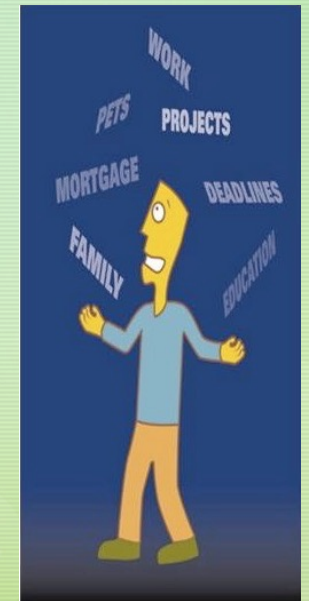


Get Me Some Grit

Finding resilience in uncertain times!



Important to Note

Resilience is not innate
– it can be learnt!

A persons resilience
increases as one
continually applies
resilient thinking and
behaviours in their
everyday lives.

Grit versus Resilience

- **Grit** is our passion and perseverance towards reaching a long-term goal.
- **Resilience** is the optimism to keep bouncing back from failure.
- Both of these traits for success are rooted in a **growth mindset**, and everyone can learn, develop and build their **resilience** and **grit**.

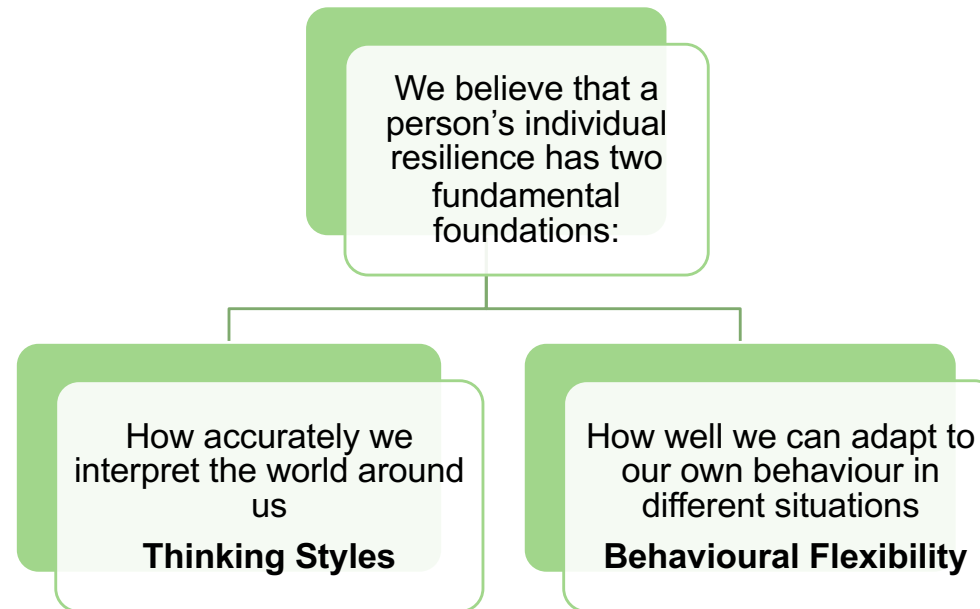
Resilient Mantra

“Grant me the serenity to
accept the things I
cannot change, courage
to change the things I
can, and wisdom to
know the difference.”

