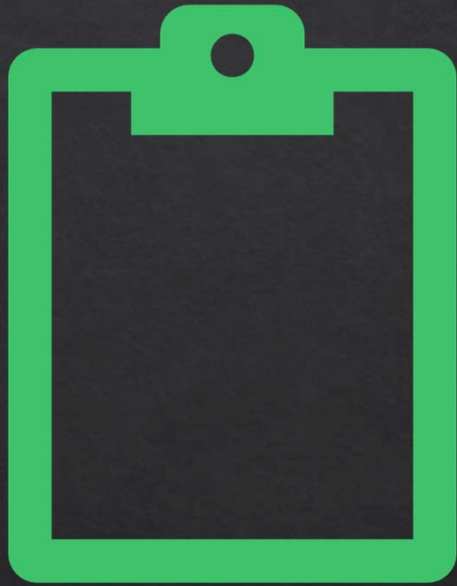


A vibrant wall made of horizontal wooden planks in various colors including blue, green, red, yellow, and purple. The word "WELCOME" is spelled out in large, three-dimensional letters that are also made of these colorful planks. The letters are arranged in a slightly staggered, handcrafted manner.

WELCOME

Please mute your line. We will begin shortly.
You are welcome to join via video – we'd love to see you!



POLL!

How are you today?

- I'm FANTASTIC!
 - Ok
 - So-So
- Not so good
 - Terrible

Resilience

6 May 2020

Angela Chiarenza



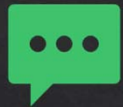
CHAT



POLL



WHITE BOARD + ANNOTATIONS



BREAKOUTS

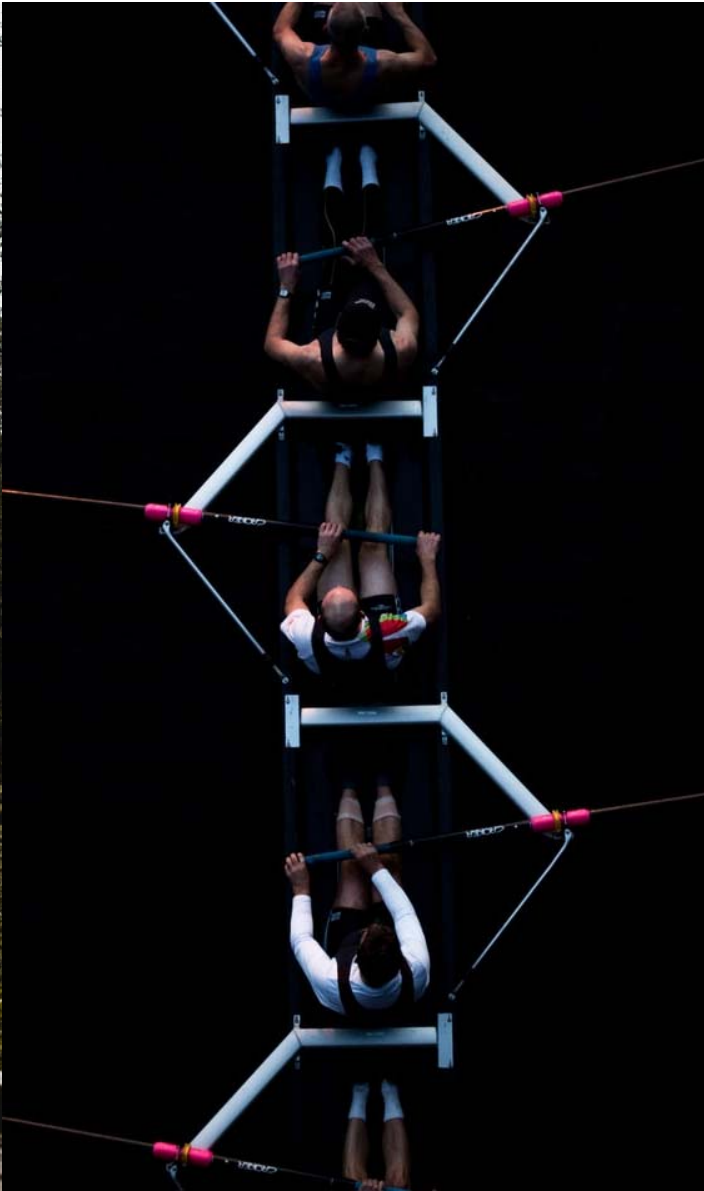


PEN + PAPER

GROUP WHITEBOARD

What image comes to mind for you when you hear the word resilience?









Where would you place yourself on this continuum with regard to your level of resilience right now?

✓(use the stamp feature)

Not Resilient

Somewhat Resilient

Very Resilient





VOLUNTEER!

