

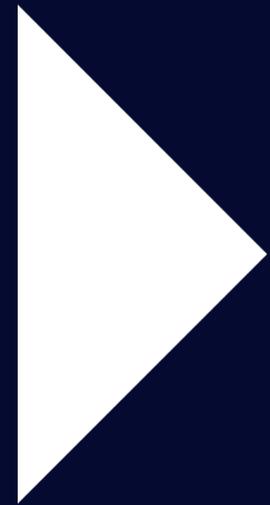
The science and skills to

Building Resilience

FUEL Professional Development Bootcamp

TODAY YOU WILL

- Define resilience and understand why it matters for career success and wellbeing
- Identify your personal resilience strengths and growth areas
- Learn and practice research-backed resilience skills
- Create your personal resilience micro-plan



What Is Resilience?

The ability to adapt, recover, and grow through challenges rather than being overwhelmed

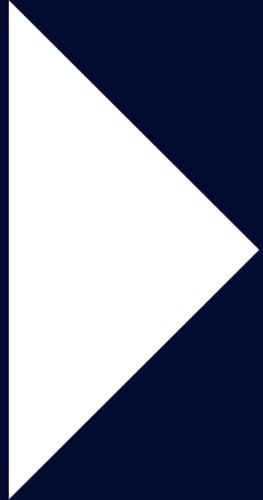
- It's not about toughening up or suppressing emotions
- It's about becoming wiser, more self-aware, and more grounded
- A set of learnable skills, not a fixed personality trait
- Evolves with changing circumstances—you build it over time

Active Poll - Quick Check-In

How would you rate your current level of resilience?



Join at
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Why resilience matters now more than ever?

- Work today requires managing pressure, criticism, setbacks, and constant change
- Employers increasingly prioritize "change readiness": emotion control, stress management, work engagement, positivity, sense of purpose
- Resilience predicts long-term performance, job satisfaction, and mental health
- Without resilience skills, stress leads to burnout, avoidance, or paralysis

4 Building Blocks of Resilience

1. SELF-AWARENESS

Noticing thoughts, emotions, body cues, and triggers; understanding strengths, limits, and values

2. EMOTION REGULATION

Managing strong feelings without suppressing them

3. COGNITIVE FLEXIBILITY

Challenging unhelpful thoughts, reframing stressors as challenges, and holding multiple perspectives

4. CONNECTION

Building supportive relationships, communicating needs, and offering/receiving support

BUILDING BLOCK 1: SELF-AWARENESS

- Resilience starts with noticing - What am I thinking? Feeling? What triggered this?
- How does stress show up in YOUR body? Mind? Emotions?
- Self-aware people recognize early warning signs of stress and can intervene before breakdown

Real-Time Emotion Regulation Tools

01

BOX BREATHING

Inhale 4 counts

Hold 4 counts

Exhale 4 counts

Hold 4 counts

02

5-4-3-2-1 GROUNDING

5 things you see

4 things you touch

3 things you hear

2 things you smell

1 thing you taste

03

MINDFULNESS / PAUSE BUTTON

Become aware of your emotion/feeling

Step away from the situation (trigger)

Identify response/action options

Align your response to your goals/values

ASK YOURSELF:

Reframing: Challenge the Story

EXAMPLE REFRAME:

- Is this thought 100% true?
- What else could be true?
- What would I tell a friend in this situation?



"I made a mistake" → "I made a mistake AND I can learn from it and do better next time"



BUILDING BLOCK 3: COGNITIVE FLEXIBILITY

**OUR BRAINS NARRATE EVENTS.
AND THE STORY WE TELL
DRIVES HOW WE FEEL AND ACT**

- 10% of life is what happens to us, 90% is how we perceive it
- Resilient thinking = realistic optimism
- Acknowledge hard truths, and look for what's workable

