LIVING YOUR BEST WORK LIFE: RESILIENCY IS YOU

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OBJECTIVES:

- 1. Participants will learn techniques to address the changes and uncertainties they face today.

- 2. Participants will be able to understand our 'survival brain' and survival behaviors and how autopilot gets them into trouble.

- 3. Participants will learn tools to help them better focus.

- 4. Participants will engage in specific tasks during the session to reset and boost their ability to practice resilience.

CHAMPION MINDSET

CHAMPION

Courage
Honor
Attitude
Motivation
Perseverance
Integrity
Optimistic
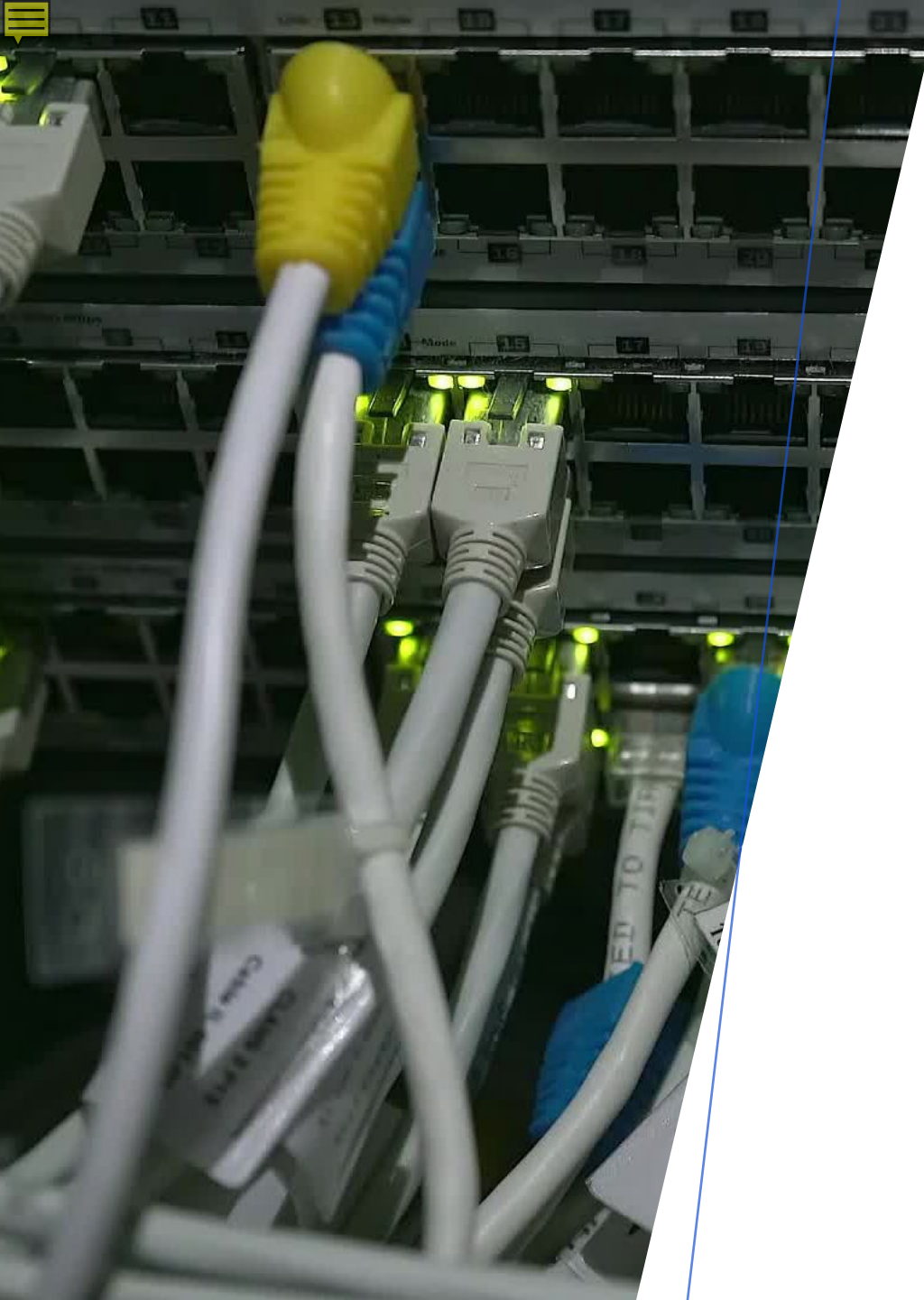*Never give up*

