



Stay Centered Amidst the Chaos

DEVELOPING A PRACTICE
OF RESILIENCE THROUGH
APPRECIATIVE STRATEGY

SHARLENE S. SOOKHOO "I NURTURE RESILIENCE"



THE
BRAIN GAME



RESILIENCE &
APPRECIATIVE
STRATEGY



HABITS THAT
UNDERPIN THE
FRAMEWORK



DEVELOPING A
PRACTICE



Let's Meet Up

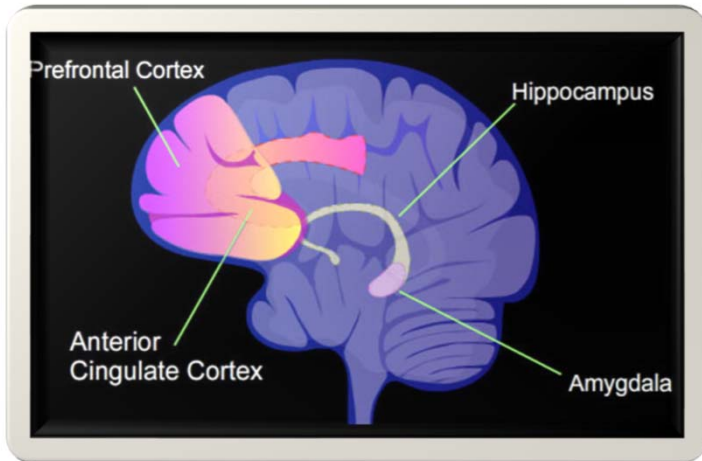
Jump into a Room | Introduce Yourself

Lv#d#K rw#G rj#d#Vdqqz lfkB

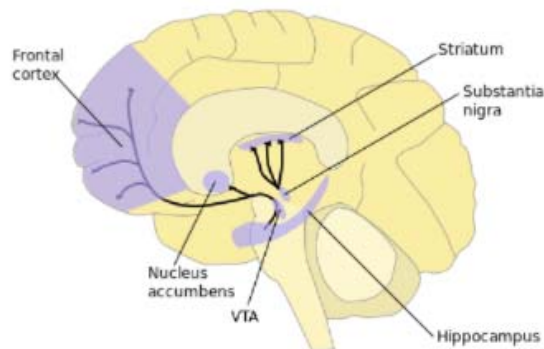


BRAIN GAME





(Courtesy NIH)



(Courtesy BrainFacts.org)

Emotion, Memory & Default Mode

Memory formation and processing, learning – facts, events; fear; internal awareness, external attention, default modes or pathways

- Self awareness, self reference
- Connection and belonging

Executive Functions

Decision-making, error detection, conflict monitoring, planning,

- Multidimensional thinking, understanding different views/viewpoints
- Self regulation

