



**WHEN LIFE
GIVES YOU
LEMONS,
MAKE
LEMONADE!**

Presenter:

Jean Elmer

**KiNZ Advisory
Services**

What is resilience?

The ability to bounce back from setbacks and to stay effective in the face of tough demands and difficult circumstances.

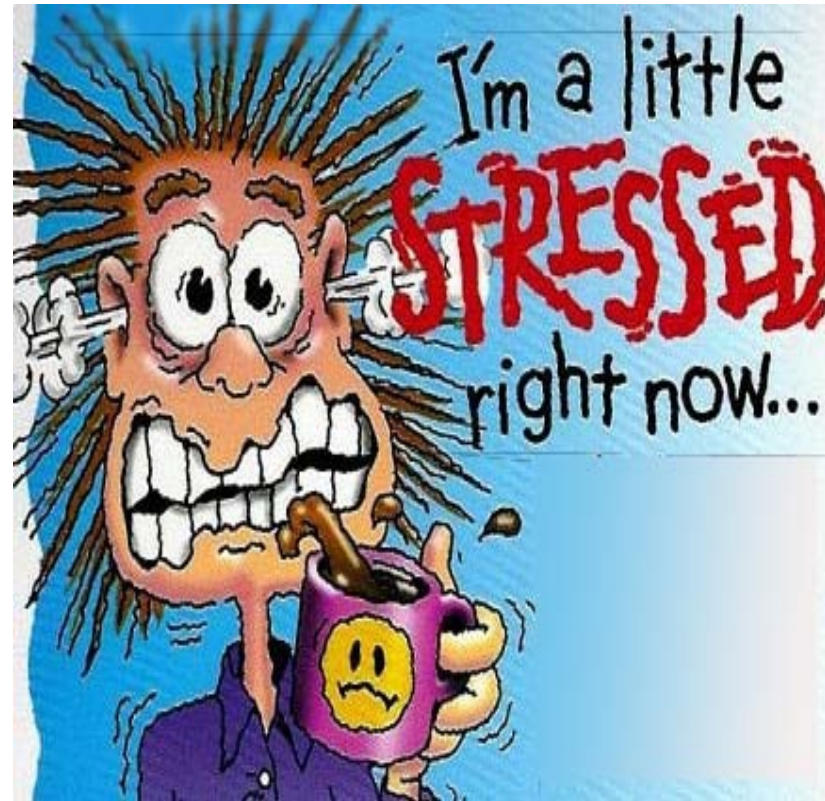
However true resilience goes beyond recovery from stressful events or potentially stressful events.

It includes the *sustainability* of that recovery and the lasting benefit – the strength that builds through coping well from such situations.



Teaching has it's stressful times

In an age of constant disruption how do we build better shock absorbers for ourselves, our communities, companies, economies, societies and the planet?

