

Your Oarsome Resilience



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ADVENTURE: /AD'VENCHəR/
N.

any **bold** undertaking
toward an **uncertain** but
worthwhile outcome

THREE ELEMENTS OF RESILIENCE

1.

**GETTING
UNSTUCK**

2.

**DEALING
WITH
SETBACKS**

3.

PERSISTING

YOUR DARSOME RESILIENCE ADVENTURE

1.

GETTING
UNSTUCK

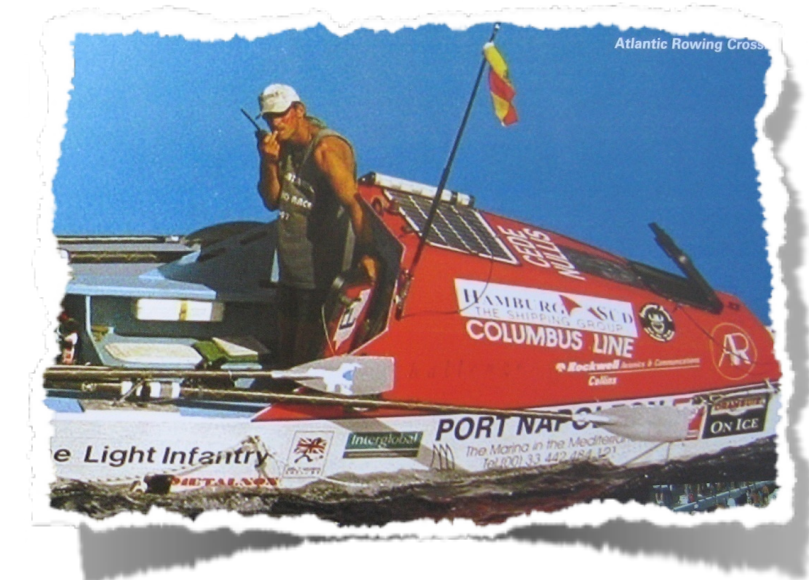
WHAT IF YOU DO NOTHING?

- Imagine where you will be if you do nothing to create a sense of urgency
- Get your concerns out



GET ~~REALISTIC~~ ENTHUSIASTIC

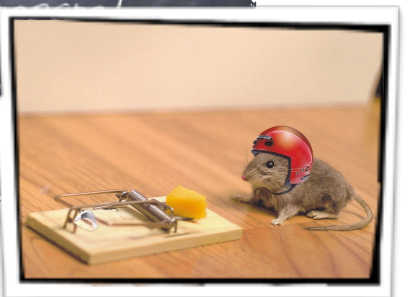
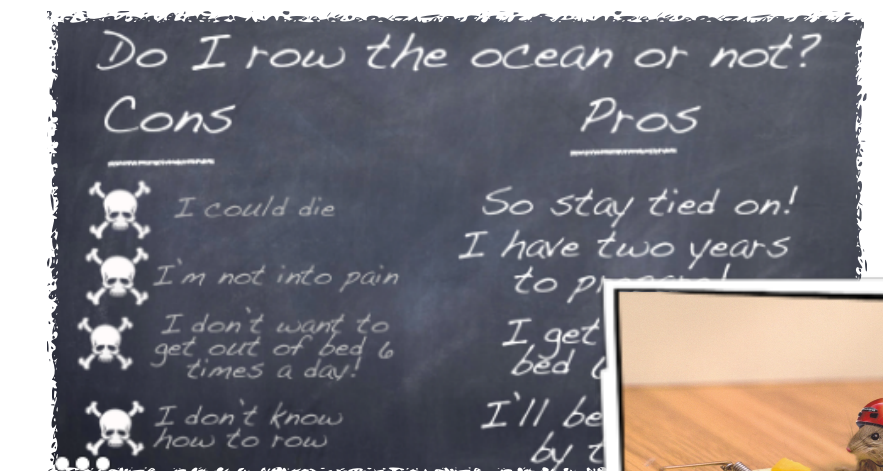
- Get an image/consider the benefits
- Deal with the worst case



