

Resilience Workshop 2: Developing personal awareness

Trainer: Eleanor Thorne



What we will be covering:

The importance of developing your confidence

Identifying your strengths

The role of beliefs in resilience

Reframing negative thoughts



Recap

- What resilience was
- The benefits of developing resilience
- How to enhance resilience
- What stress is and how it is triggered
- Stress scale exercise



“Resilience is not magic; it is not found only in certain people, and it is not a gift from unknown sources.

**All humans have the capacity to
become resilient”**

Grotberg (1999)

Why is confidence important?

- Positive self-perception
- Mindset shift
- Risk taking and adaptability
- Social support
- Emotional regulation
- Reduced fear of failure



Strengths and skills

- What strengths do you have?
- What skills do you have?



Strengths underpinning resilience

- High frustration tolerance
- Humour
- Being able to keep things in perspective
- Emotional regulation
- Ability to ask and receive support from others
- Curiosity
- Ability to problem solve



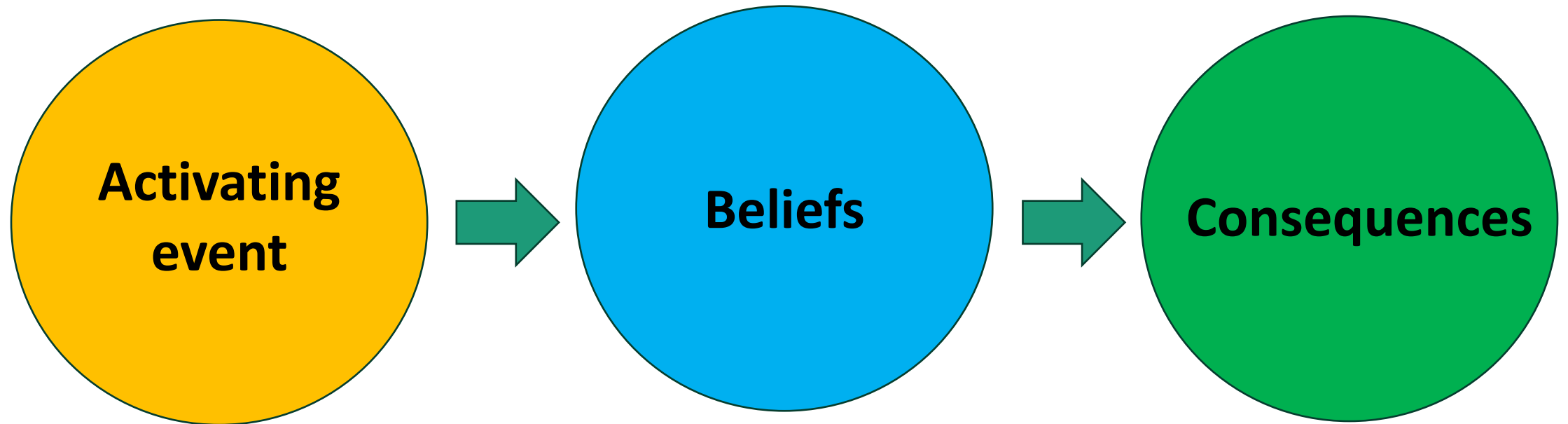
The importance of thoughts in developing resilience

“Our research has demonstrated that the number one roadblock to resilience is not genetics, not childhood experiences, not a lack of opportunity or wealth.

The principle obstacle to tapping into our inner strength lies with our thinking style – ways of looking at the world and interpreting events that every one of us develops from childhood”.