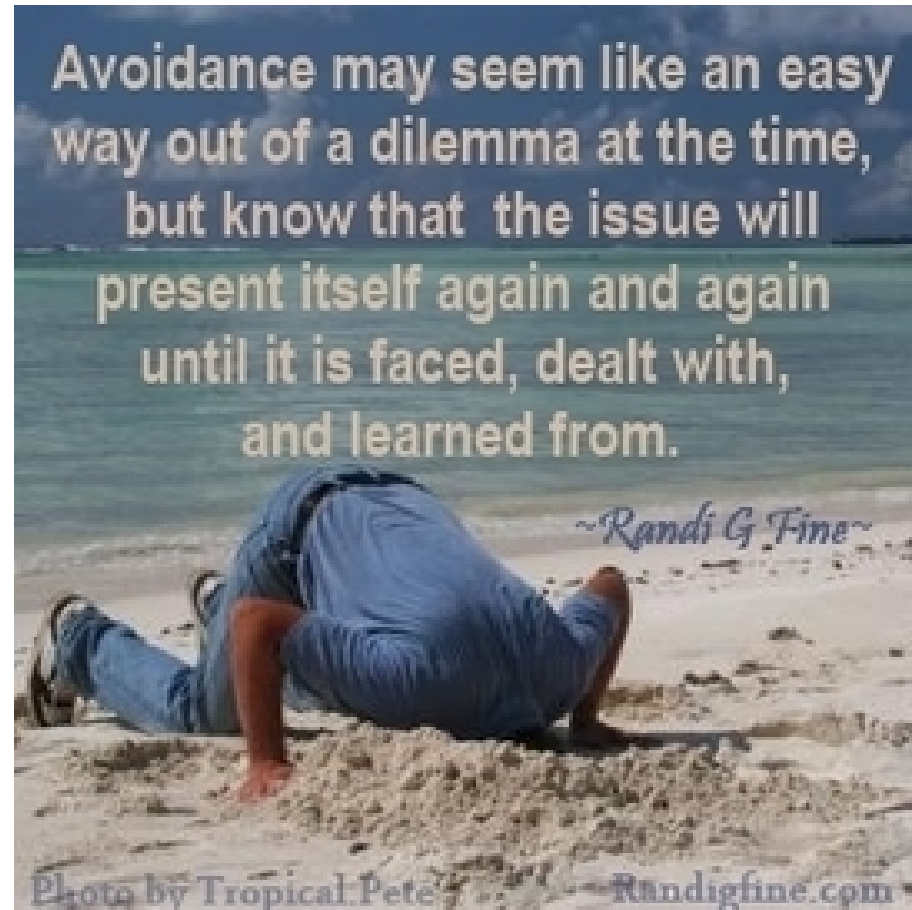


You are built to cope!

Research on resilience shows it's quite normal for people to cope well despite adversities.

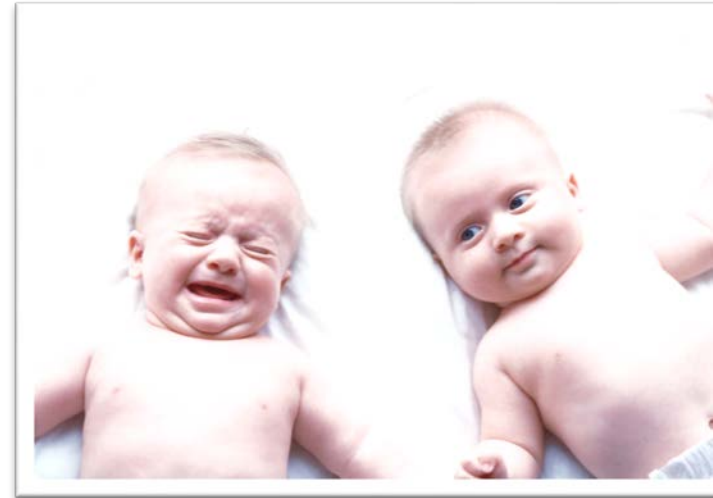
We are built to cope - We don't need super powers to be resilient in stressful situations –

Just qualities like confidence and some ability to problem-solve, interact with other people and 'control' unpleasant emotions.



Poverty begets poverty, hopelessness breeds futility?

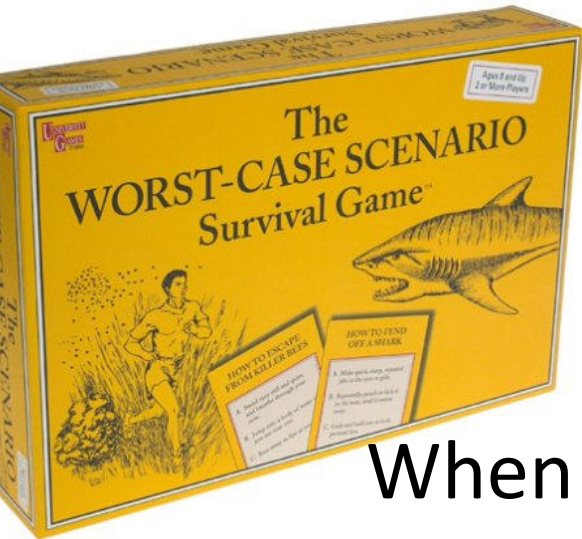
Longitudinal research by Emmy Werner found that one third of all high- risk children displayed resilience and developed in to caring, competent and confident adults despite their problematic histories'



Research carried out by Rutter (1987) and Garmezy (1991) have pointed out that more than half the children living in disadvantaged conditions do not repeat the pattern in their adult life.

What is the worst that can happen?

We can all lose perspective when we are under pressure. A minor mishap can take on catastrophic proportions.



When we see a friend or colleague going through a stressful time, one of the most helpful things you can do is to sit down with them and show them that they can cope with even the worst outcome.