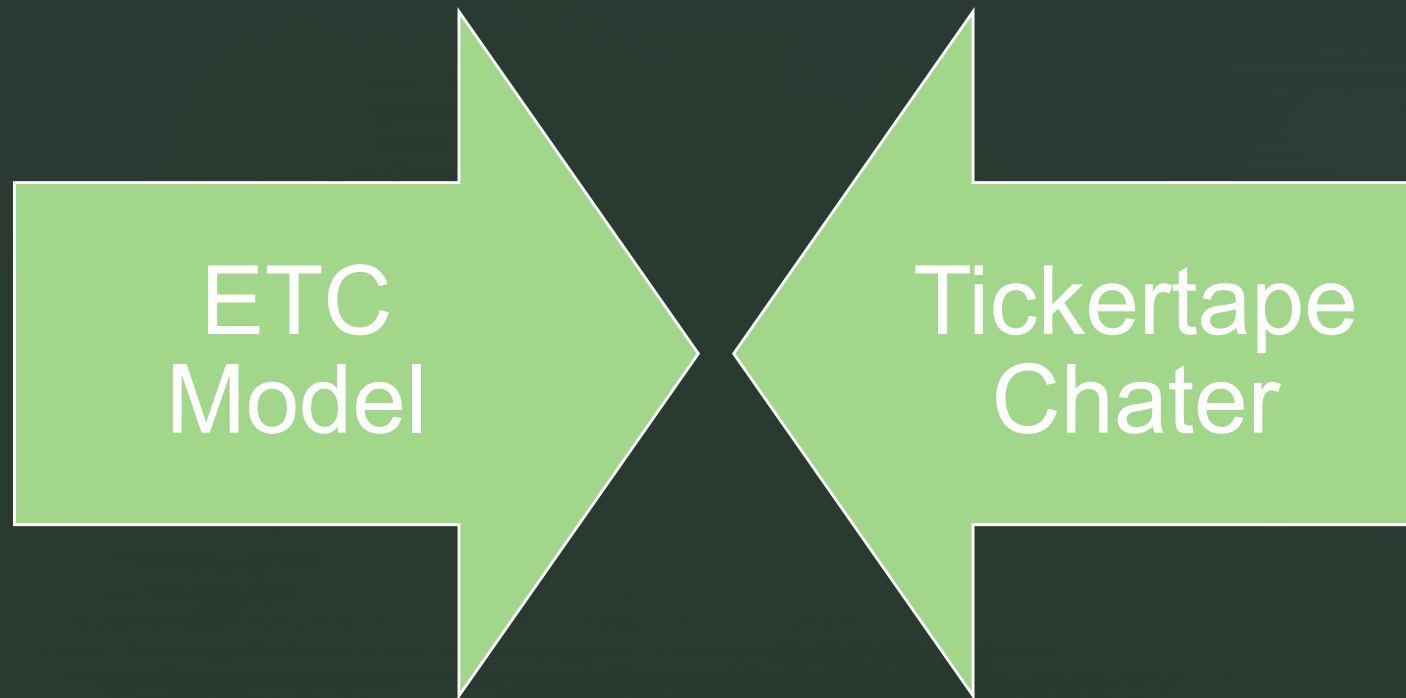
- Adaptation of 'The Serenity Prayer' by
Reinhold Niebuhr (1932/33) -



Resilient Mindset Foundation



IRIS-ER-Foundations





8-IRIS-Strengths

- ❖ Making Connection
- ❖ Managing Icebergs
- ❖ Optimising Your Thinking
- ❖ Understanding Optimism
- ❖ Keeping Perspective
- ❖ Expressing Emotions
- ❖ Applying Empathy
- ❖ Choosing Your Battles

What is a growth mindset?


“In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”

(Dweck, 2015)

Dweck discovered 4 factors that affect ongoing tenacity or grit:

1. Belief about themselves
2. Goals (or lack of)
3. Feelings about social connectedness
4. Self-regulatory skills

[Dweck, 2015)



▼ Don't make permanent decisions based on temporary emotions...



A series of studies show that significant emotions effect the way we think, decide and solve problems.



Some studies have shown that heightened emotions have the same effect on the brain as 3 to 5 heavy drinks!

Be Aware: Are You Emotionally Drunk

The Power of Hope

Science tells us...

- ❖ **Hope**, which involves belief and expectation, causes the **brain** to release neurochemicals known as endorphins and enkephalins.

The benefits

- ❖ This chemical release actually mimics the effects of morphine.
- ❖ The result is that the **brain** can overcome hurdles and move to a place of recovery.

Five Ways to Develop Grit & Resilience



Focus on your language choice



Surround yourself with people who persevere



Adopt flexible thinking patterns



Set tiny goals that align with your purpose



Build time into your day for reflection



What's next?

- ❖ Worth looking at what your resilience strengths are...
- ❖ Then balance defaults to see what works when and what works against you in moments...
- ❖ Practice being flexible!

Cheers,
thanks a lot!

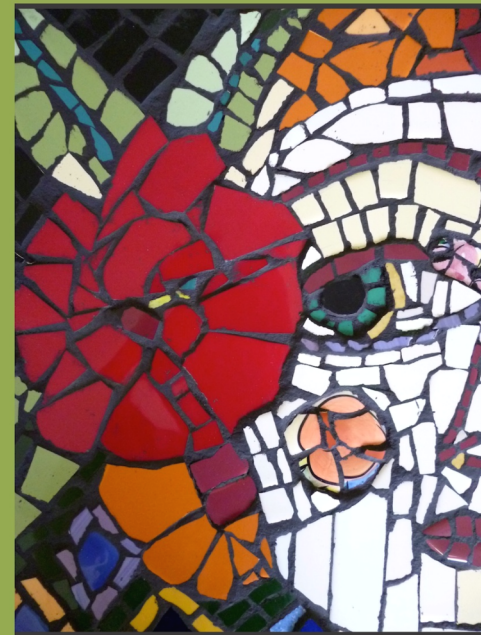
Presented by:

Shane Warren

Shane Warren & Associates

www.ShaneWarren.asia

PERSPECTIVES ON
Coping and Resilience



EDITORS
Venkat Pulla, Andrew Shatté & Shane Warren



Want to talk more?

International Resilience Institute Sydney

www.IRISconsulting.com.au

+61-(0)2-8213-2312

+61-(0)458-013-364

Shane Warren
COACH | COUNSELLOR | CONSULTANT