

RESILIENCE IN CHANGING TIMES: STORIES OF STRENGTH FROM THE DESERT



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The Future of Work is Change



To flourish we will need resilience skills

What is Resilience?

- Ability to cope with unexpected changes and challenges
- To function well in difficult times

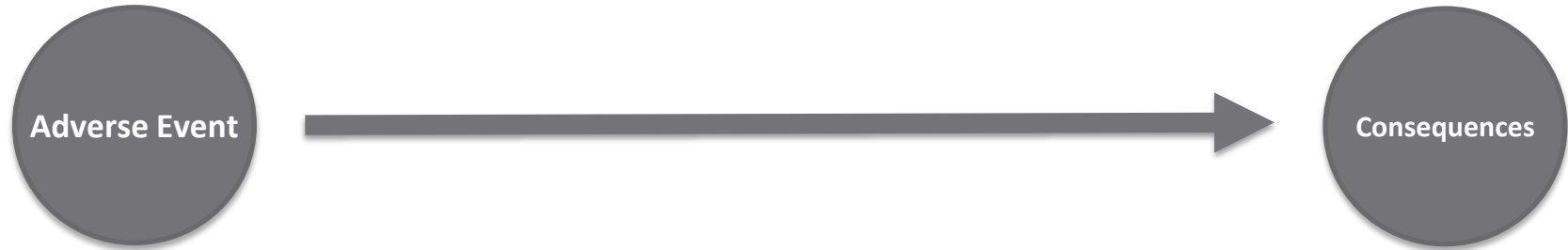
50 years of research show
that resilience is key to
success in work and
satisfaction in life

