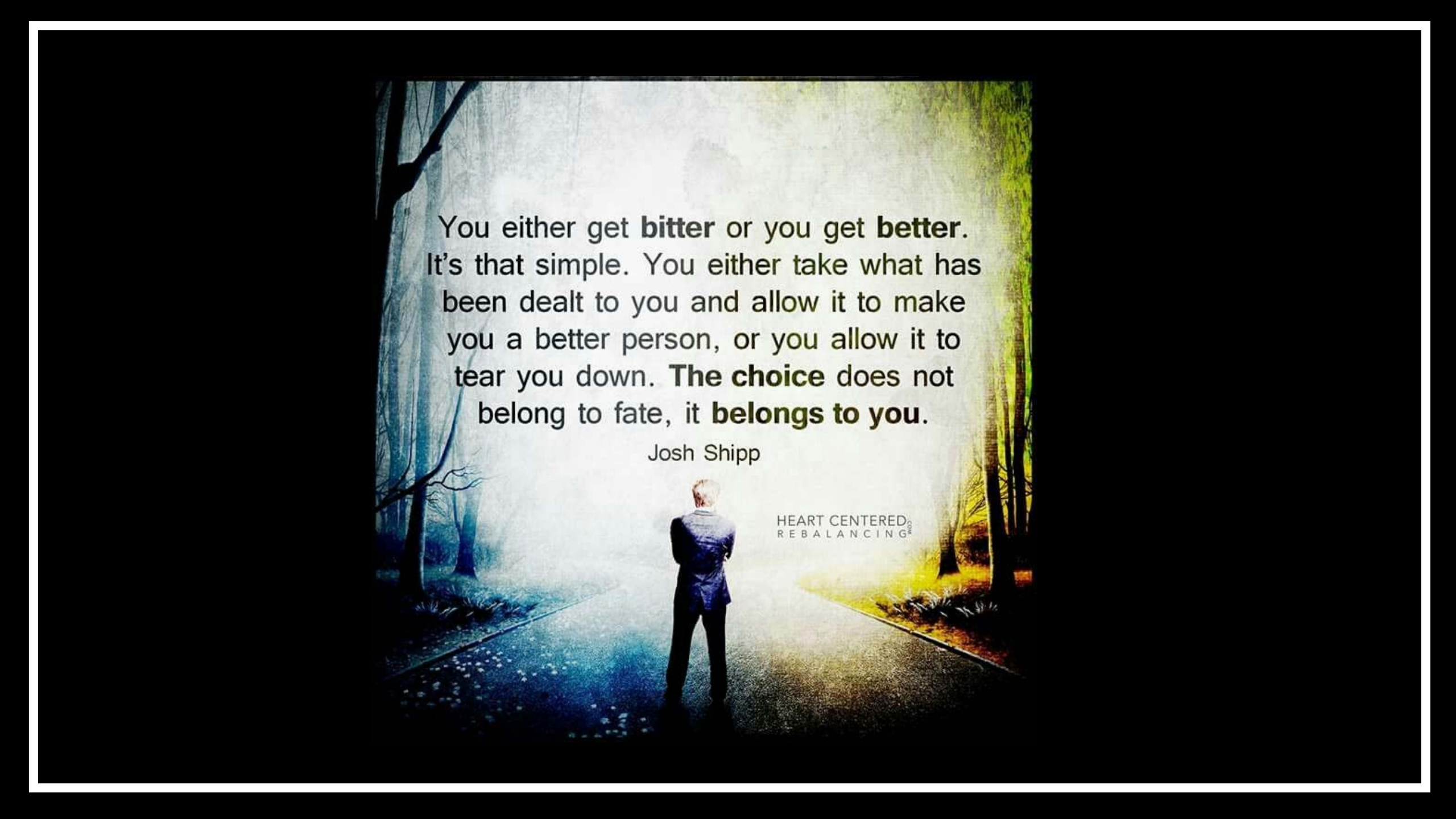


Resilience

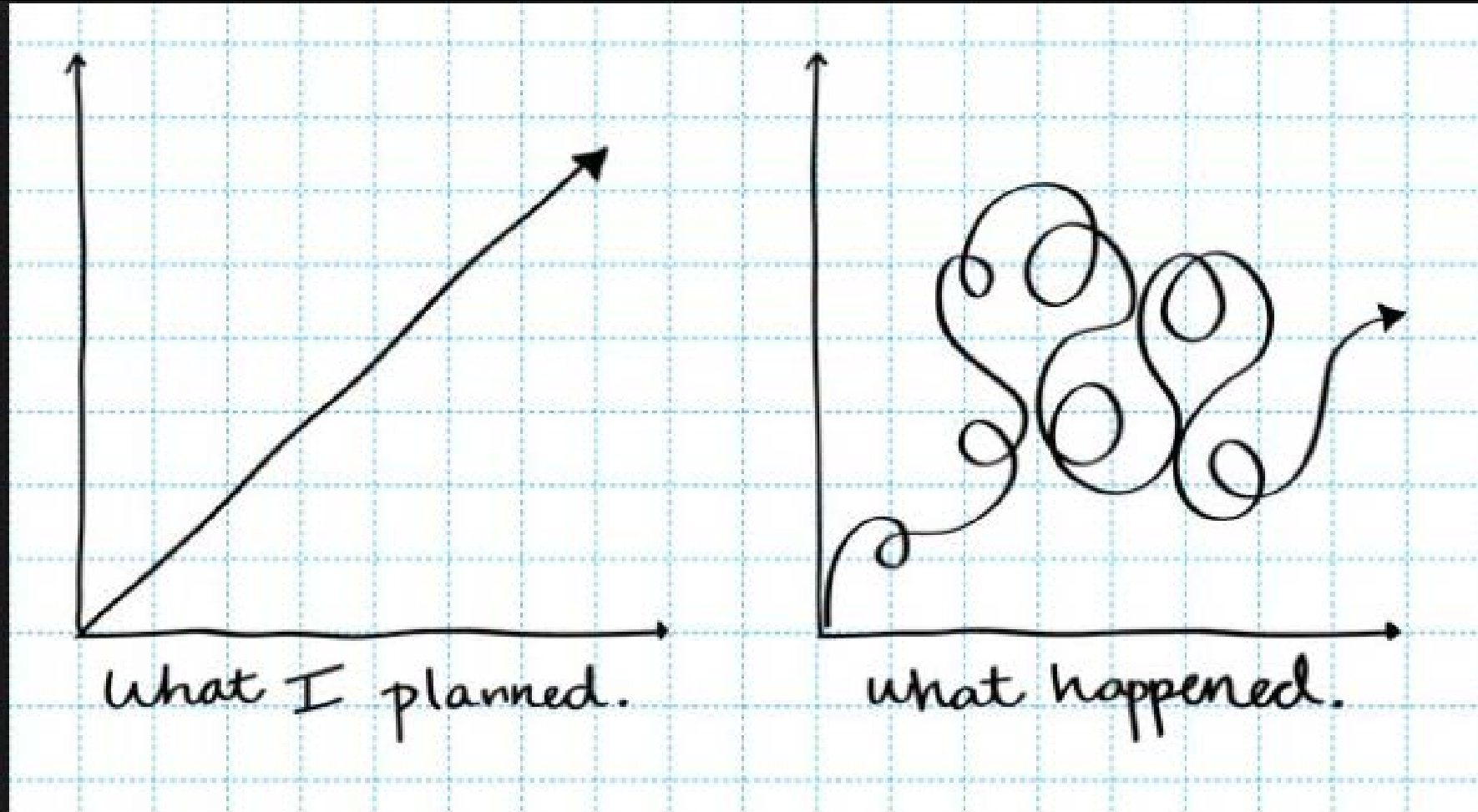




You either get **bitter** or you get **better**.
It's that simple. You either take what has
been dealt to you and allow it to make
you a better person, or you allow it to
tear you down. **The choice** does not
belong to fate, it **belongs to you**.

Josh Shipp

HEART CENTERED^{co}
REBALANCING^{co}



Skills to be resilient

- Flexible/adaptable/willing to learn
- Embrace change
- Be a bridge builder – help to execute change
- Don't isolate yourself – build relationships/make connections
- Bouncing back is about how you think
- Be willing to try new things



Panel Discussion



Resilience Review

- Face the facts... but don't take it personally
- Change your focus
- Guess what I learned!
- Use your resources
- Put the "I" in team...

Sources

- Valorie Burton, *Successful Women Think Differently*
- John Gordon and Damon West, *The Coffee Bean: A Simple Lesson to Create Positive Change*
- NCBI: Grin and bear it: the influence of manipulated facial expression on the stress response
- CNN.com – “Reclaim Your Career: The New Career Advantage, Being a Resilient Worker”
- The Road to Resilience – the other APA... American Psychological Association

Contact Information

- Terri Willis

Director, Infrastructure and Sustainability
Human Resources

University of Colorado Boulder

Terri.Willis@colorado.edu

Phone: 303-492-1208

- Jenna Elmer

Assistant Director, Facilities Management Human
Resources

University of Arizona

Jrelmer@email.arizona.edu

Phone: 520-621-3849