Common Unhelpful Thinking Patterns

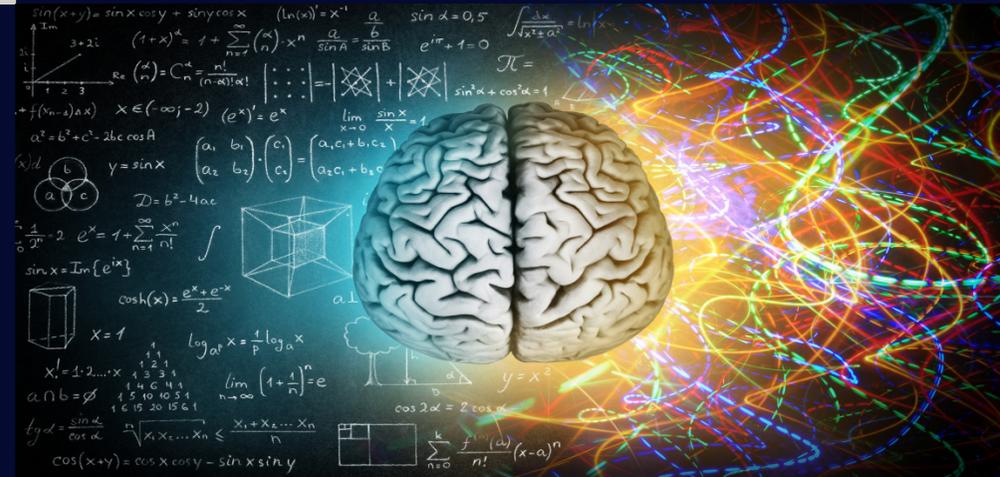
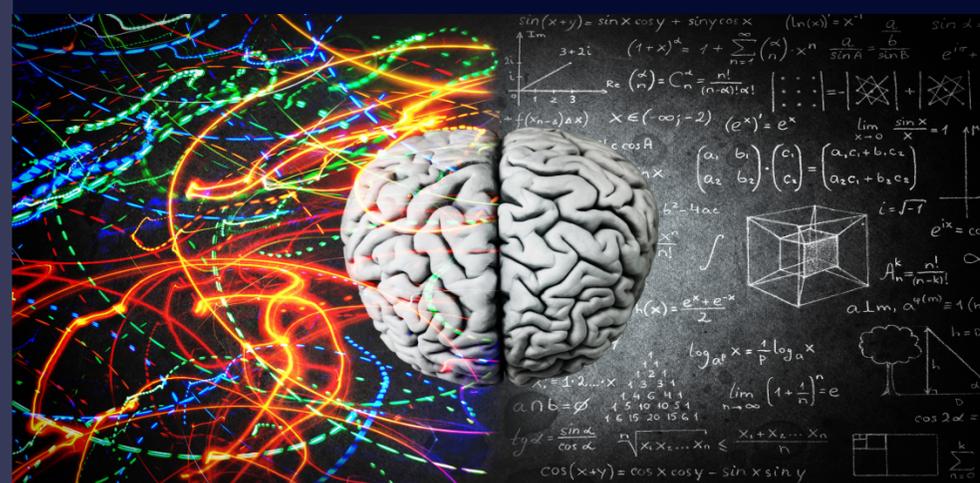


CATASTROPHIZIN

"One mistake means I'll get fired"

ALL-OR-NOTHING

"If this isn't perfect, it's worthless"



MIND-READING

"My boss thinks I'm incompetent"

COMPARISON

"Everyone else has it together except me"



The Power of "Yet"

FIXED MINDSET

Tyranny of now—failure feels permanent

"I failed"

"I can't do this"

"This is too hard"

GROWTH MINDSET

Power of yet—path into the future

"I haven't succeeded YET"

"I can't do this YET"

"This is hard right now"

ACTIVITY: PRACTICE REFRAMING

1. Think of one current stressor
2. Write down: Unhelpful thought
3. Rewrite an alternative, balanced thought

What You Can and Cannot Control

I CAN CONTROL

My thoughts
My perceptions
My behaviors
How I treat others
My effort

I CANNOT CONTROL

Other people
The past
Many external events
Others' opinions
Outcomes

BUILDING BLOCK 4: CONNECTION



- Resilience is social—strong relationships are the #1 protective factor
- At work, we often hesitate to ask for help (fear of looking weak/incompetent)
- Support networks provide emotional and logistical help

Activity: Identify Your Resilience Allies

- Who are 2-3 people you could turn to for support?
- What specific support do you need right now?
- Who could you offer support to this week?



NOTICE
(Self-Awareness)

REACH OUT
(Connection)



REGULATE
(Emotion Tools)

REFRAME
(Cognitive Flexibility)

Putting It Together: Resilience Cycle

Build Your 30- Day Resilience Plan

**YOU DON'T NEED TO BE PERFECT—YOU
NEED ONE MICRO-HABIT YOU'LL ACTUALLY
DO**

[Small, consistent practice builds resilience over time](#)

Your Personal Resilience Plan

ONE RESILIENCE SKILL I'LL PRACTICE:

- Self-Awareness
- Emotion Regulation
- Cognitive Flexibility
- Connection

ONE MICRO-HABIT I'LL TRY THIS WEEK:

Examples:

- Morning check-in
- box breathing
- one daily reframe
- reach out to one ally

RESILIENCE CUE

Examples:

- Post-it on monitor
- phone reminder
- calendar block

ACCOUNTABILITY PARTNER

One person I'll share this plan with

Final Reflection

WHAT'S ONE THING FROM TODAY YOU'LL REMEMBER WHEN THINGS GET HARD?

Additional Slides to consider

ACTIVITY: KNOWING YOUR STRENGTHS



Individual (3 min): Write 5 strengths that helped you through tough times



Examples: persistence, humor, problem-solving, asking for help, staying calm



Quick verification (2 min): Circle your top 2, write one example for each



Pair share (5 min): Share your top strength with partner