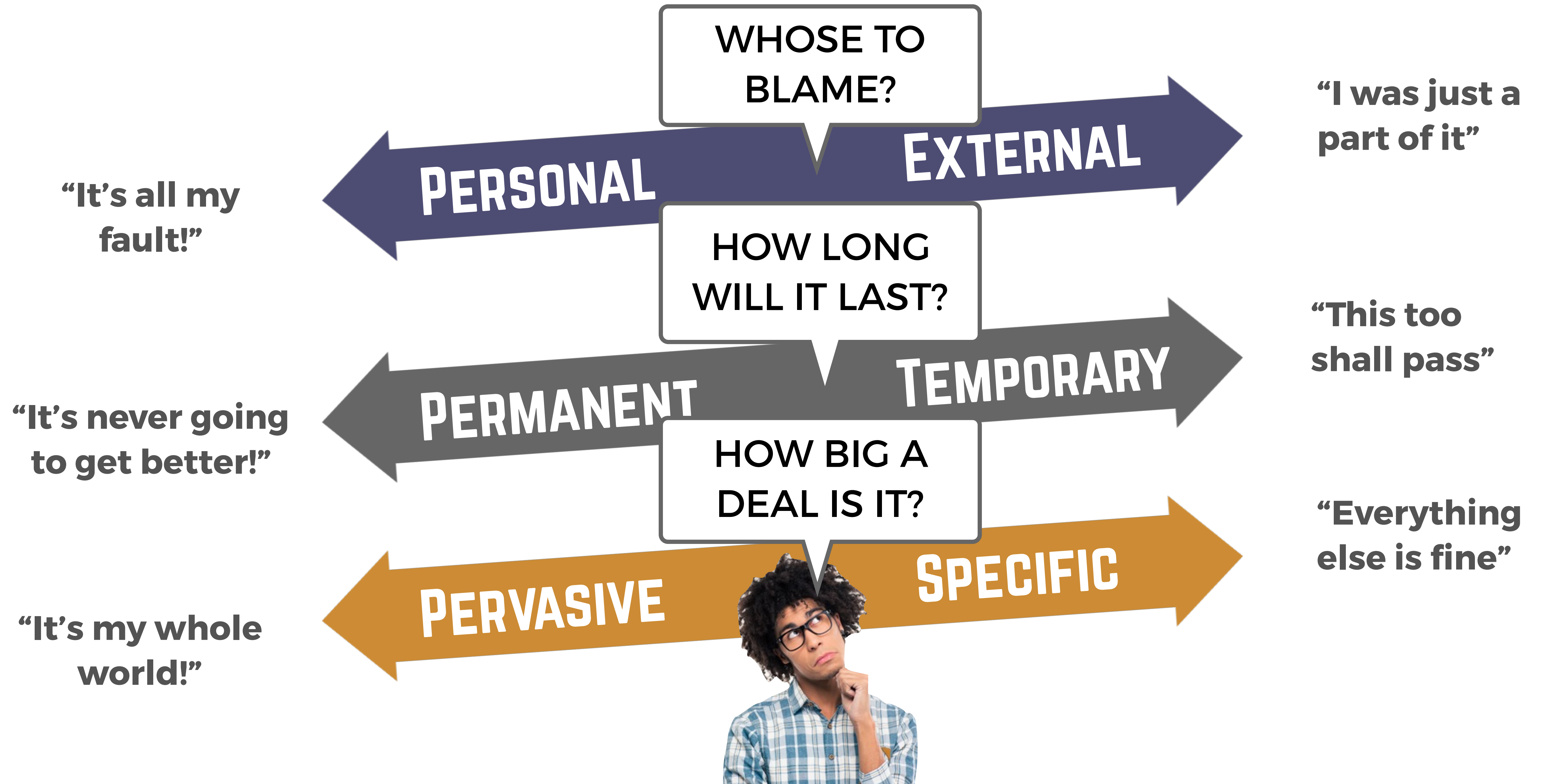
REVISIT YOUR CONCERNS

How might you

- Prevent the worst from happening?
- Repair any damage if it did?