Reivich and Shatté (2002)

The ABC model



Beliefs that challenge resilience:



“I’m a failure”



“I can’t stand it”



**“I’ll never get
over it”**

Example 1

Negative belief ABC	Reframed thought ABC
Activating event = Losing your job	Activating event = Losing your job
Belief 1 = "I'm a failure because I lost my job. I'll never find another job, and my career is over. This is the worst thing that could have happened to me."	Belief 2 = "Losing my job is challenging, but it doesn't define my worth or my future. It's an opportunity to explore new career paths and develop new skills. Many people experience job loss and go on to find fulfilling employment."
Consequence 1 = Feelings of hopelessness, low self-esteem, and anxiety about the future. Avoidance of job search activities due to fear of rejection or failure. Difficulty sleeping and concentrating due to stress.	Consequence 2 = Feelings of disappointment and uncertainty, but also determination and resilience. Engages in proactive job search efforts, reaches out to networking contacts, and explores new career opportunities. Seeks support from friends, family, or career counsellors for emotional and practical assistance.

Example 2

Negative belief ABC	Reframed thought ABC
Activating event = work stress	Activating event = work stress
Belief 1 = "I can't handle this workload. I'm going to fail at my job, and everyone will think poorly of me. I'll never be able to keep up, and I'll never succeed in my career."	Belief 2 = "This workload is challenging, but it's an opportunity for growth and development. I have successfully managed stressful situations in the past, and I have the skills and resources to overcome this challenge. I can prioritize tasks, seek support from colleagues, and focus on progress rather than perfection."
Consequence 1 = Feelings of overwhelm, anxiety, and self-doubt. Difficulty concentrating on tasks, leading to decreased productivity and quality of work. Avoidance of work-related responsibilities due to fear of failure or criticism. Physical symptoms such as headaches, fatigue, or digestive issues due to stress.	Consequence 2 = Acknowledges feelings of stress and seeks support from colleagues or a supervisor. Implements time management strategies, such as prioritizing tasks and setting realistic goals. Engages in self-care activities, such as exercise, relaxation techniques, and taking breaks to recharge. Focuses on problem-solving and taking proactive steps to address work-related challenges.

Steps to a new way of thinking

Step 1:

Where are you stuck in your way of thinking about a stressful situation?

Step 2:

What beliefs would you like to hold?

Step 3:

Observing your old and new beliefs



Examples of reframed thoughts people would like to have

Be more resilient

Confidence in my own ability. Would like to lose the Imposter syndrome!

Honesty

That I can manage my capacity and have enough self-awareness to realise when I'm unregulated and reached 80% of my capacity

I am empathetic and like to understand what someone is going through and help them. I try to help through talking, listening and finding out information. I try to promote events and spread awareness

That I can stay safe within my role whilst supporting others

Everything happens for a reason

procrastination can be overcome!

Think in a positive way and nothing is impossible

more positive outlook

more positive outlook

Treat others how you should expect to be treated yourself

I'm still learning but I'm good enough as I am.

It's ok not to be ok We all have the opportunity to shine and be seen To believe I and others, can achieve goals, if I/we focus and ask for help

better self belief

That people will put their health first and do whatever it takes to maintain their health and wellbeing.

That I'm enough as I am

Best in others

Belief that I am usually OK as I am - don't have to be anxious

I would like to believe I am able to deal with what life throws at me in a healthy way.