Adversity

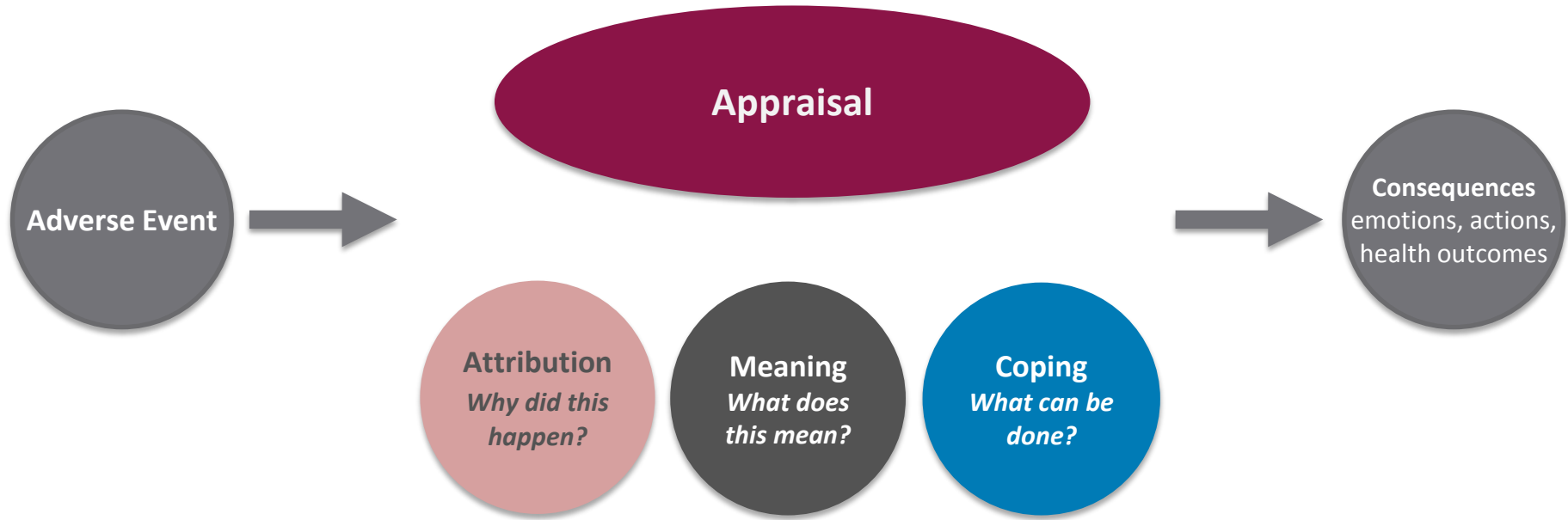


Adverse Event

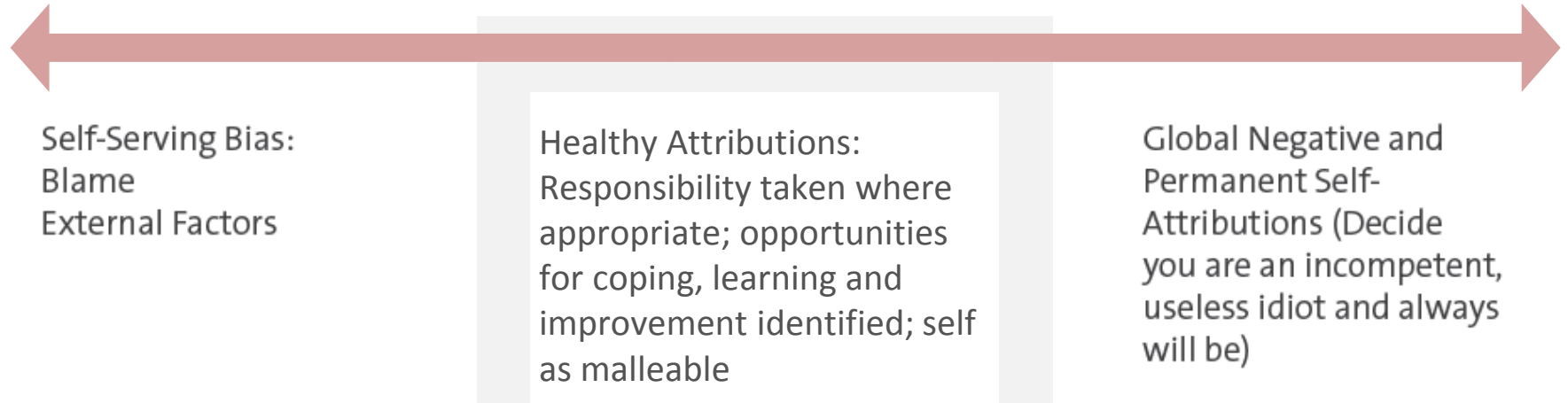
Adversity and Consequences



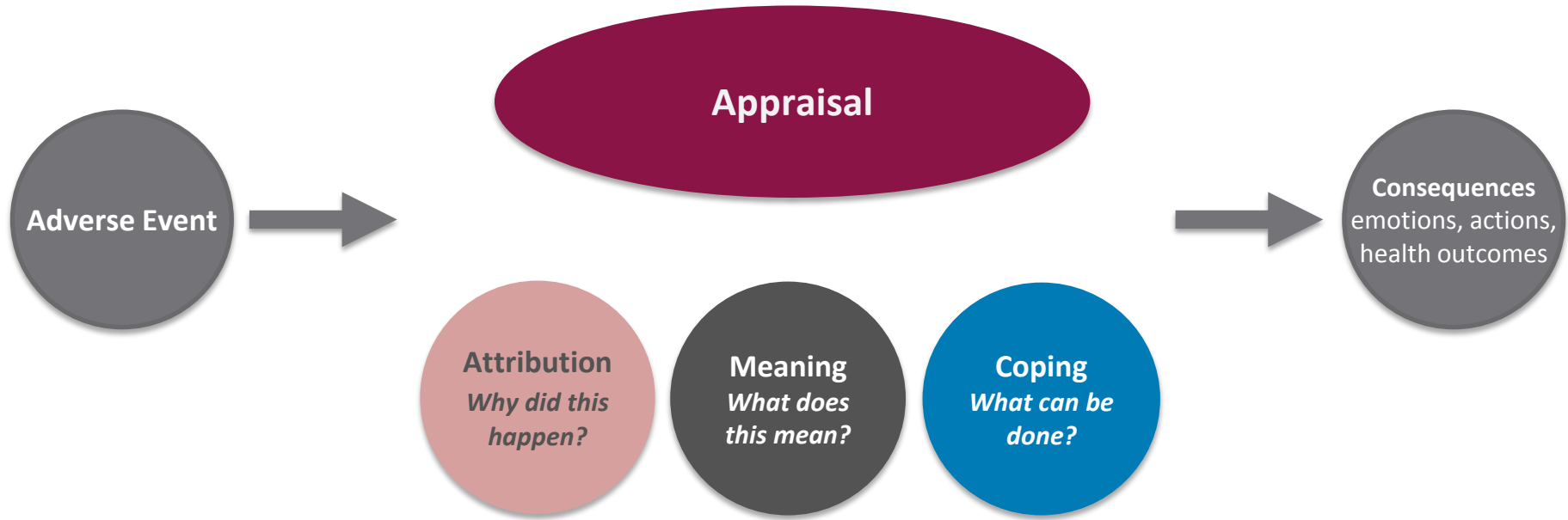
Appraisal is the Key to Resilience...



Attribution: Why Did This Happen?



Appraisal is the Key to Resilience...