Reward System

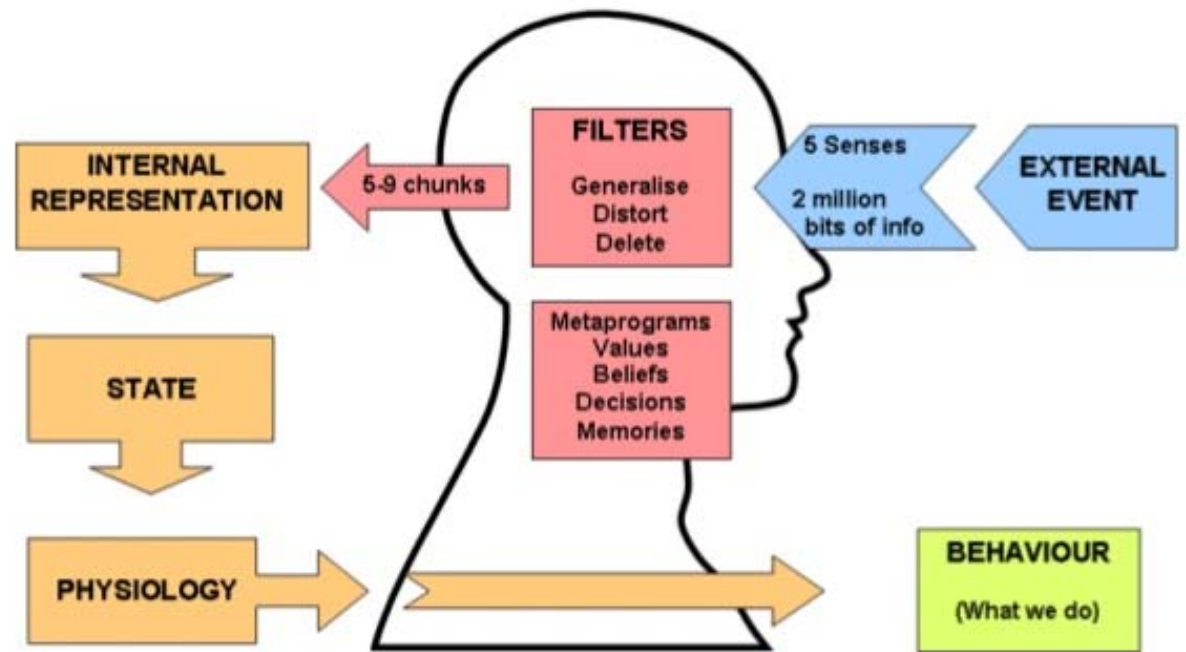
Reward, punishment, risk

- Enthusiasm, optimism, positivity, motivation



NLP Communication Model

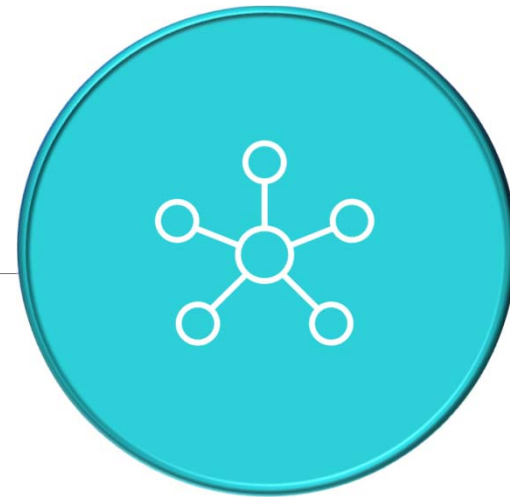
Richard Bandler & John Grinder



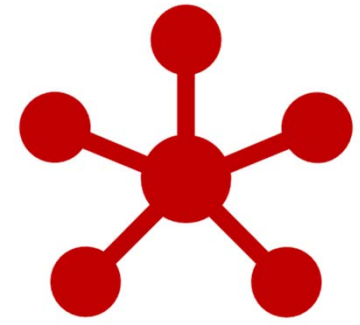
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RESILIENCE & STRATEGIC THINKING



Resilience



-
- the capacity to **recover** quickly from difficulties; toughness.
 - the ability of a substance or object to spring back into **shape**; **elasticity**.



transformation
effort vitality
hope
prepare
learning agility
idea
Resilience
challenge
bounce
protect
active
motivation
persistence
curiosity
determination
gratitude
possibility eagerness
adaptation
flexibility
fortitude
belief
recover
mitigate
CHANGE
respond



