The Brilliance of Resilience

Beating Burnout in the Digital Age

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As a Project Manager...

How often do you feel challenged...
My brain has too many tabs open.
Roadmap

• Overview
• Challenge
• Resilience
• Growth
• Supporting Others
Group Agreements

• You get to be where you’re at
• Step Up / Step Back
• Confidentiality (Vegas Rules)

What else?
Challenge
To test the abilities of.
Personal

- Physical
- Educational
- Emotional
- Financial
- Social
Personal  Workplace
Why do we suffer in silence?
Stigma & Judgment
EVERYONE HAS A STORY
The Challenge Story

1. Think of a challenge you’ve overcome
2. Write down the story
3. Answer the question:
   “What happened?”
Share your Story
Resilience

The capacity to recover quickly from difficulties; toughness.
• Curiosity
• Asking for help
• Self-talk
Curiosity
Asking for Help
Self-Talk
The Resilience Story

1. Go back to your story
2. Re-write from the start
3. Answer the question:

“What did I do?”
Share your Story
Growth

To come into existence and develop.
What’s different?
Change The Story
The Growth Story

1. Go back to your story
2. Re-write the story again
3. Answer the question:

“What did I Learn?”
Share your Story.
How can this help me as a PM?
Fostering Resilience In Teams
Challenge

Listen to

Connect
Resilience

Ask if Help is Wanted
Growth

Facilitate Reflection
What Are You Taking Away?
A gift for you…

Go to:

www.kiwilive.com

Enter the keyword:

BRAIN

1. Learning Resources
2. A set of 8 Neuroscience Icebreakers
Please reach out with any questions!

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