Self-Care

Stress Management

Resilience
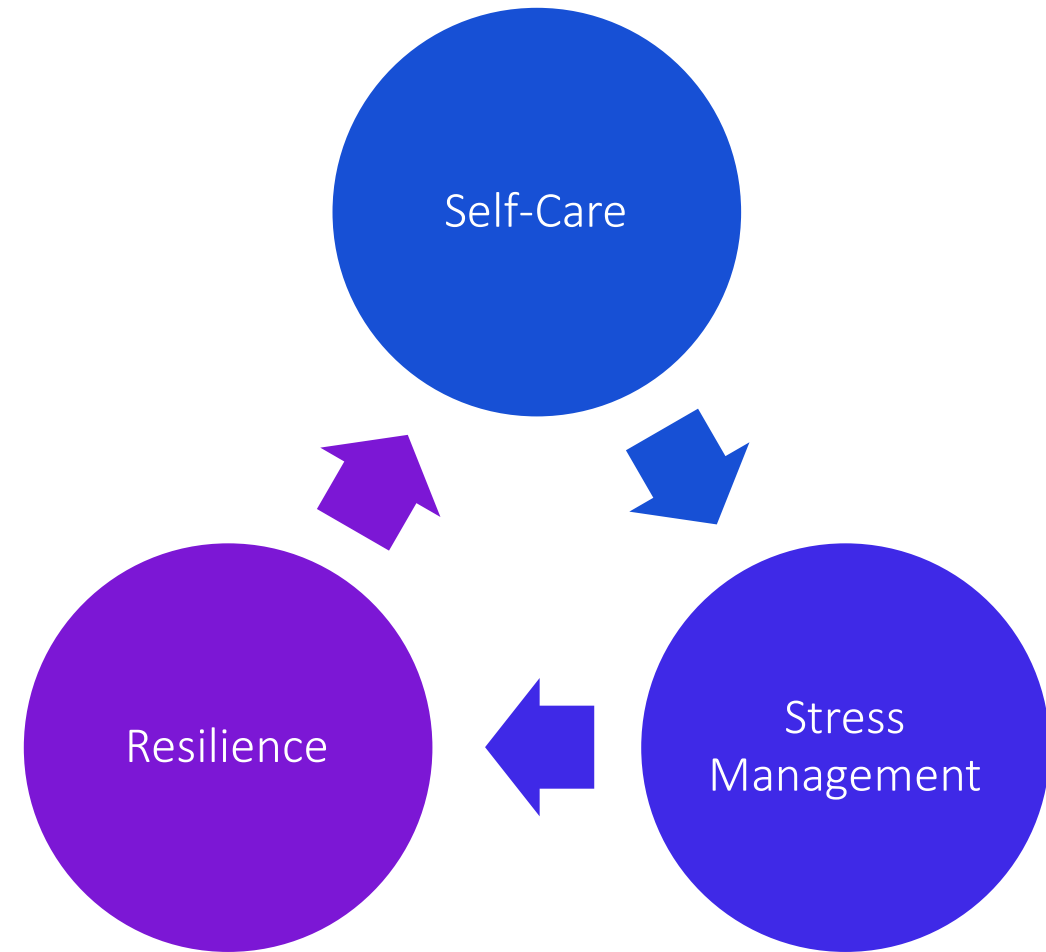
If you want to live a meaningful life, you have to find a way to bring meaning to your life…. this requires intention!

TRIPARTITE MODEL

DOWN-REGULATING THE NEGATIVE

UP-REGULATING THE POSITIVE

TRANSCENDING THE SELF

Tabibnia (2020).

