



This presentation was the basis
for a session I delivered at the WI
SHRM event in October 2011 in
Madison, WI

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RESILIENCE

3 - Ways WE BUILD it

2 - Ways Leaders LEAD It

1 - Way Organizations DESTROY It



My Background

- Mission: *To be a guide for others so they realize the excellence they were born to achieve.*
- *Work Experience - Manufacturing / Banking / Healthcare*
- *People (Executive / Individual / Team Coaching)*
- *Process (Consulting Around Talent Systems / Organizational Growth/Strategy | Change)*

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(hashtag for this conversation: #truresilience)

Monthly trU Tips publication: Sign up at my website
(I have a *NO I WILL NOT SPAM YOU* promise)

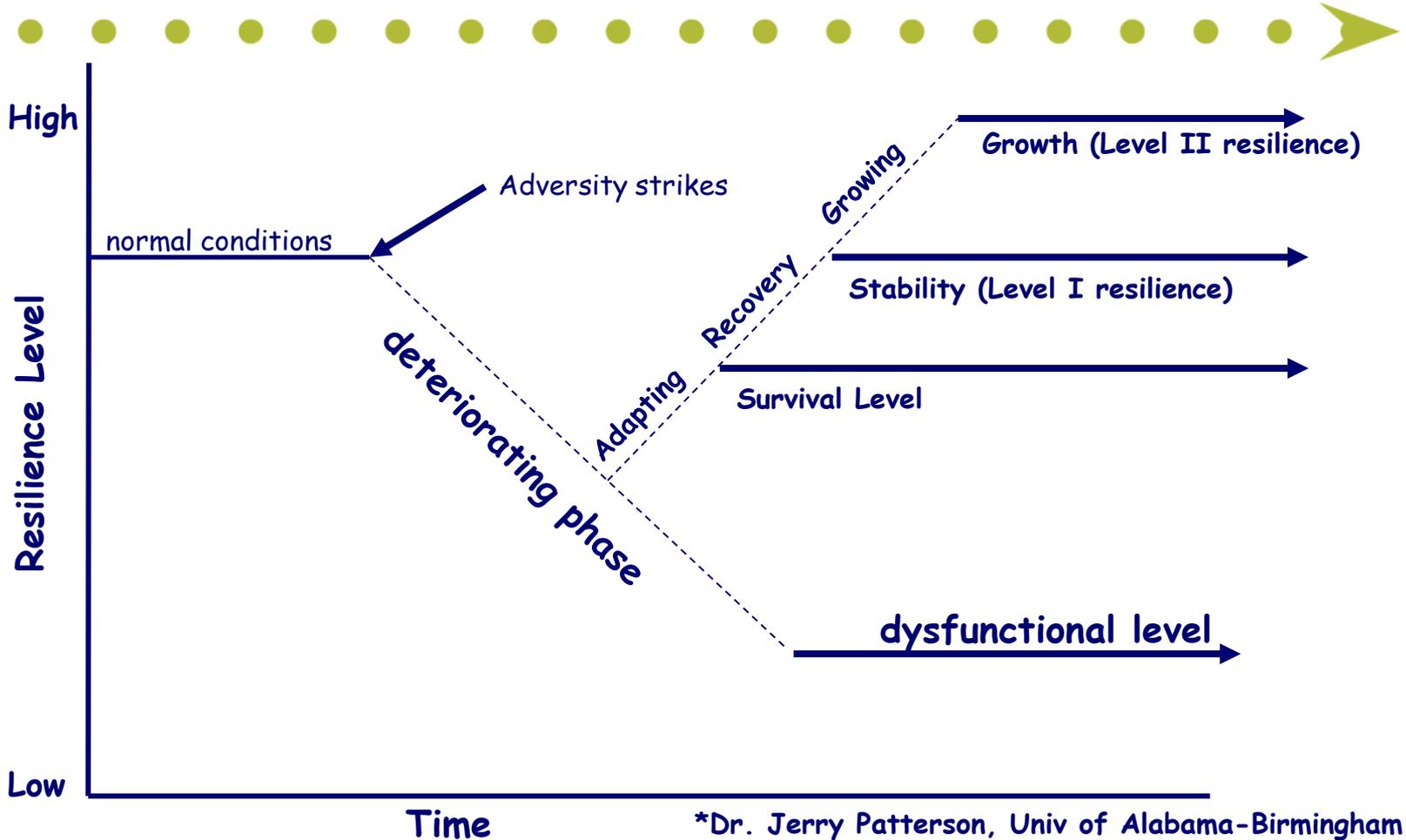


Resilience is . . .



An individual's ability to adapt well to stress, adversity, trauma, or tragedy.

Mayo Clinic





Resilience Formula

HOPE > Fear + Anger + Despair +
Frustration + Worry + Hunger +
Mistrust + _____ (Fill in the
blank



3 Ways We BUILD It



What are your tools for
retaining / regaining focus in
the swirl?



A Practice



3 Ways We BUILD It



- Exercise (Physical / Mental)
- Friends / Relationships
- Know Yourself



truYou™

Realities

Demotivators





A Practice



2 Ways Leaders LEAD It



Who stands out in our
minds as a leader at this in
our lives?



2 Ways Leaders LEAD It



- Go First
- Know - Step up / Step back



1 Way Organizations DESTROY It?



CHANGE



A Practice



Any unanswered questions?

Write on card - I commit to answer them on my blog in next 2 weeks

Continue this conversation? Hear my answers?

Sign up for blog (QR code / website - www.thetrugroup.com)

Write email on question (I will sign you up)

Leave me a business card