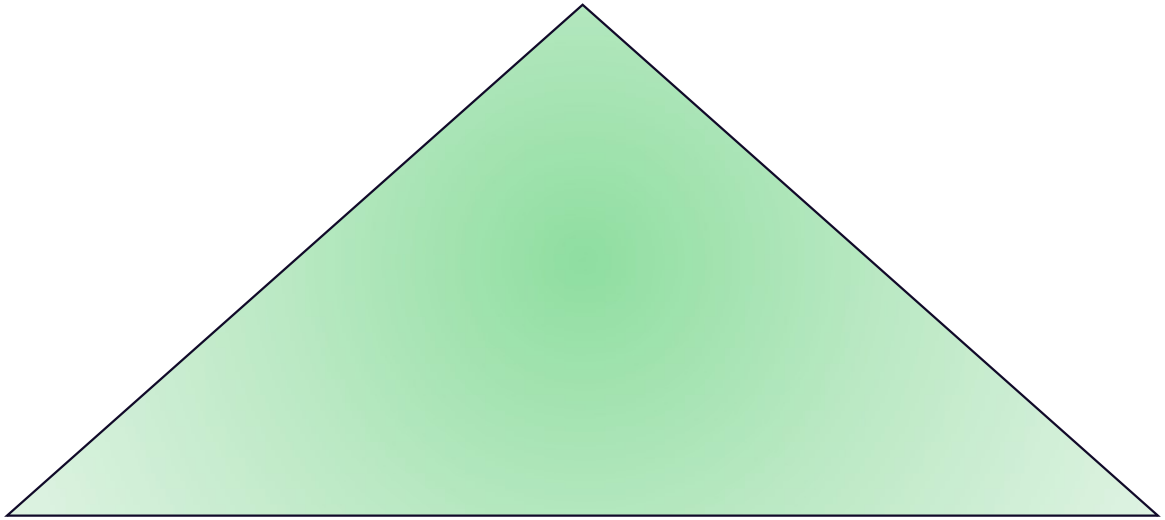
Bounce Forward

Transformative Resilience

Transformation & Growth



Bounce Back

Recover & Resilience

Recover, Repair & Heal

Bounce With

Adaptive Resilience

Coping with & Adjusting to Change

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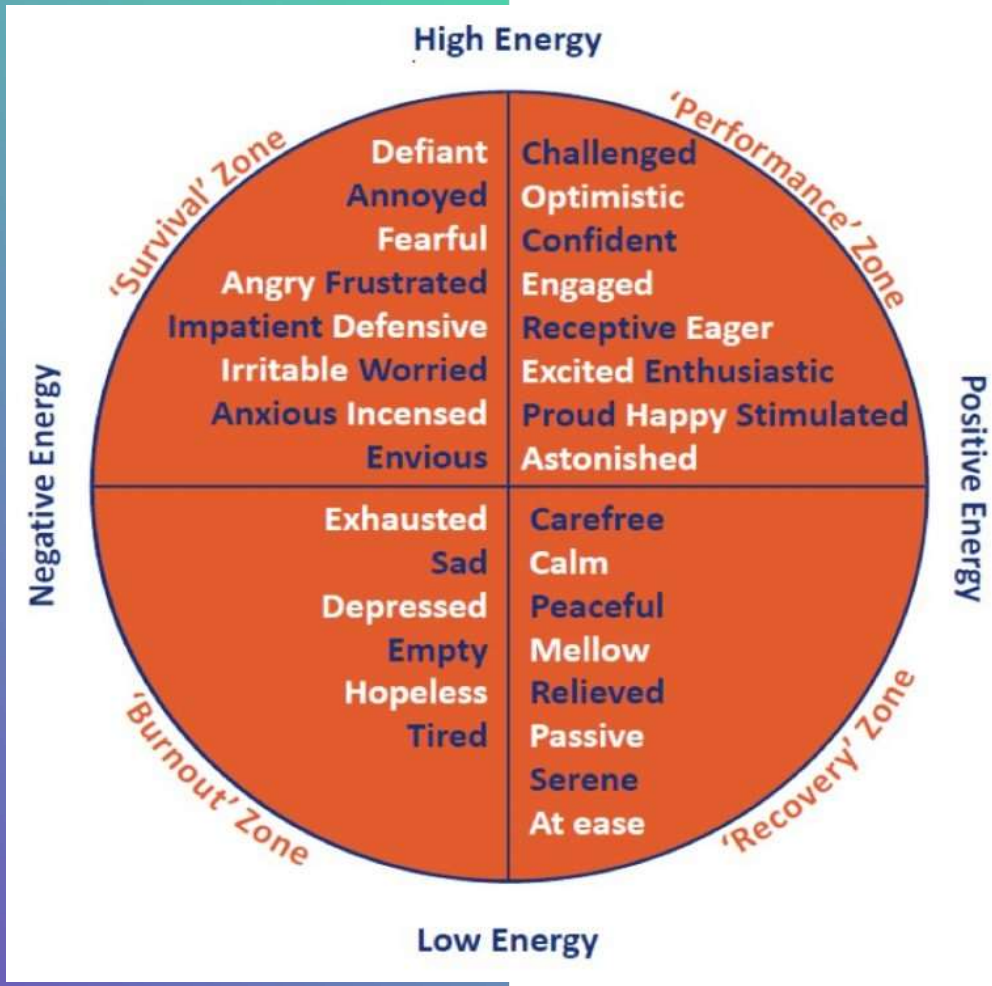
Energy Management