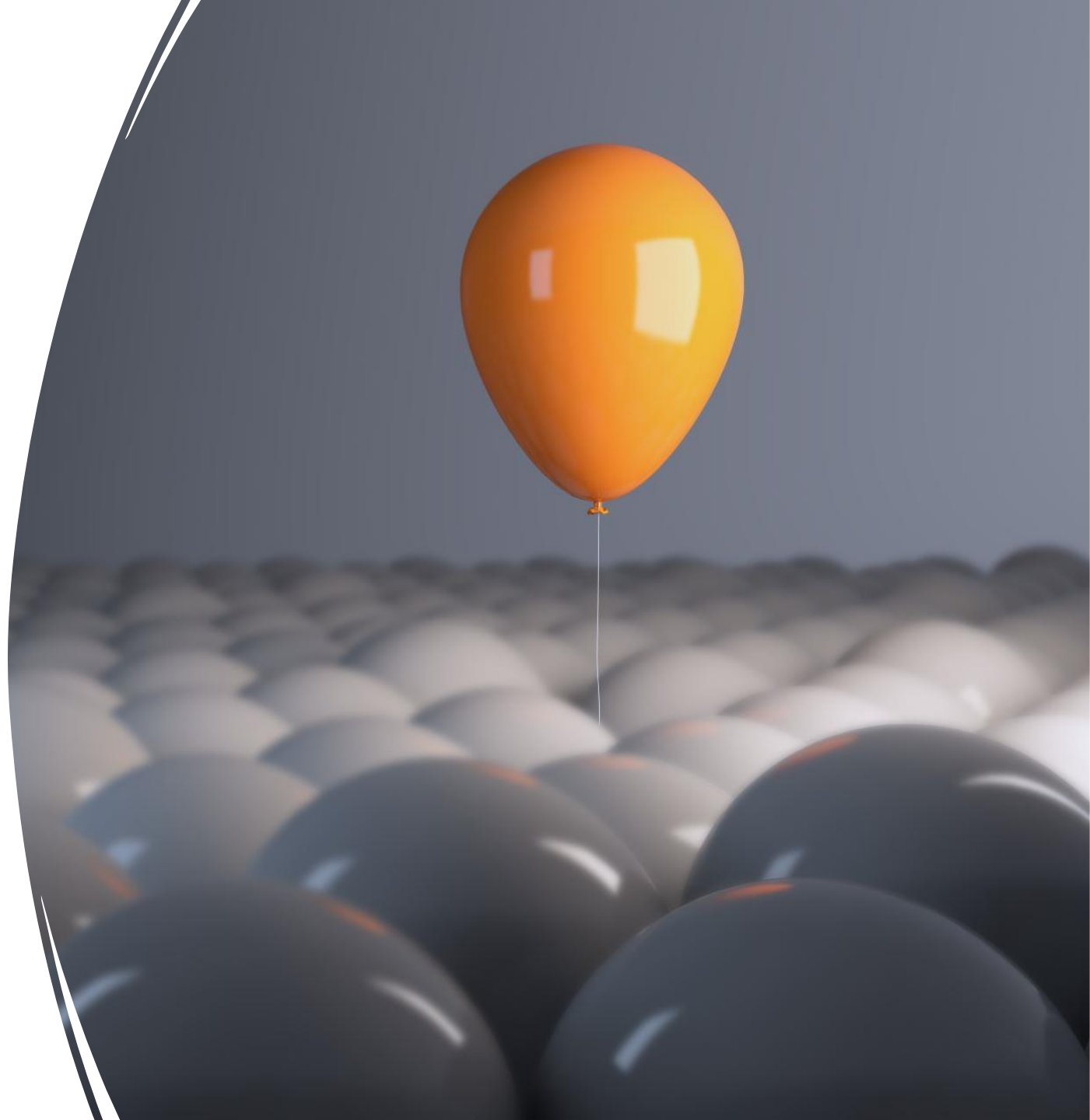
What is true to me.

I can cope eventually

Be open minded and inclusive, curious about life, brave and adaptable with time to appreciate nature and marvel at this gift of life. To have a sense of trust that all is as it is meant to be.

Maintaining change

- Remember your ABCs
- Keep a learning diary
- Look for role models
- Keep setting goals



Evaluation

Please fill out our quick
evaluation survey:

<https://forms.office.com/e/7cq3D>

[SzLEu](#)

Thrive LDN Resilience Workshop
Evaluation Form



Before the next session:



Keep a thought/beliefs record

- Use a thought record sheet like the one below to keep a record of the thoughts that come up when you start to feel stressed.

Date/time	Situation	Beliefs/ thoughts	Emotion(s)	Behaviour(s)	Reframed thought(s)



Questions?

Next time.....

- Coping strategies
- Mindfulness
- Fostering a supportive workplace
- Goal setting

Resilience workshop 3 - Mon 19 Feb 2:30pm-3:15pm

Conflict Resolution workshop - Weds 21 Feb 1pm-2pm

