
TTI DNA[®]

Resiliency

A session from
Rx Online

Resiliency

Quickly recovering from adversity.

Why is this skill important?

An essential part of Resiliency is your attitude and approach to setbacks. You must believe in your ability to get back up on the horse. Effective leaders are able to accept defeat, failure or rejection and let it roll off their backs so they can get back to work.

Resiliency is doesn't mean that you don't fear rejection or failure, it means that you're willing to accept that it happens in life, to learn from it, and to not let it derail your goals or objectives.

Those that are skilled in Resiliency expect to hear the word no, but they don't see it as a hard no, they see it as a not right now. They are willing to try again, in a week, in a month, in a year, they aren't worried about the time line, they are worried about meeting their goal and they have confidence that they will meet it eventually. Setbacks and obstacles aren't major events for those skilled in Resiliency, they are part of everyday life. They don't dwell on mistakes or missteps, but instead take them in stride and use their new knowledge to keep moving forward.

Unfortunately, people with poorly developed Resiliency will be easily discouraged from the task at hand. They may be so discouraged that they give up all together and, even worse, decide it is a task they will never be able to do. That kind of fixed mindset, believing that a single failure defines their abilities, keeps those with low Resiliency stuck right where they are.

Resiliency is about perseverance in the face of obstacles and working towards your goals no matter what.

What skills are associated with Resiliency?

Someone who has mastered skills associated with Resiliency:

- Demonstrates the ability to overcome setbacks.
- Strives to remain optimistic in light of adversity.
- Evaluates many aspects of the situations to create a positive outcome.
- Recognizes criticism is an opportunity to improve.
- Accepts setbacks and looks for ways to progress.
- Utilizes feedback to forge forward.
- Seeks to understand how certain obstacles can impact results.
- Sees the unique opportunities by overcoming challenges.
- Swiftly works through the emotions and effects of stressful events.
- Copes with the inevitable bumps in life.

How do you develop your own skills in Resiliency?

- Continue toward goals in the face of difficulty and adversity.
- Treat your goals like "promises" to yourself. Then, keep your promises!
- Put yourself on the spot. Take chances for the things you really want to achieve.
- Handle criticism and rejection from others with objectivity.
- Don't take "NO" personally.
- Be prepared to explain your rationale. Help others to understand you, don't get defensive.
- Recover quickly from personal setbacks.
- Admit your mistakes and quickly move on.
- Don't panic! Most difficulties can be easily overcome if you remain objective.
- Move past unforeseen obstacles without unnecessary delay.
- Focus on your ultimate goal. If you keep the big picture goal in mind, small set backs along the way won't affect your long-range plans.

Resiliency

Activities

Activity 1: Rewriting the Narrative

Think of a narrative that you tend to replay over and over again in your head that causes you stress or worry every time you re-tell it. Reliving this moment in the same way over and over again, is neither healthy nor productive. But using the same story, you can rewrite the narrative to either view the outcome in a more positive light or to discover a learning opportunity to help inform your future decisions.

You cannot rewrite the past or erase mistakes that were made, but by reframing the narrative, you can become more resilient and use those past experiences to help you grow.

Activity 2: Reveal Your Why

Studies show that those with a firm understanding of their why, or purpose, in life have more resilience in general than those who do not. If you are able to connect to your deeper why in even the most difficult situations, you're more likely to keep pushing towards the finish line. Knowing why you're doing something will help keep you focused on the end goal.

Take a moment to answer the following questions to help reveal your personal why:

Why do you get up in the morning?

What keeps you awake at night?

When do you feel the most alive?

What does being successful mean to you?

What words would you want someone to use in order to describe you?

Who do you want to be when you grow up?

What do you value most?

How can you positively impact the world every day?

Now write a purpose statement that takes all of these thoughts into account.