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Future Focus

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Covey Circles of Influence

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Inner Drive

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Flexible thinking

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Thinking Traps

- Mind Reading
- Black and White Thinking
- Catastrophizing
- Over generalisation
- Personalisation
- ‘Should’ statements

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Strong Relationships

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	Energy	Vision	Drive	Thinking	Relationships

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	Energy	Vision	Drive	Thinking	Relationships

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Who Have I Got to Help Me?

- Sympathetic Ear
- Feedback
- Perspective
- Learning and Ideas
- Reassurance and Support
- Opportunities

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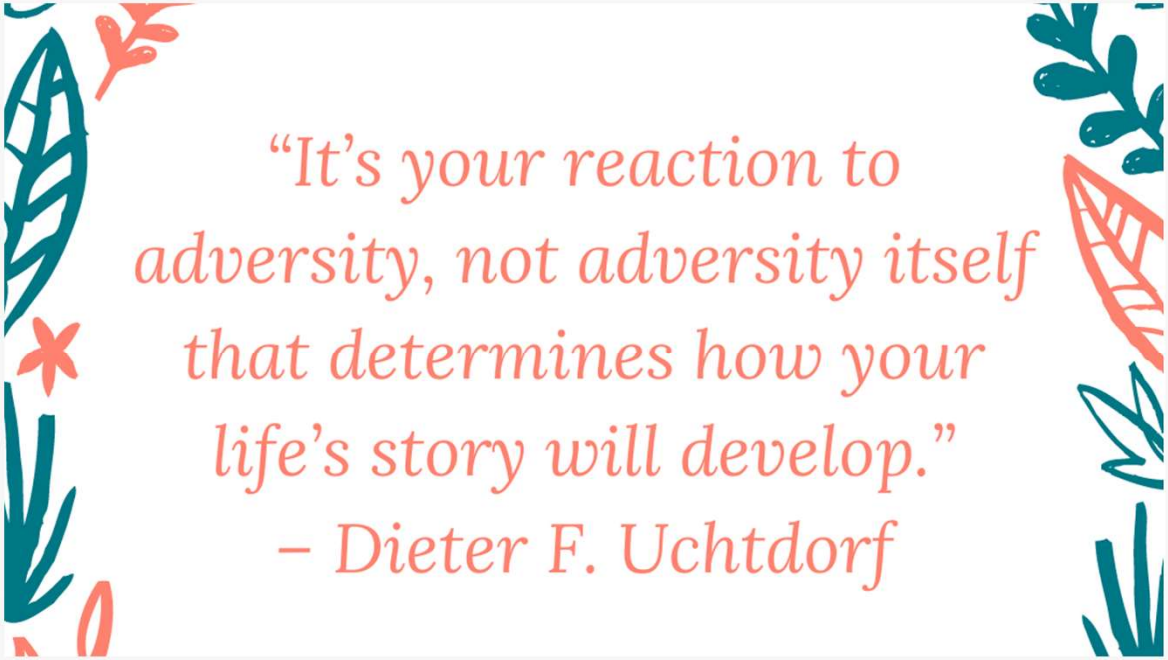

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Thank you.

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