Crisis Line

1

5

10

Small setback

Major crisis

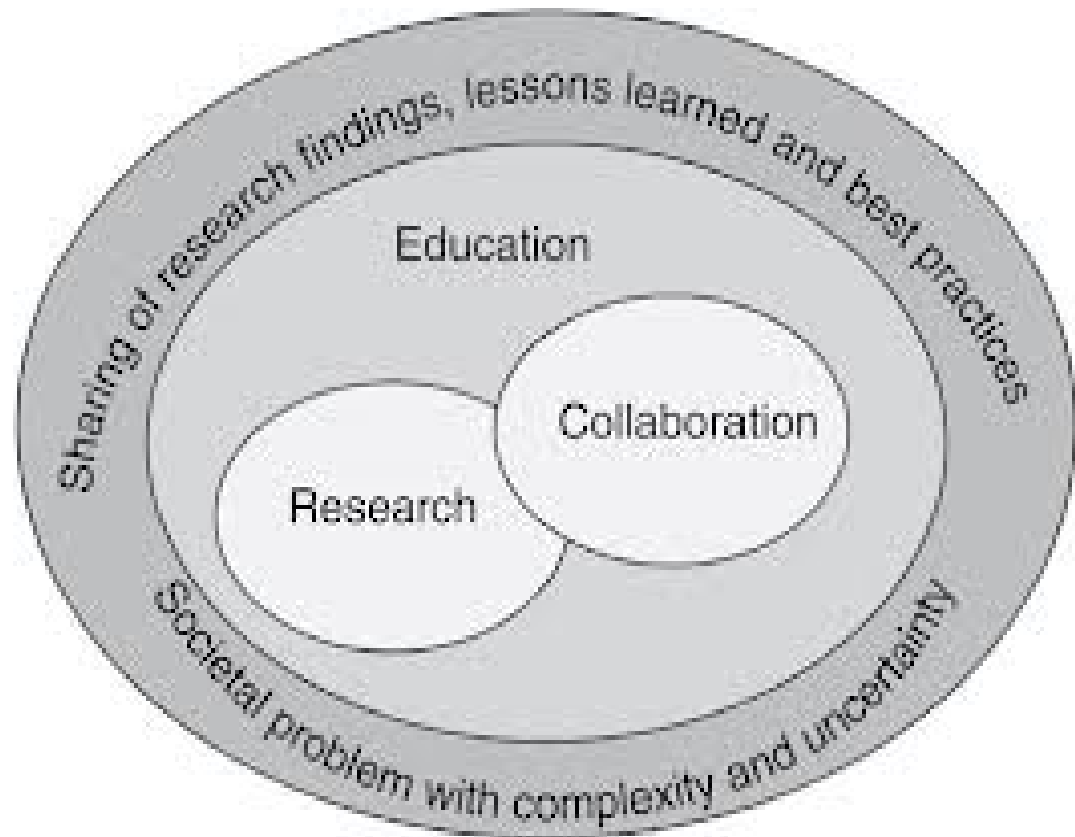
Reflect back on a typical busy day at work and consider how consistent your responses have been with the actual importance of the event that happened.

At work, regular overreaction to unexpected setbacks can create a climate of crisis management

We need to remind ourselves to put things in perspective

Challenges facing ECE in NZ

- Political Climate
- Competition
- Response to change



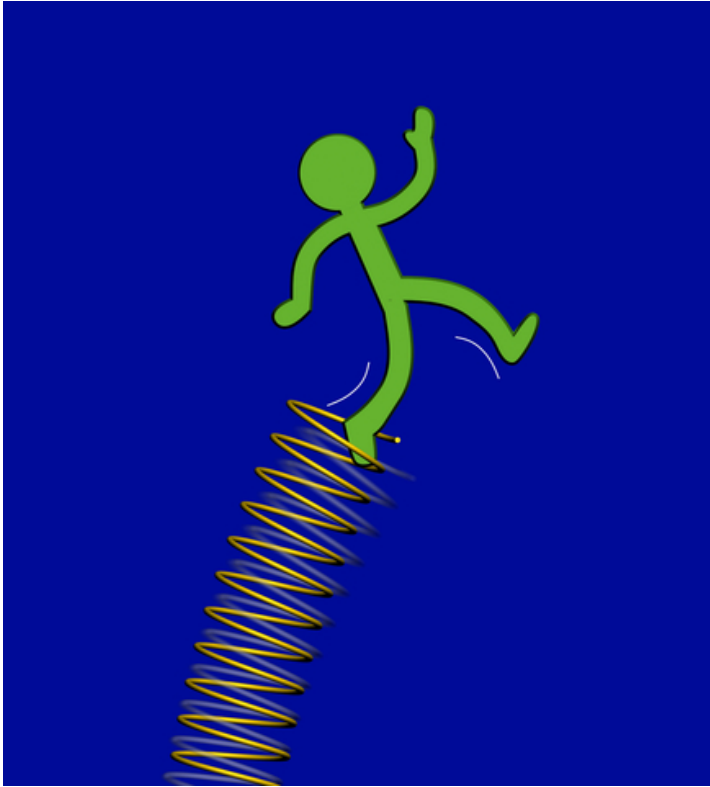
Community Resilience

Community resilience is about how well a group of people is capable of withstanding and absorbing the challenges of a change and/ or a crisis.



Focus on your strengths and find ways to manage your weaknesses.



