



# Are You Resilient?

## Traits of Resilient People

- Playful, childlike curiosity
- Constantly learns from experience
- Adapts quickly
- Have solid self-esteem & self confidence
- Have good friendships/loving relationships
- Expresses feelings honestly
- Expects things to work out well
- Reacts to others with empathy
- Uses intuition, creative hunches
- Stands up for self
- Gets better and better

## Navigating Thru Tough Times

Resilient people:



accept that bad stuff happens and suffering is a part of life. (Self-Compassion)



choose carefully where to focus their attention and tune into the good. (Self Awareness) See #4.



ask, "Is what I am doing to cope helping or hurting me?" (Self-Regulation)

*The 3 Secrets of Resilient People  
Lucy Hone - TedX Christchurch*



## Resiliency

*The capacity to recover quickly from difficulties.*



## Tune In to the Good

List what you are grateful for today.

- 1.
- 2.
- 3.



## During Change

All can be anxious, uncertain and insecure. They want to know:

- Do you care about me?
- Can you help me?
- Can I trust you?

So, listen to concerns, own the change, communicate the why and empower others.

## Take the resiliency test

<https://resiliencyquiz.com/index.shtml>



Let us speak to your organization about resiliency or coach you through transitions.

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