DEFAULT MODE NETWORK
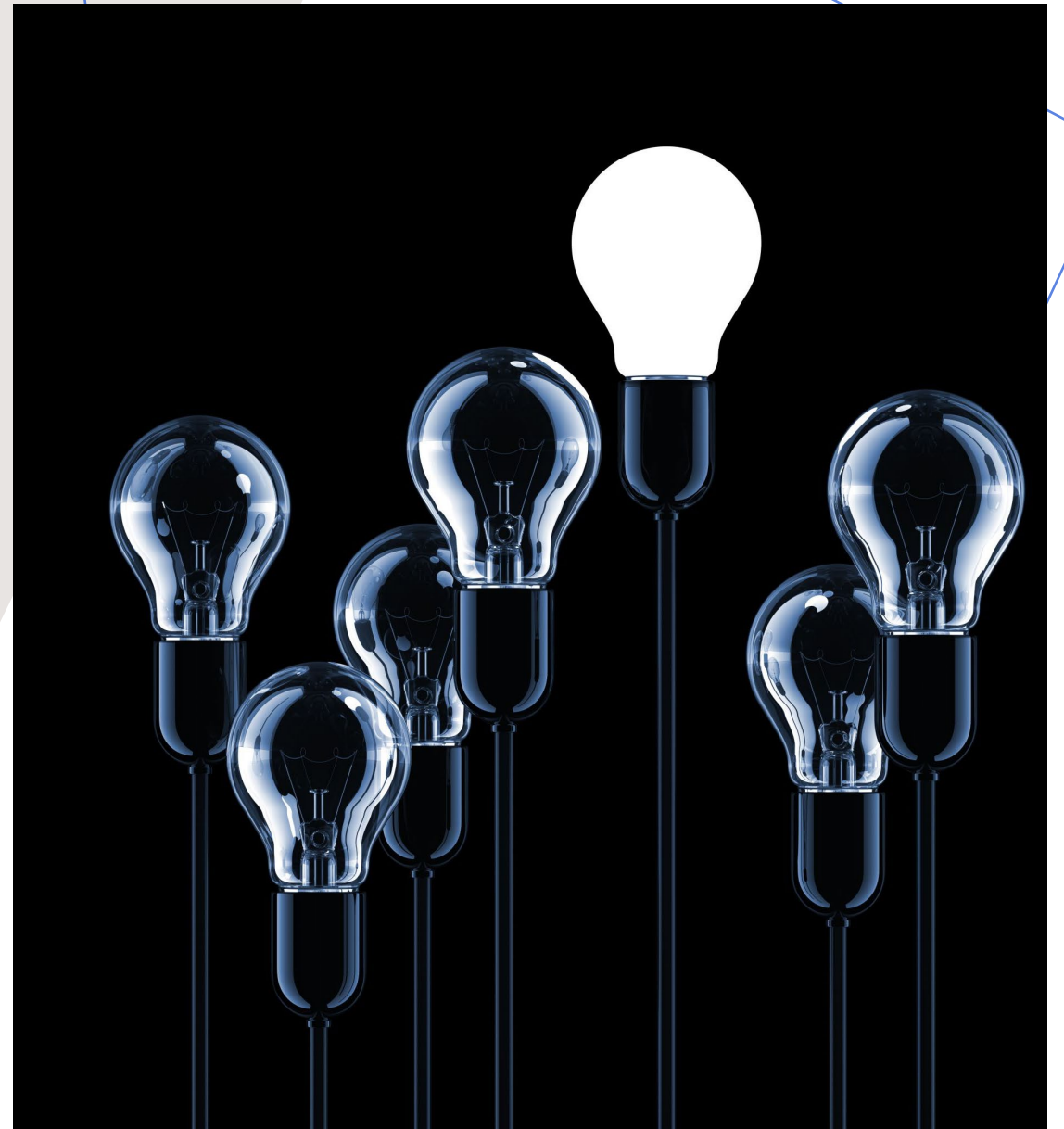
What is your common belief about yourself?

What is your common belief about your job/work?