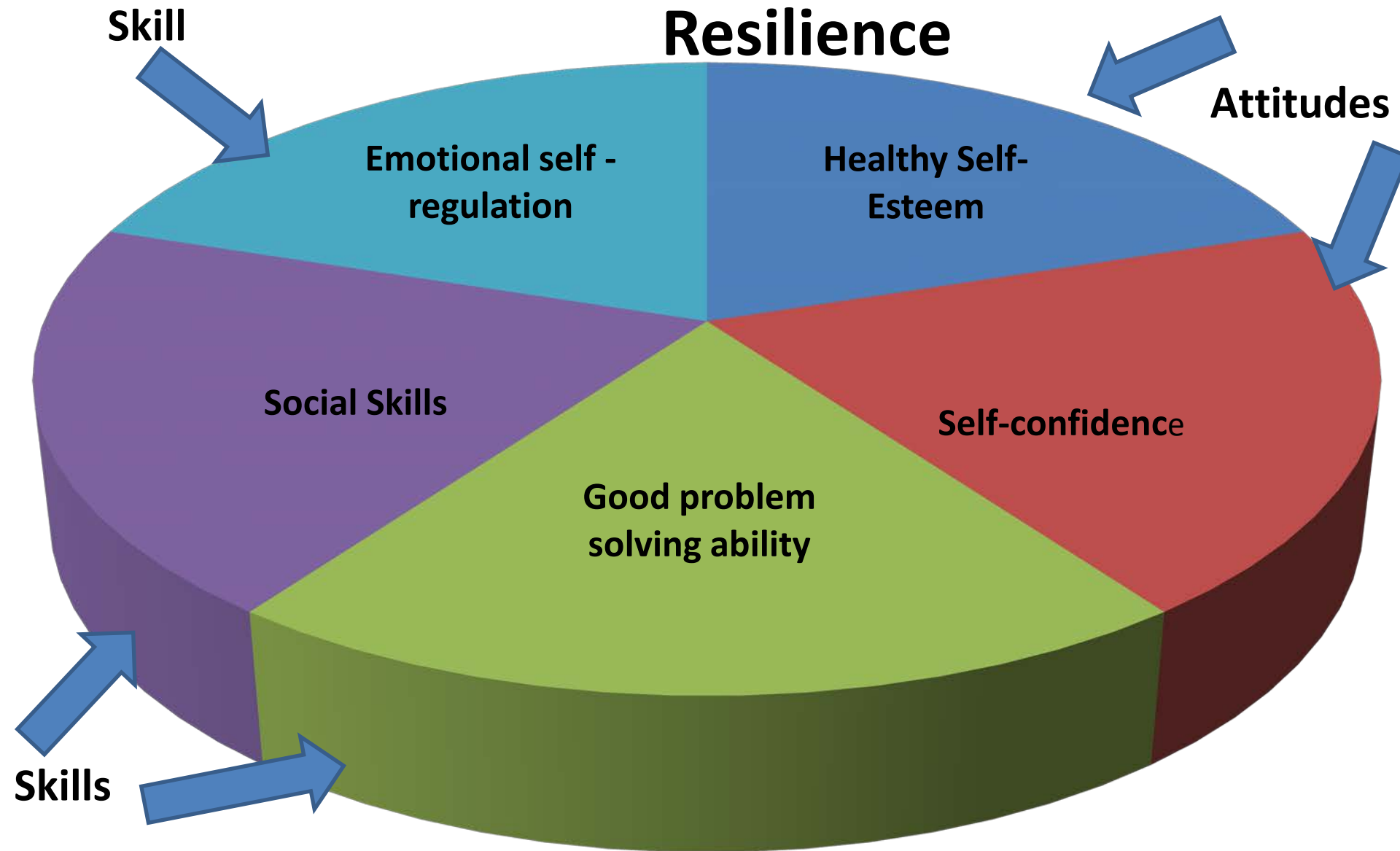


Resilience is the key to not only survive but thrive in an increasingly complex world.

It is challenging developing endurance, emotional balance, mental toughness and meaning and purpose for life's inevitable setbacks

But it is achievable

Characteristics contributing to Resilience



Five Dispositions of Effective Teachers

- Empathy
- Positive View of Others
- Positive View of Self
- Authenticity
- Meaningful Purpose and Vision

Dick Usher

Choose your focus

Reflective thinking tool

(David Rock – Author of *'Quiet Leadership'*)

1. VISION

2. PLANNING

3. DETAIL

4. PROBLEM

5. DRAMA

Resilience can be self taught

Whereas traditional stress management and therapy approaches generally target problems once they have arisen, resilience-building approaches train individuals to anticipate stress and prepare in advance to minimise its impact by weathering the storm

Some days just aren't a bed of roses!



