



# Enhancing Optimism & Resilience: Thriving in Uncertain Times

**While we wait for the meeting to begin, feel free to introduce yourself in the chat box with your name, location and profession**

# Special Thank You's



**Brand  
Construction**



**Larry Gordon**

**Anthony Leo**

**Melissa Wells**

# Enhancing Optimism & Resilience: Thriving in Uncertain Times

*Welcome*

# Learning Outcomes

- Define Optimism & Resilience
- Develop & Share Strategies to Enhance Optimism & Resilience



# Optimism & Resilience

What is the relationship between optimism & resilience?



# Optimism & Resilience

1. Indicator of resilience
2. Leader's optimism promotes resilience
3. Optimism activates brain pathways for coping



# How Would You Define Optimism?

- “The capacity to see, to feel and to focus on the good in ourselves, in others and in the world around us.”  
*...Steve Gross, founder & Chief Playmaker of Life is Good*

**“You cannot spread what you do not have.”**



# Optimism Spectrum



## What type of Optimist are you?



# 4 Central Domains of Optimism



## Internal Control

Having a sense of safety & empowerment; feeling like you can take effective action.



## Social Connection

The quality of our lives is in direct proportion to the quality of our relationships.



## Engagement

Creating spaces that foster creativity and curiosity to be in the present moment.



## Joyfulness

An enduring sense of positivity and gratitude; bringing humour and fun to any situation.

# How Would You Define Resilience?

“The capacity to recover quickly from difficulties; toughness.”  
*...Oxford Dictionary*

“Resilience means knowing how to cope in spite of setbacks, or barriers, or limited resources. Resilience is a measure of how much you want something and how much you are willing, and able, to overcome obstacles to get it. It has to do with your emotional strength.”

*...Dr. Tony Alessandro*

# Qualities of a Resilient Person...

- ...Sense of purpose and direction
- ...Emotional Intelligence
- ...Recognizes challenges
- ...Has coping strategies
- ...Grows and develops