Strategic Thinking



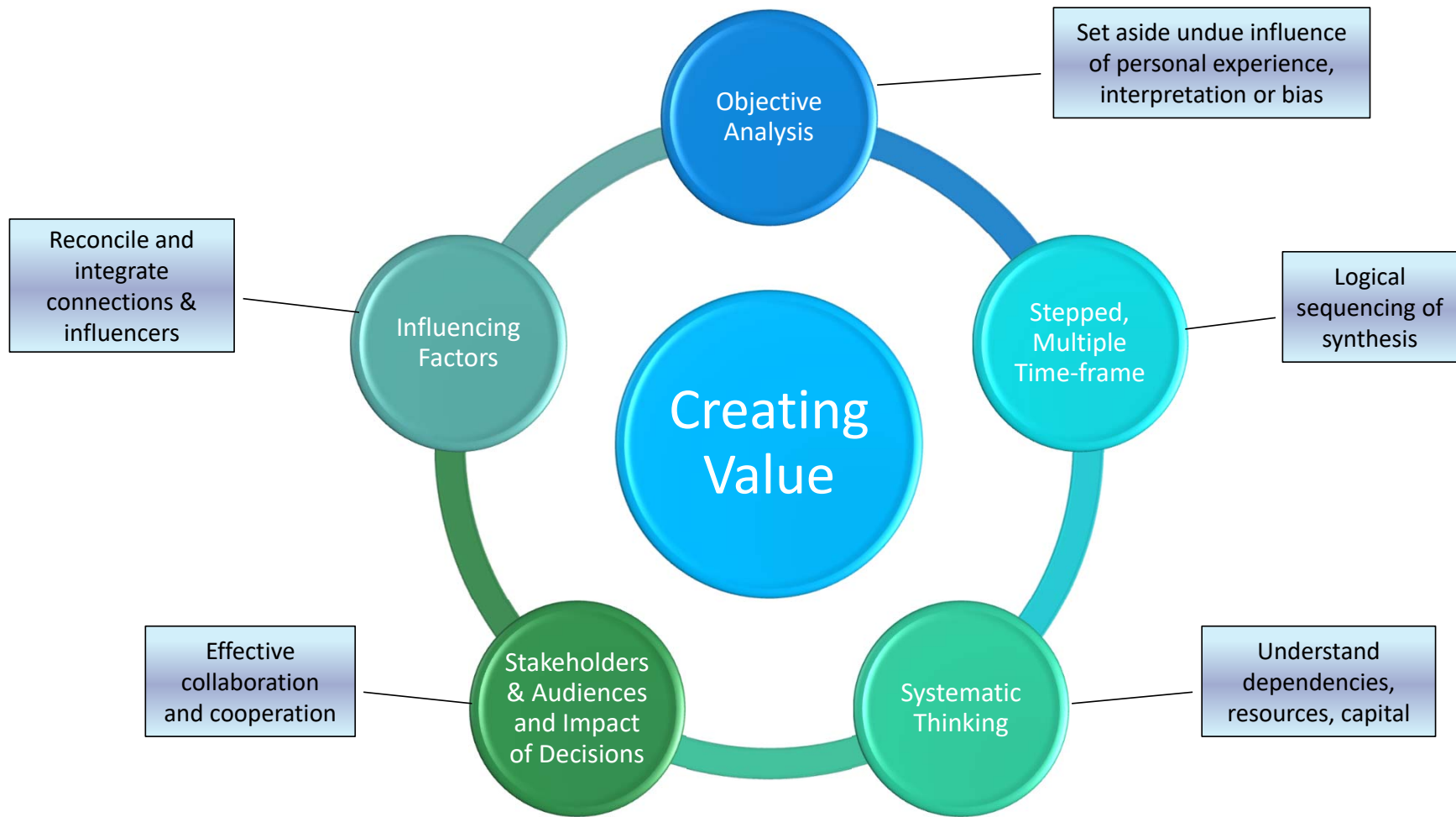
Strategic thinking focuses on finding and developing unique opportunities to create value by enabling a provocative and creative dialogue among people who can affect an organization's direction