Build into your work routines the opportunity to reflect on what went well and why.

When you are stressed and busy it is easy to focus more on what's not working and how difficult things are.



When life gives you a
hundred reasons to cry,
show life that you have a
thousand reasons to smile

NZ Herald: Saturday 12th April, 2014

Phillip Melchior received news from a Doctor that he had a rare and fatal blood disorder.

“I remember vividly the progression of thoughts the moment the doctor had left the hospital room. How glad I was that I had been able to retire early; how much I would miss watching my grandsons grow up and being part of their lives; how fortunate and fulfilling my life had been; and perhaps above all, how enriched I had been by family and friends. I determined that I would try not to feel cheated by dying in my mid-sixties, but would focus on how complete my life had been to date.”

NZ Herald: Saturday 24th May, 2014

Kimberley White pursued an education degree, driven by a talk she had with her Mum the day before she was murdered. Kimberley was 17.

Kimberley stated, “You can go out there and make something of your life, or you can climb into a hole and feel sorry for yourself.

You are in charge of you and it’s definitely a mind over matter thing. You need to look at the positives. I used Mum to get me through uni.”

Life is like a piano

The white keys represent happiness, the black keys resonate sadness.

But as you continue through life, remember that the black keys make music too and when both keys are played together they give sweet music to life.



Life does not always go as planned...



Coping with grief and sadness

When our sense of well being is under threat, an optimistic outlook is particularly valuable.

However optimism alone cannot help you to avoid the feelings associated with loss.

What optimism can do is to help you draw something positive from the experience.

You can make important discoveries about yourself such as, I am stronger than I thought I was, or I appreciate my friends so much more than I used to.

Resilient People Feel Distress

Resilient people experience unpleasant thoughts and feelings but handle them in ways that prevent them escalating into more serious, long-term problems such as anxiety and depression



True resilience and personal success is not about job title, status, money or possessions.

It is about the ability to stand with both feet deeply grounded in who we are, in our values, experiences, strengths and beautiful flaws and embrace any opportunity or challenge that comes our way.





Breathe,

Feel,

Cry,

Laugh,

Listen to your Heart,

Nurture your Soul.

In order to give of yourself to others, you must first have something to give.

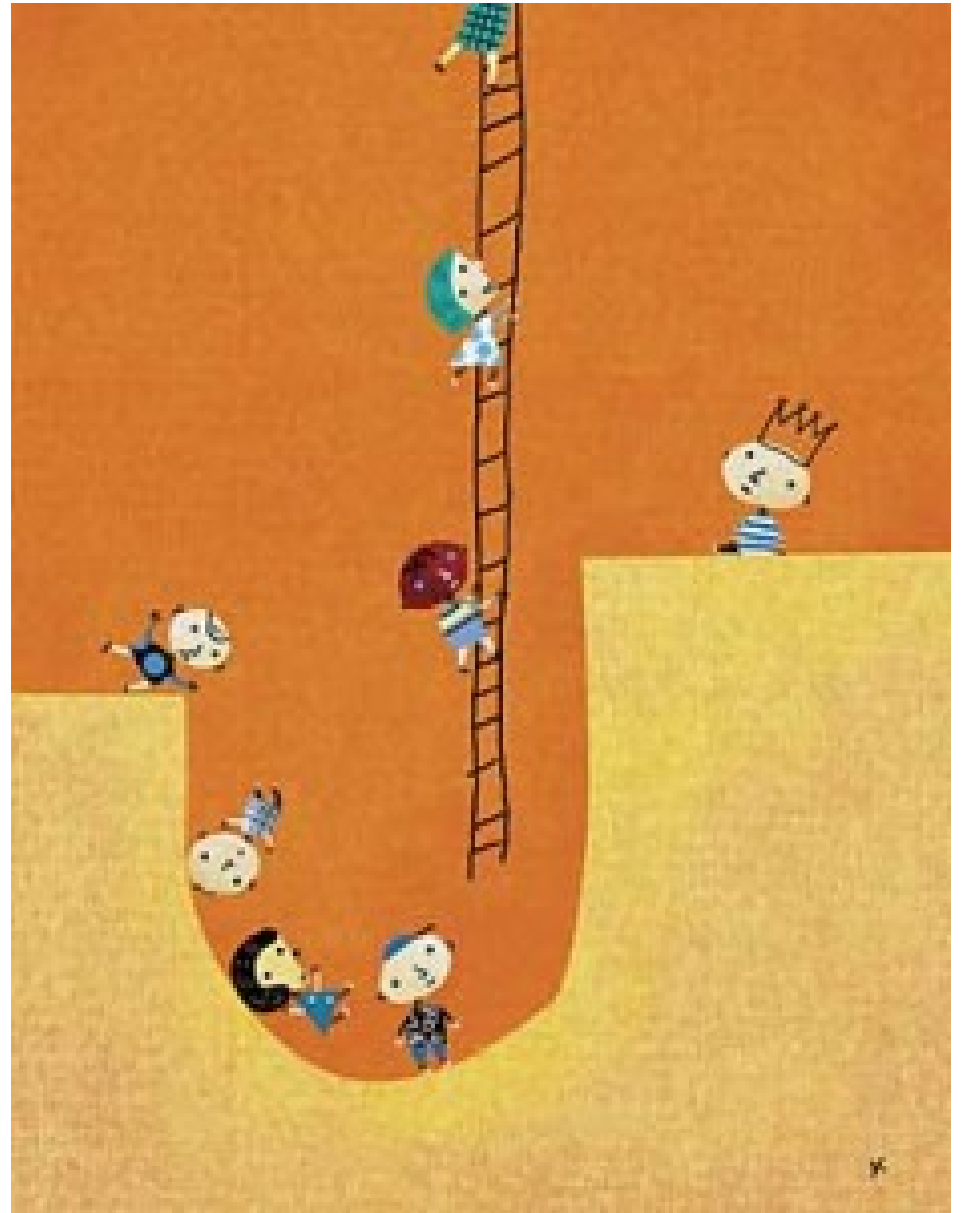
So enjoy life. Have fun.
Indulge yourself. Be good to yourself.