Adversity as a Threat versus a Challenge

Threat

Challenge

Adversity as a Threat versus a Challenge



Threat

Resources

Demands



Challenge

Resources

Demands

The Meaning of Setbacks: Fixed versus Growth Mindset



**Intelligence/talent
is static**

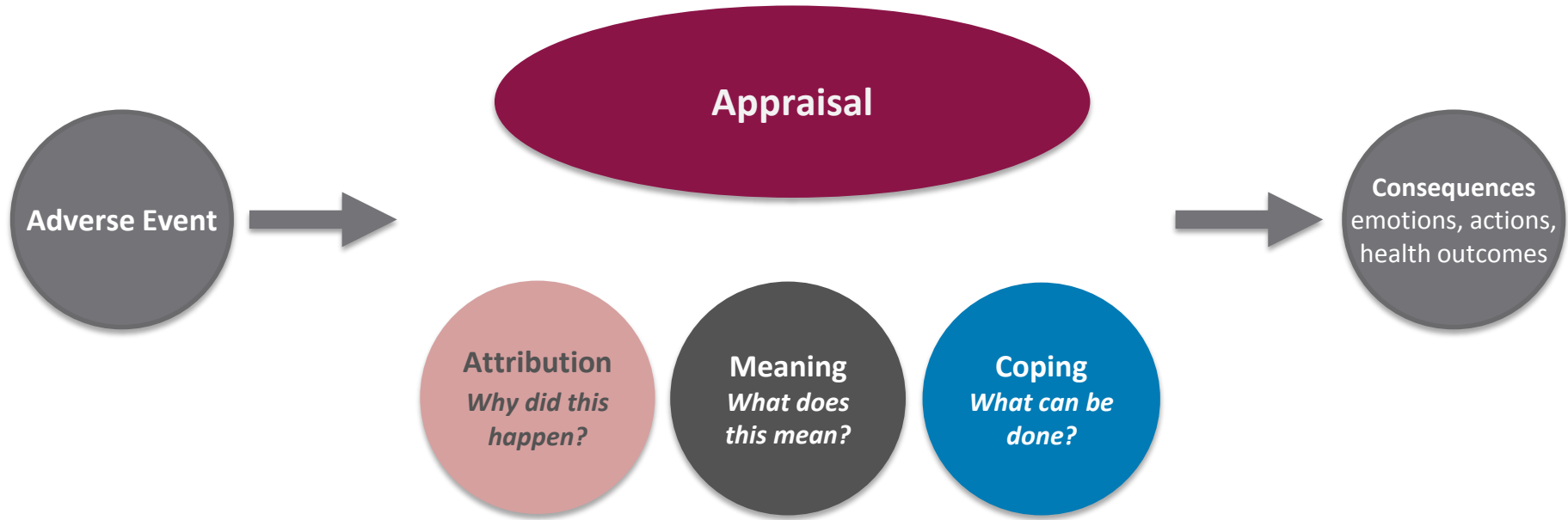


**Intelligence/talent
can be developed**

Avoid challenges
Give up easily
See effort as necessary for others
Ignore useful negative feedback
Feel threatened by others' success
Achieve less than full potential

Embrace challenges
Persist in the face of setbacks
See effort as a path to mastery
Learn from criticism
Find inspiration from others' success
Reach higher levels of achievement

Appraisal is the Key to Resilience...



Coping

Two types of coping:

Emotion-Focused Coping

regulating stressful
emotions

Particularly useful if situation
cannot be changed

Problem-Focused Coping

Trying to change the
situation causing the
distress

Jordan Quest



EQUAL PLAYING FIELD



OPPORTUNITY

EQUALITY

RESPECT



Finding Resilience in Jordan



Coping
*What can be
done?*





Shabnam Mobarez

“... I really needed to just be positive in this situation. I need to stay on track and stay focused on what my goal is, because if I just go deeper in my sadness I might not get out of it again. So I tried to climb myself out of the hole that was created... Thinking positive can get you out of the sadness.

One day, hopefully, I can say that I did something that could change the environment for Afghan women in Afghanistan.”



Sabrine Mamay

“I’m strong. I keep myself busy... You have to find a solution. Whatever it takes to do it, do it.”



Shivani Toppo



**“Whatever they say, we
ignore them.”**

Shivani Toppo

Social Support



Flexibility



Flexibility



Flexibility



Flexibility



Flexibility



Joud Al Shanty

In closing...





Join me in my journey
in Jordan to play a
world record soccer
game. My posts will
have a resilience
and growth mindset
theme.



 **EQUAL
PLAYING
FIELD**



**MELBOURNE
BUSINESS
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 Jill Klein - Resilience





Gene Klein Holocaust Survivor Talks About Coping with Adversity

What coping strategies can you identify?



Further Viewing



<https://vimeo.com/user14106850/review/122062919/febe071536>



MINDSET

“This book can change your life, as it's ideas have changed mine.”
– Robert Sternberg, author of *Successful Intelligence*

<https://mindsetonline.com/>