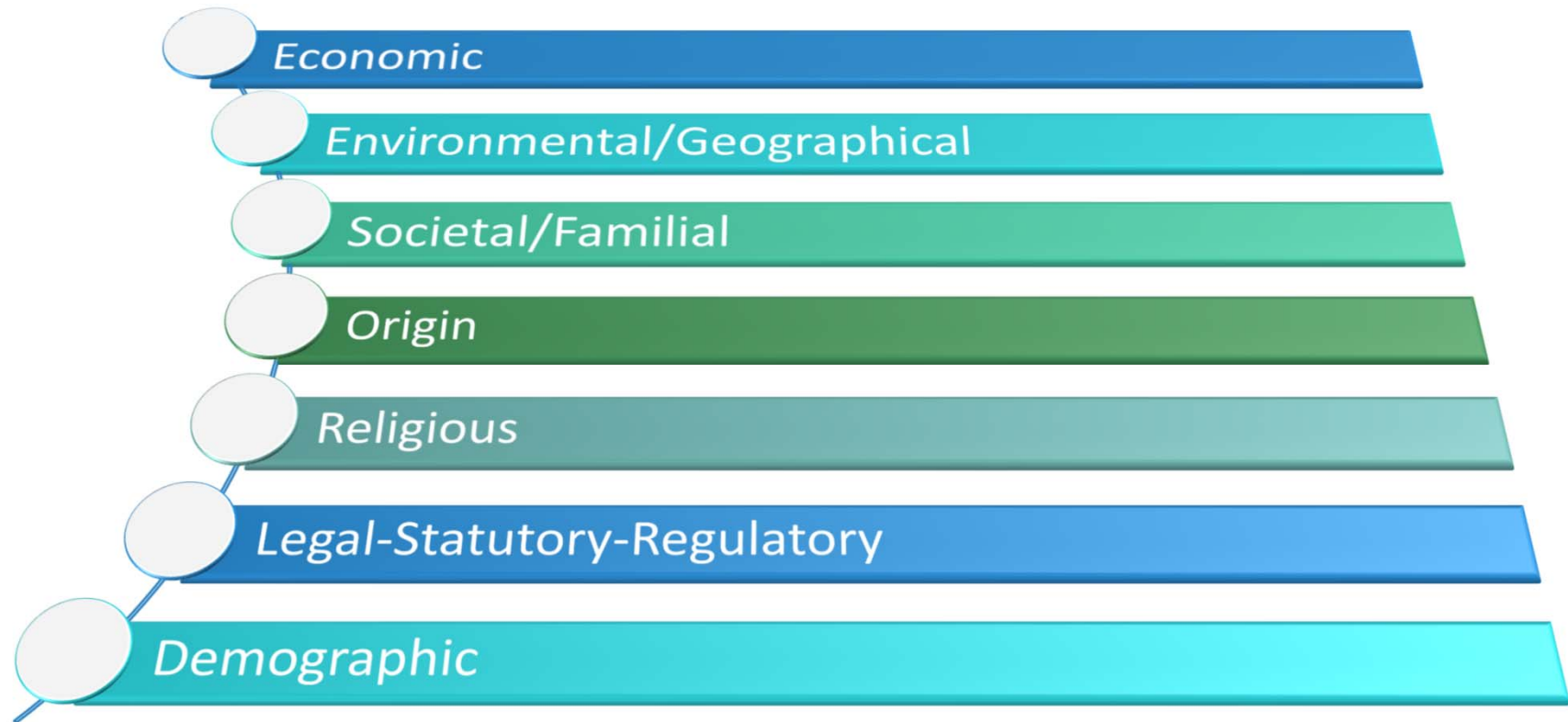
What is 'strategic thinking'?