How can you hope to bring happiness to others, if you are not happy?

Ralph Marsten

Every bump in the road is an invitation to grow and opportunity to learn

Stanford psychologist Carol Dweck posits that *you'll reach new heights if you learn to embrace the occasional tumble*



Victim vs. Survivor

being/getting hurt
scared/frightened
Clueless/confused
mad
overwhelmed
embarrassed
runs away
abusive/hurts others
uses thinking errors
not trusting
Self-harm
Takes advantage of others
Poor self-care
risk-taking
low self-esteem

talk about it
happy
proudful
Safe
good self-care
asks for help
asks questions
talks to friends
Safety w/self and others
listens to others
high self-esteem
respect others
appropriate boundaries
trusts others
assertive/says no

Vulnerability is the Pathway to Grow



It is not the strongest of the species that survives, nor the most intelligent that survives.

It is the one that it is the most adaptable to change.

Charles Darwin



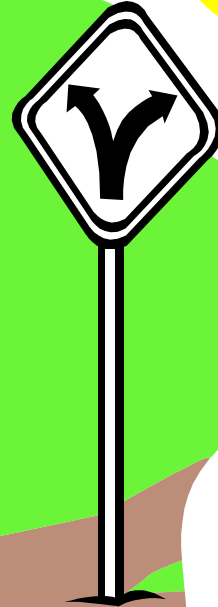
“The greatest discovery of my generation is that a human being can alter his life by altering his attitude.”

William James (1842 - 1910)

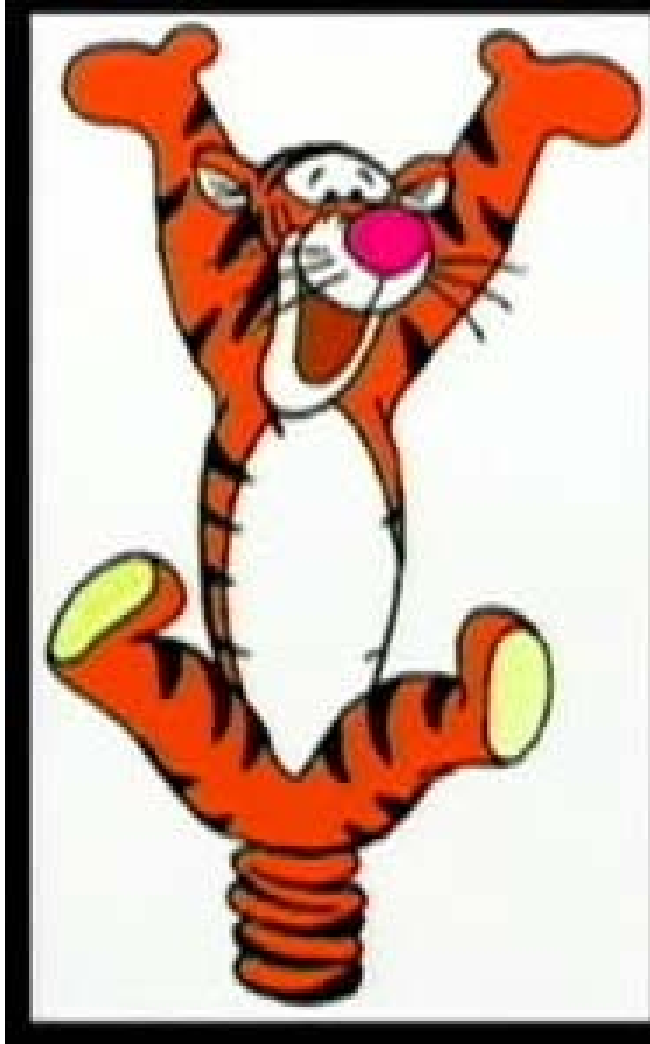


Another day, another
dollar...