THE 3 PIVOT QUESTIONS



THE 3 SETBACK SOLUTIONS

PERMANENT

TEMPORARY

- ★ WILL THIS STILL BE A BIG DEAL IN 6 WEEKS OR 6 MONTHS?
- ★ DO I GET ANOTHER GO AT IT?

PERSONAL

EXTERNAL

- ★ HOW MUCH DID I PERSONALLY CONTROL THE OUTCOME?

PERVASIVE

SPECIFIC

- ★ WHAT DID I ACHIEVE?
- ★ HOW MUCH OF THE REST OF MY LIFE IS UNAFFECTED?



CHALLENGE THE EXPLANATION TO CHANGE THE EMOTION

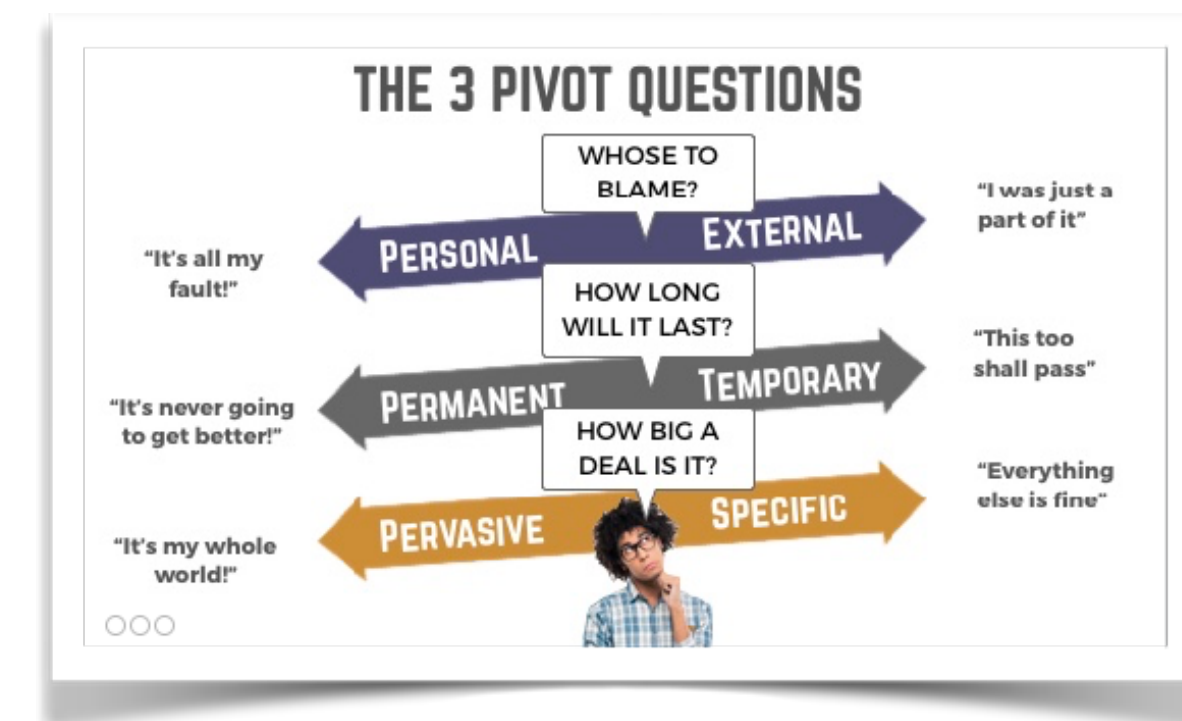
1. Do I have things in **PERSPECTIVE**?