<https://www.effectivegovernance.com.au/page/knowledge-centre/news-articles/what-is-strategic-thinking>





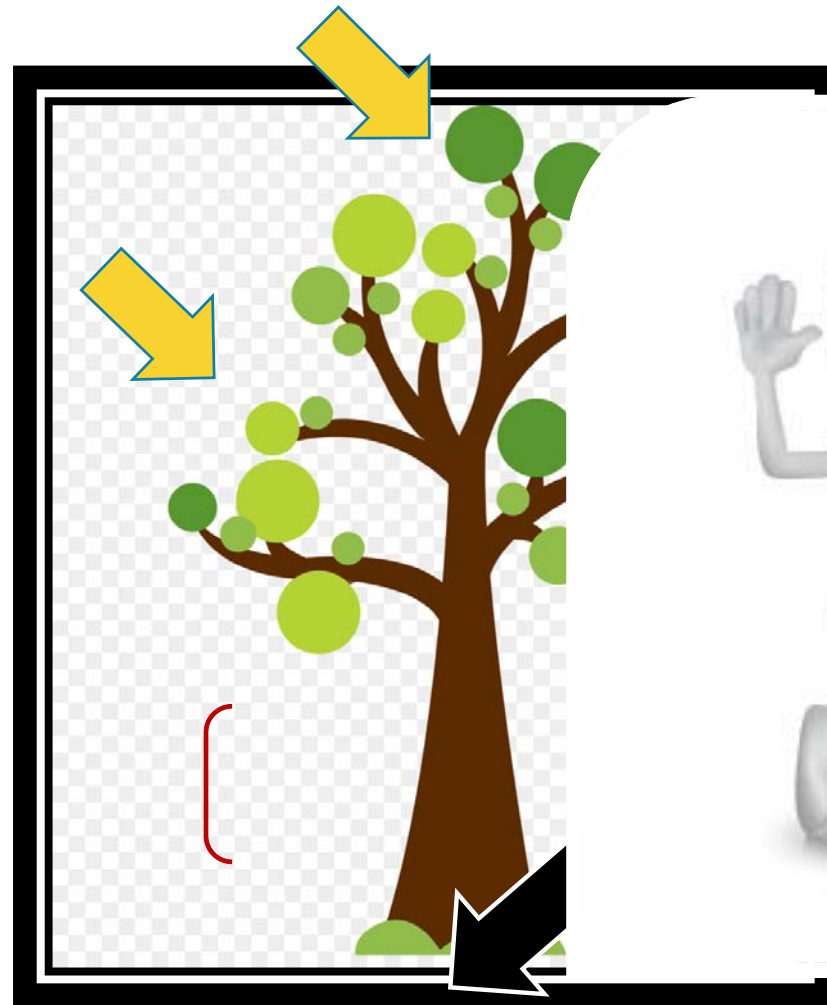






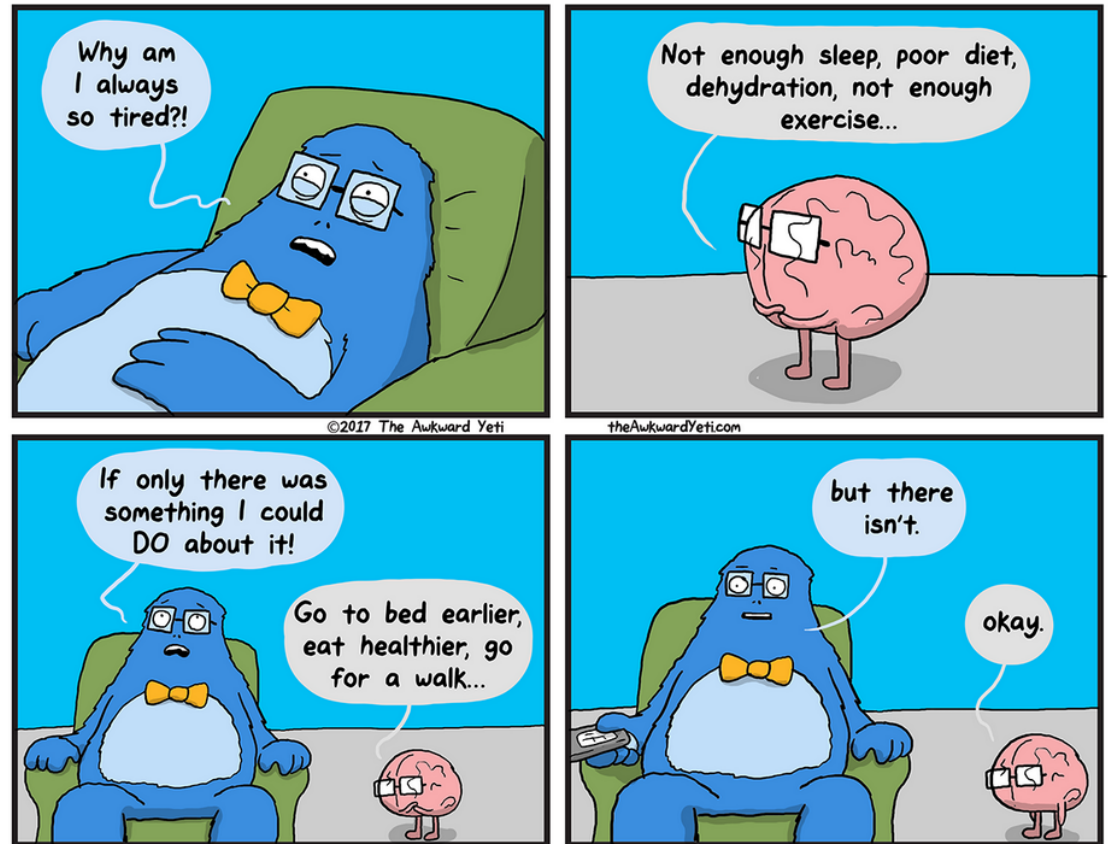
You practice resiliency
and employ strategy
EVERYDAY!





You can't
temporarily
adopt it.
You must
become it!





theAwkwardYeti.com

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HABITS





Curiosity - the desire to know, the desire to learn

Curiosity and fear may be elicited by the same circumstances or situation, with curiosity sometimes overriding our fear of exploring new things.

ScienceDaily

Your source for the latest research news

1. People highly curious to find out the answer to a question, were better at learning that information.
2. When curiosity is stimulated, there is increased activity in the brain circuit related to reward. (Intrinsic motivation)
3. Curiosity motivated learning, increased activity in the hippocampus – formation of new memories.



Internal Self-Awareness –
how clearly we identify our
internal mapping.

External Self-Awareness –
how other view us, how our
external environment reacts
to us, and how much do we
belong.

"AWESOME" ends with
"ME"...

Coincidence?

I think not.



someecards
user card

The Four Self-Awareness Archetypes

This 2x2 maps internal self-awareness (how well you know yourself) against external self-awareness (how well you understand how others see you).

	Low external self-awareness	High external self-awareness
High internal self-awareness	INTROSPECTORS They're clear on who they are but don't challenge their own views or search for blind spots by getting feedback from others. This can harm their relationships and limit their success.	AWARE They know who they are, what they want to accomplish, and seek out and value others' opinions. This is where leaders begin to fully realize the true benefits of self-awareness.
Low internal self-awareness	SEEKERS They don't yet know who they are, what they stand for, or how their teams see them. As a result, they might feel stuck or frustrated with their performance and relationships.	PLEASERS They can be so focused on appearing a certain way to others that they could be overlooking what matters to them. Over time, they tend to make choices that aren't in service of their own success and fulfillment.

SOURCE DR. TASHA EURICH

© HBR.ORG

Dr. Tasha Eurich, 2018 *What Self-Awareness Really Is (and How to Cultivate It)*, <https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>

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SELF AWARENESS



- You don't know your blind spots.
- You don't know when and how your emotions **(or influencers)** are distorting your thinking.
- You don't know what you know and what you don't know.
- You don't have an accurate sense of your personal strengths and weaknesses.
- You can't accurately assess social cues.
- You can't judge the effectiveness of your communications.
- You can't practice the essential function of self-regulation.