*This is going
to be a
wonderful
day!*



Decide if you want to be Tigger or Eeyore



When we are no longer
able to change a
situation - we are
challenged to change
ourselves. – *Viktor Frankl*



Frankl concluded
that even in the most
absurd, painful, and
dehumanized
situation, life has
potential meaning
and that, therefore,
even suffering is
meaningful. – True
resilience!

- Stop Your First Reaction
- Turn a Negative Into a Positive
- Learn from the Criticism
- Be the Better Person



Without that constant improvement,
we are just sitting still

Regard a Complaint as a Gift

A major study of customer satisfaction found that 25% of people with positive memories of the organisation started out with a complaint.

Don't shy away from complaints. We need to see a complaint as an opportunity to impress.

Challenge yourself to see how quickly you can turn a negative experience into a positive one.



Accept Feedback with Grace and Appreciation

When receiving feedback that challenges our personal self-awareness a common reaction is denial and anger

However while feedback may be taken as hurtful and feel demoralizing, it can also be viewed in a positive way.

If it's honest, it can spur us to do better.

It's an opportunity to improve.

Manage Your Self - Talk

If you think you
can,
or if you think
you can't...


You're right!

Henry Ford



Optimising your mental health

- Express your emotions
- Live a life of purpose
- Love and be loved
- Accept yourself
- Be flexible
- Find the balance
- Create positivity

A quote by Dalai Lama on a teal background. The text is centered and reads: "The purpose of our lives is to be happy." Below the quote, it says "- Dalai Lama".

The purpose
of our lives
is to be
happy.

- Dalai Lama

Tips for Creating Positivity

- Communicate Positively
- Express Appreciation
- Be Generous
- Try the power of a smile
- Change posture
- Have Fun
- Give and receive support
- Savour the good times
- Show gratitude (*Count your blessings*)