What is your common belief about the world?
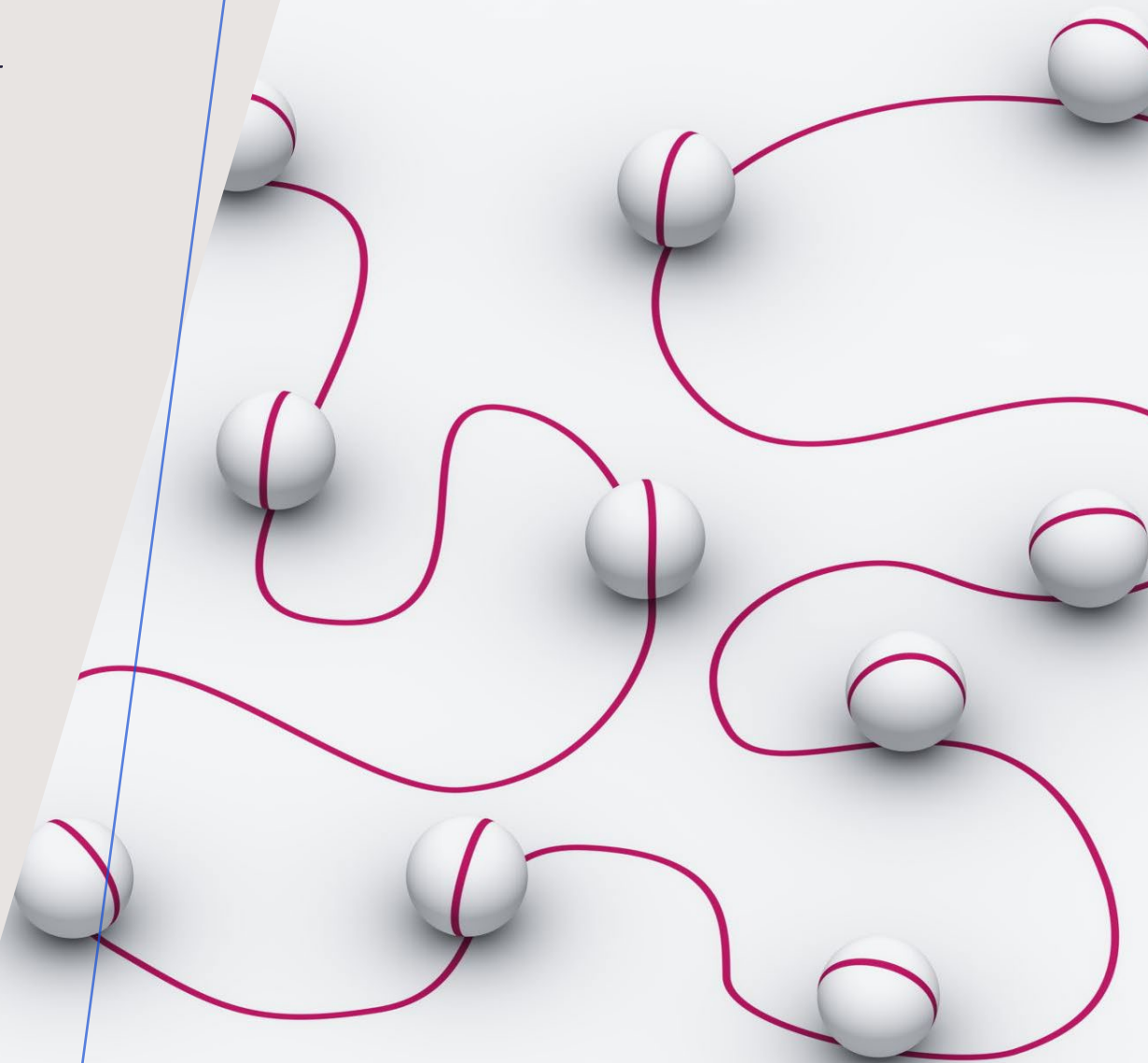
SELECTIVE ATTENTION

LOVE
JOY
TRANSFORMATION

CONNECTION
TO OTHERS

A SENSE OF MEANING

"Between a stimulus and a response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. The last of human freedoms is to choose one's attitude in any given set of circumstances."

Viktor Frankl

MINDFULNESS & MEDITATION

WHAT YOU BELIEVE IS HOW YOU WILL BEHAVE.

The Wiz- Believe In Yourself Performed by Lena Horne

COMMENTS
AND
QUESTIONS

REFERENCES

- Dawson, C. (2020). Bliss: The Neuroscience of Remodeling Your Brain for Resilience, Creativity and Joy. Hay House, Inc.

- Gentry, J. E., Dietz, J. (2020). Forward-Facing(R) Professional Resilience: Prevention and Resolution of Burnout, Toxic Stress and Compassion Fatigue. Outskirts Press. Kindle Edition.

- Tabibnia, G. (2020). An affective neuroscience model of boosting resilience in adults. Neuroscience & Biobehavioral Reviews, 115, 321-350 https://doi.org/10.1016/j.neubiorev.2020.05.005 Callie had been inexorably drawn to the helping professions.