Prudy Gourguechon is a psychiatrist and psychoanalyst and a past President of the American Psychoanalytic Association and Senior Contributor to www.forbes.com.

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Due Reflection



Aversion to instant acceptance...is really only ~~25%~~ the principle of “due reflection”

1. Aversion to the process – slowing down, becoming curious, dealing with the messiness of the thought process, taking personal responsibility.
2. Lack of understanding of or dislike for the results – dismissing the strengths and being hyper-focused on the weaknesses.
3. Bias towards action – only recognizing tangible moves as a indication of productivity or creativity.
4. Inability to measure the non-tangible products.

Jennifer Porter, 2017, Why You Should Make Time For Self-Reflection (Even If You Hate Doing IT), <https://hbr.org/2017/03/why-you-should-make-time-for-self-reflection-even-if-you-hate-doing-it>

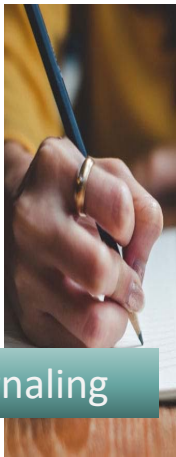
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DEVELOPING A PRACTICE



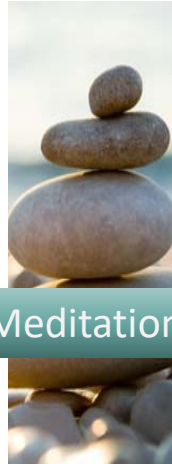
Practices



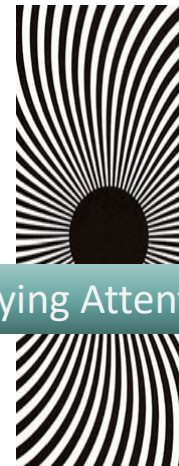
Journaling



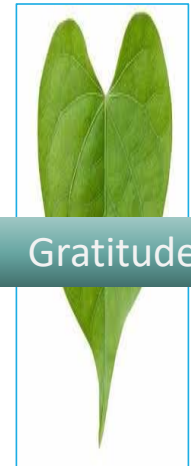
Breathwork



Meditation



Paying Attention

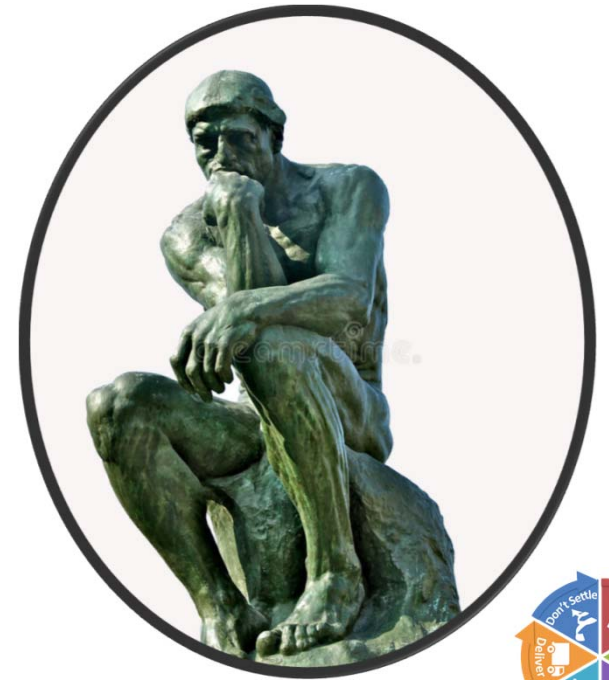


Gratitude



Ponderings

- ✓ What is my mission, my purpose?
- ✓ What are my passions? What brings me joy?
- ✓ Who/what are my greatest influencers? How?
- ✓ What lessons are in this experience for me? How should they be incorporated moving forward?
- ✓ What skills or capabilities can this situation/experience help me develop or refine? How?
- ✓ In what context/circumstances would my weaknesses become strengths?





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