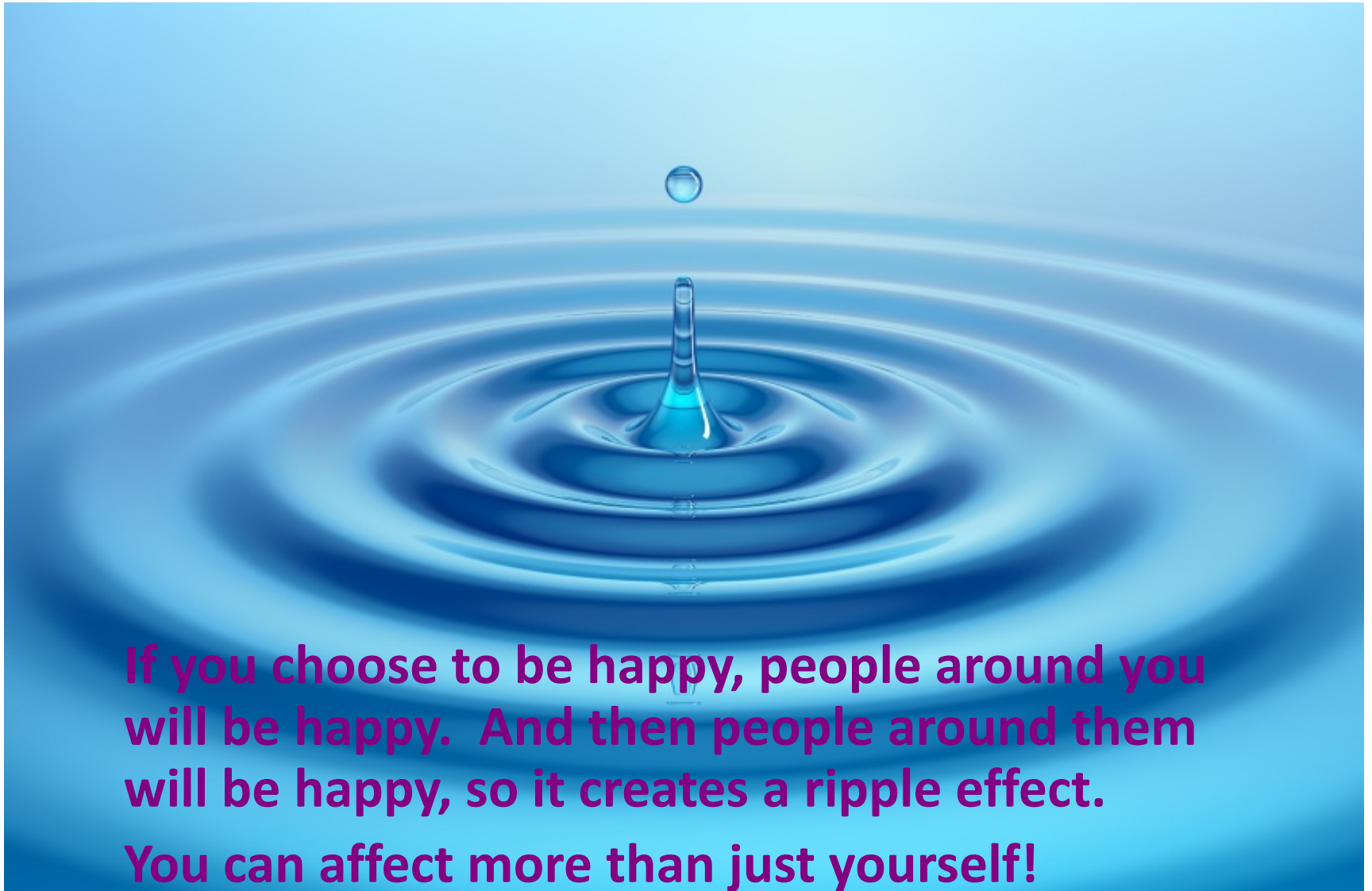





idlehearts.com

*Count your blessings and your problems....
If your problems outnumber your blessings, Count Again....
Chances are the things that you take for granted were not added up...*

The Benefits of Positive Emotion



If you choose to be happy, people around you will be happy. And then people around them will be happy, so it creates a ripple effect.

You can affect more than just yourself!

Self Review

A stressful or catastrophic event is a good opportunity to document spontaneous review.

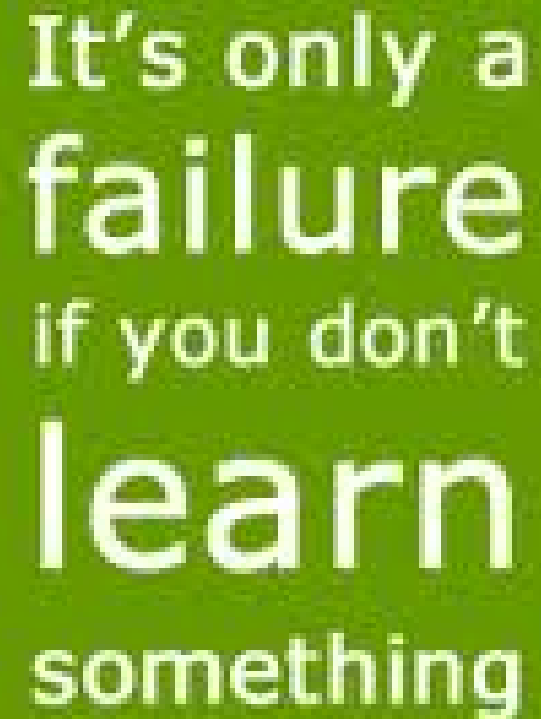


Spontaneous review takes place when we respond to issues or events that arise in our service on a day-to day basis.

“I have not failed, I’ve just found 10,000 ways that will not work”

Thomas Edison

Resilient teachers don’t wallow or dwell on failures; they acknowledge the situation, learn from mistakes and move on



It’s only a
failure
if you don’t
learn
something

NZTC Registered Teachers

- Criterion 12 encourages us to reflect on how we:

Use critical inquiry and problem-solving effectively in their professional practice

- systematically and critically reflect on and refine practice
- respond professionally to feedback from members of their learning community

**Failure is not the opposite of success,
it is simply a stepping stone to success**



Resilient people share Three Essential Elements

as noted by *Susan Kabasa*

Challenge: *Resilient people view a difficulty as a challenge, not as a paralysing event*

Commitment: Resilient people are committed to their lives and their goals

Personal Control: Resilient people spend their time and energy focusing on situations and events they have control over

"When the wind of change blows,
some people build walls,
others build windmills."

Chinese proverb





I can't change the direction of the wind,
but I can adjust my sails to always reach my destination
~ Jimmy Dean

Kia Kaha

You have the power to direct
your sails and take control

*Ngā mihi rā mō ngā rā kei
mua i te aroaro*

All the best for the future