2. Is this explanation **HELPFUL**?

3. What does my brain want me to **LEARN**?

4. Would I **TEACH** this explanation
to someone else?

5. What **GOOD** can come from this?



ON REFRAMING ADVERSITY

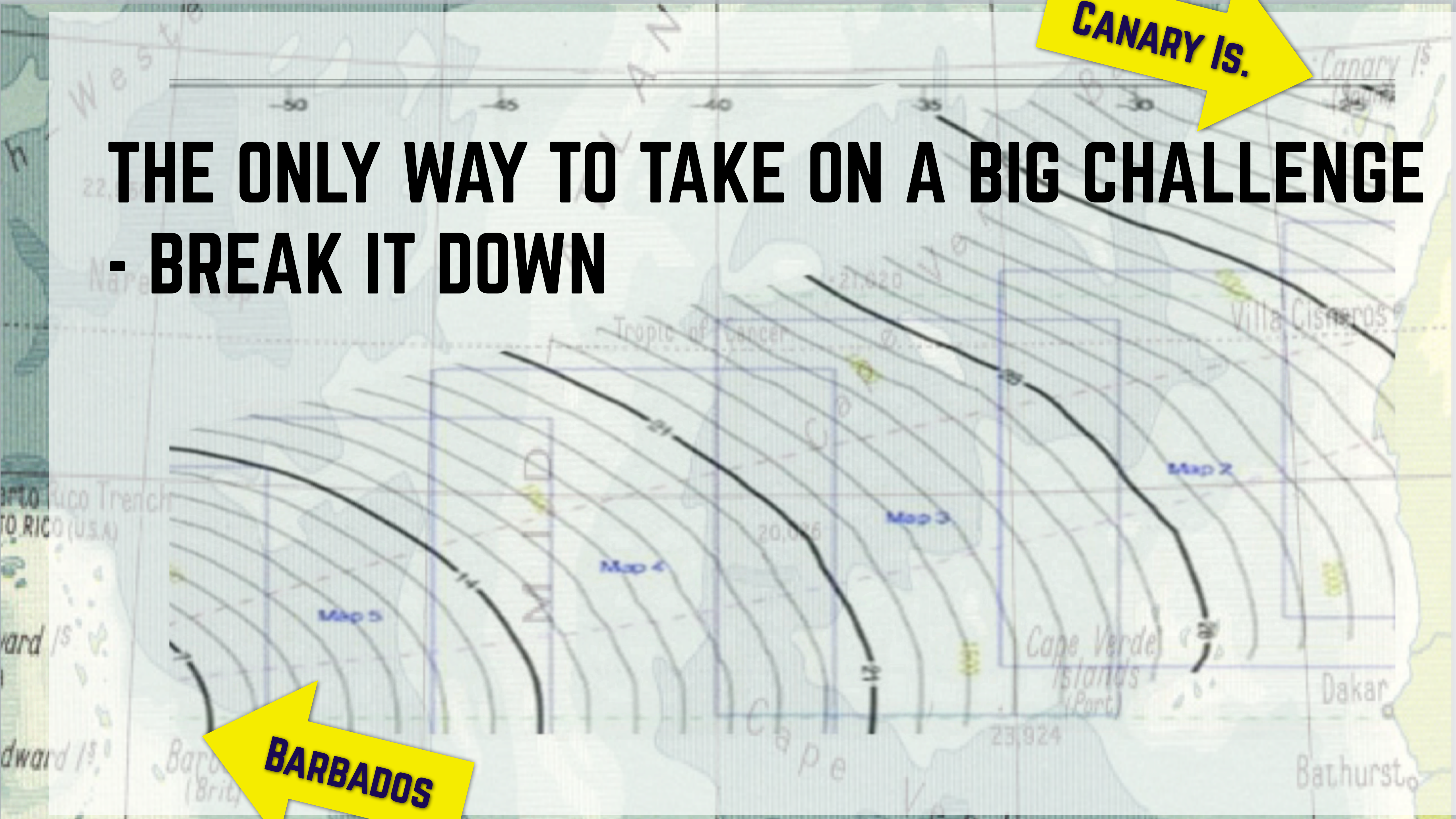
“If it’s tough for you it’s tough
for everybody else - it can be
an opportunity for you.”

The story of the sea anchor

CANARY IS.

**THE ONLY WAY TO TAKE ON A BIG CHALLENGE
- BREAK IT DOWN**

BARBADOS



ON FAILURE

“The tragedy is not that we sometimes fall short. It’s that we keep setting goals so that we will always reach them.”

Leonardo Da Vinci(?)