# Strategies

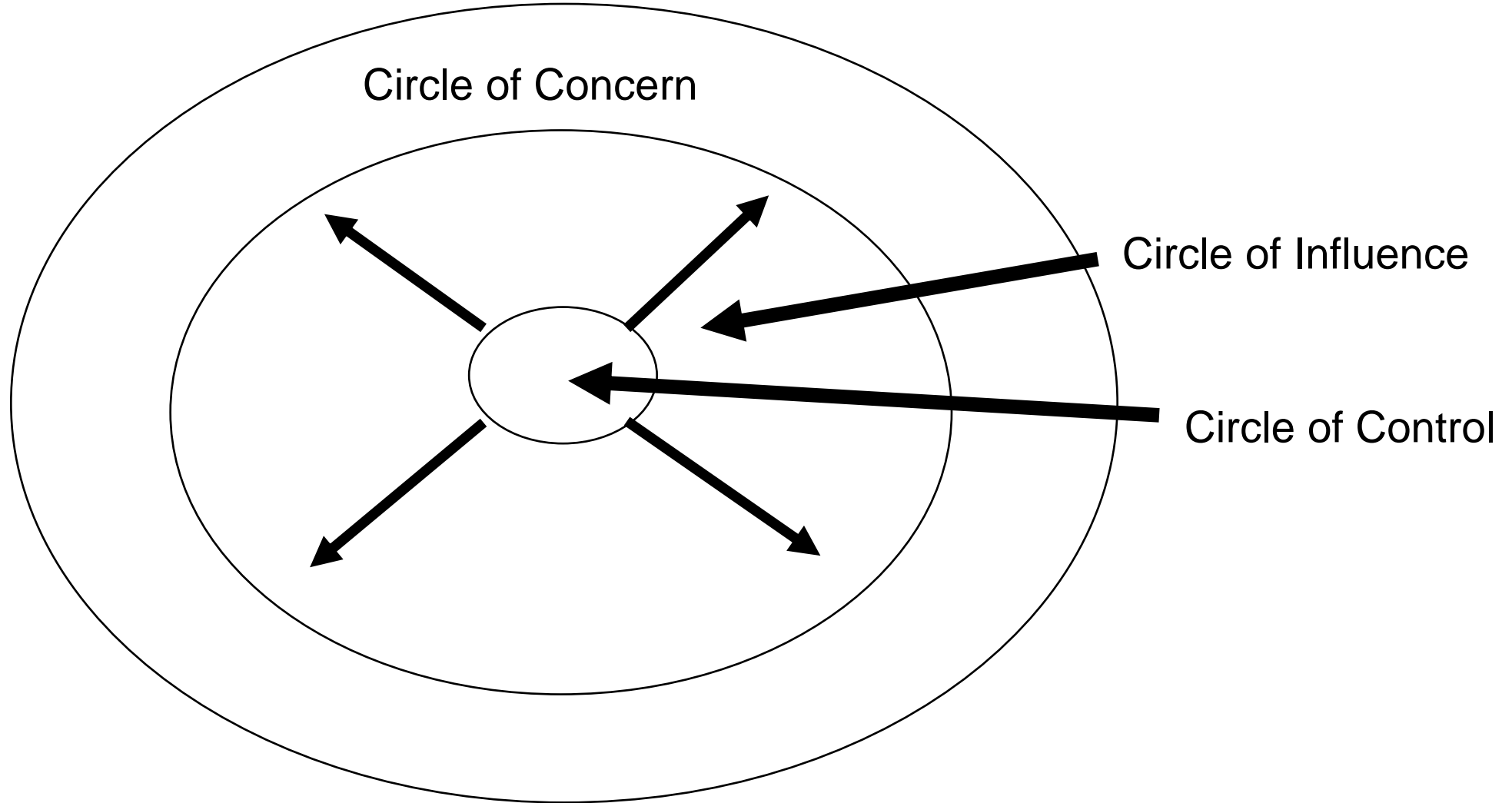


# Covey's Circles



**Circle of Concern**

# Covey's Circles



# Circles During Covid

| Beyond My Control  | Within My Control  |
|--|--|
| Other's behaviour and actions (or lack of responsible actions).      | My behaviour and actions to help limit the spread of the virus.    |
| The declining stock market and its impact on my job and investments. | How I leverage the unexpected time I have to improve my situation. |
| Missed goals and targets due to the unexpected lost business.        | How I adapt budgets and strategy for sustainability.               |

Adapted from: How to Have Confidence When You're Not in Control by Tim Arnold



# Grounded Leadership

**The outside  
appearance**

**The hidden  
foundation**



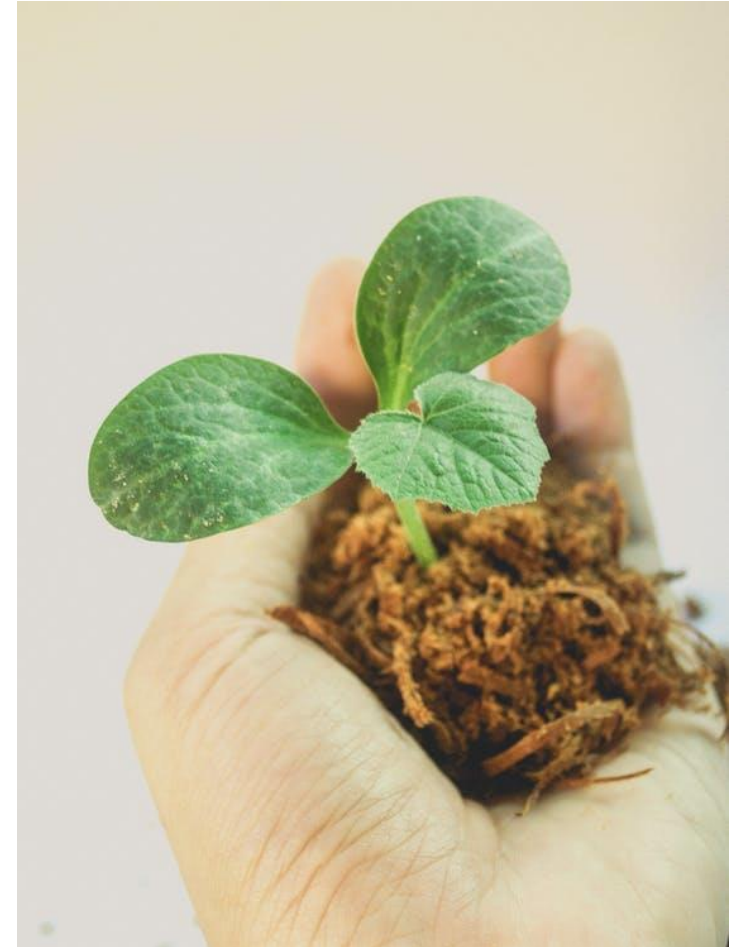
**What you do**

**Who you are**

# Six Roots of Grounded Leadership

1. Physical Health
2. Emotional Health
3. Intellectual Health
4. Social Health
5. Vocational Health
6. Spiritual Health

**What root/s do I want to work on?**



# Some Strategies

- Start each day with:
  - *I will let go of...*
  - *I am grateful for...*
  - *I will focus on...*
- Have a plan for each day – routine is your friend.
- Take the time to do something you've never had time for before
- Connect with someone you haven't talked with in a while

# More Strategies

- Reduce your screen time on social media and news channels
- Take a walk or get some type of exercise
- Meditate and Reflect
- Keep a journal – this is history in the making
- Reconnect and deepen relationships
- Bring the element of play into your life

# Best Practices

- What other strategies can you share?





# Q & A







*A Final Thought....*

“Grant me the serenity accept the things I cannot change; courage to change the things I can and the wisdom to know it’s me.” ...Unknown



**For follow up questions, please contact:**

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**Next event: Wednesday May 20 1pm**

**“CUSTOMER EXPERIENCE COVID19 PLAYBOOK”**

**Speakers: Matt Kelly, Claude Ricks**  
**Level5 Strategy**

**Register - [ageworks.co](https://ageworks.co)**