



Resilience

MODULE 1



"Everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way."

Viktor E. Frankl



ACE is an acronym for Attitude Changes Everything. This ACE training programme aims to build resilience. The programme provides a set of tools and practices that enables you to reflect, learn, and create a personal vision to be able to objectively view your reality. Thus, having the capacity to persevere, to be resilient.

RESILIENCE THE FOUR MODULES



RESILIENCE DEFINITION

In short, resilience refers to the ability to cope. Resilience exists when you use mental processes and behaviour to promote your unique innate resources and protecting yourself from the potential negative effects of stressors.



- Think, note, ask yourself – What are your unique resources?
- What does resilience mean to you?



The better your awareness the better your choices, when you make better choices, you will see better results. Self-awareness is the ability to recognise what you are feeling, to understand your default emotional responses and to recognise how your emotions affect your behaviour. When you are self-aware you have a good sense of your own abilities and current limitations.

RESILIENCE : AWARENESS

WAYS TO INCREASE SELF-AWARENESS

An effective way is through **Assessments**

Assessments give insight into your innate resources. The focus will typically be on reasoning ability and preferences.

Let's unpack these...



REASONING ABILITY

In this ACE training , reasoning ability refers to conceptual thinking. Your ability to understand a situation or problem by identifying patterns or connections. The ability to reason and the understanding enables you to address key underlying issues.

Note:

Conceptual thinking requires an openness to new ways of seeing the world and a willingness to explore. When the "work" of analysis is completed a new concept emerges. In essence a new reality, a different insight that leads to possibilities and options.



PREFERENCES

Preferences focus on your unique thinking, interpersonal and coping style:

- Interpersonal – how do you interact with others?
- Thinking – how do you approach tasks?
- Coping – how do you deal with uncomfortable emotions?

"Make the most out of what you have." Anonymous



- Think about your reasoning ability, your openness and willingness to explore and your interpersonal, thinking and coping style?
- What innate resources are you discovering?



TAKE AWAY 1

ICEBERG MODEL

The Iceberg model is a tool that allows a shift in perspective and see beyond the immediate observable events. It helps you to uncover root causes. Behaviour is all that we see. We are not aware of what is motivating behaviour because other factors under the OCEAN i.e. factors that are not visible.



What we see is the tip, however, there is more that drives the behaviour than what we see.

We only see behaviour and then we make assumptions.



- Take time to notice and identify what is under the iceberg, driving your behaviour.



TAKE AWAY 2

CHECK IN TOOL

This tool assists you in becoming present, to be where your feet are.

- o Makes you present i.e., mindful.
- o How - by acknowledging your feeling, identifying your thoughts and deciding on what to do.
- o There are millions of emotions, for the purpose of the check in tool, emotions are grouped into four categories:
- o MAD, GLAD, SAD OR SCARED

You cannot decide not to feel and think. However, you can identify emotions and thoughts. Then you can ask yourself: "how can I maintain the emotion and feed the thoughts or change them?"

You can't be fully present if you are consumed by mad, sad or scared.

Note: You are allowed to feel MAD, SAD or SCARED, however for the purpose of this exercise the aim is to be present and to let the unhealthy emotions and thoughts go.



- Identify what could innately hold you back and support you in being resilient?
- What is your behavioural commitment to self-awareness?

"There is no self-development without self-awareness. You can read as many books as you like, but if you're unable to read yourself you'll never learn a thing".

– *Steven Bartlett*

End of Module