- ◇ 6 volunteers needed to read a quote!
- ◇ Utilize the chat feature; the 1st six people to respond will contribute by reading a quote.

“Resilience is based on compassion for ourselves as well as compassion for others.” (Sharon Salzberg)

“Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.” (Yasmin Mogahed)

“Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that is good.” (Elizabeth Edwards)

“Grief and resilience live together.” (Michelle Obama, Becoming)

“Resilience is the ability to absorb the high level of disruptive change while displaying minimal dysfunctional behavior.” (Connor 1992)

“It is not just ‘bouncing back’, picking yourself back up after being knocked down....Resilience is the capacity to remain flexible in our thoughts, feelings, and behaviors when faced by a life disruption, or extended periods of pressure so that we emerge from difficulty stronger, wiser, and more able.” (Carole Pemberton)

Which quote resonated with you?

(please raise your hand to share)

“Resilience is based on compassion for ourselves as well as compassion for others.” (Sharon Salzberg)

“Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.” (Yasmin Mogahed)

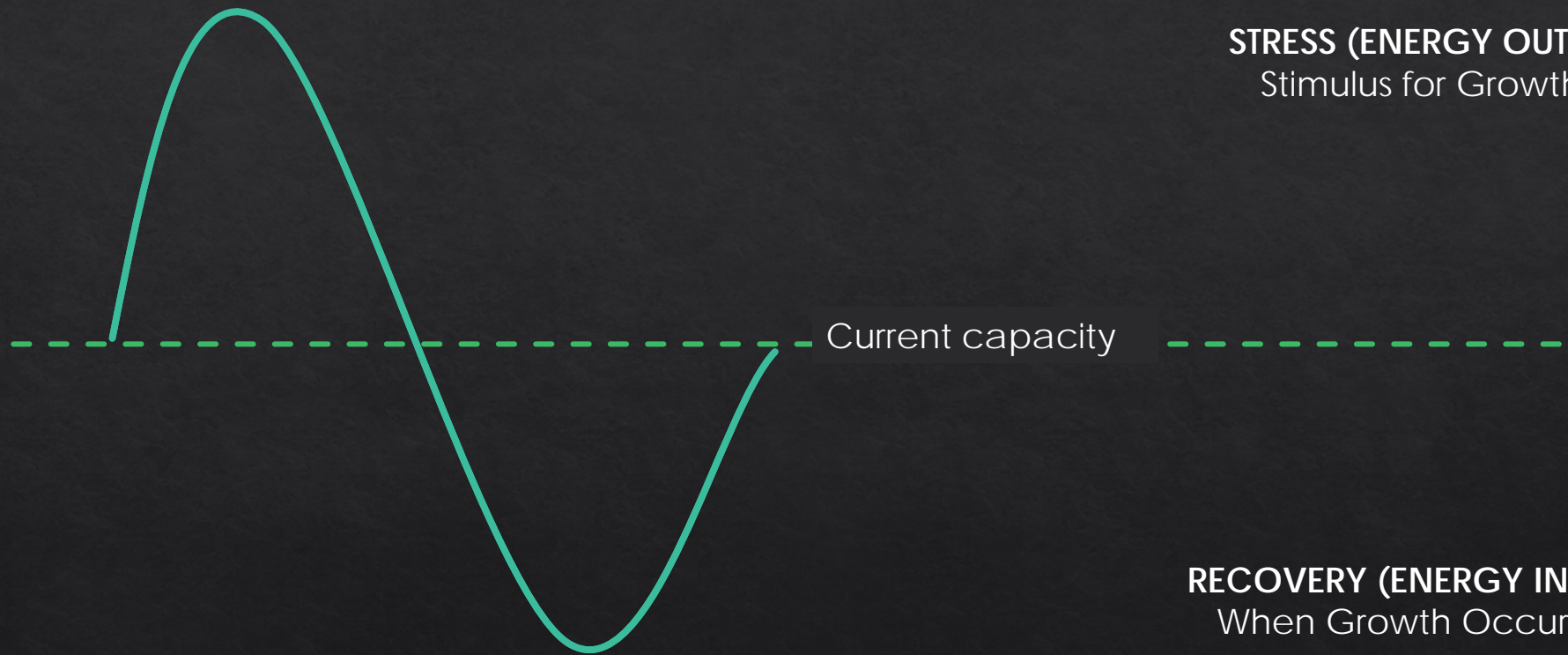
“Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that is good.”
(Elizabeth Edwards)

“Grief and resilience live together.” (Michelle Obama, Becoming)

“Resilience is the ability to absorb the high level of disruptive change while displaying minimal dysfunctional behavior.”
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Energy Expenditure

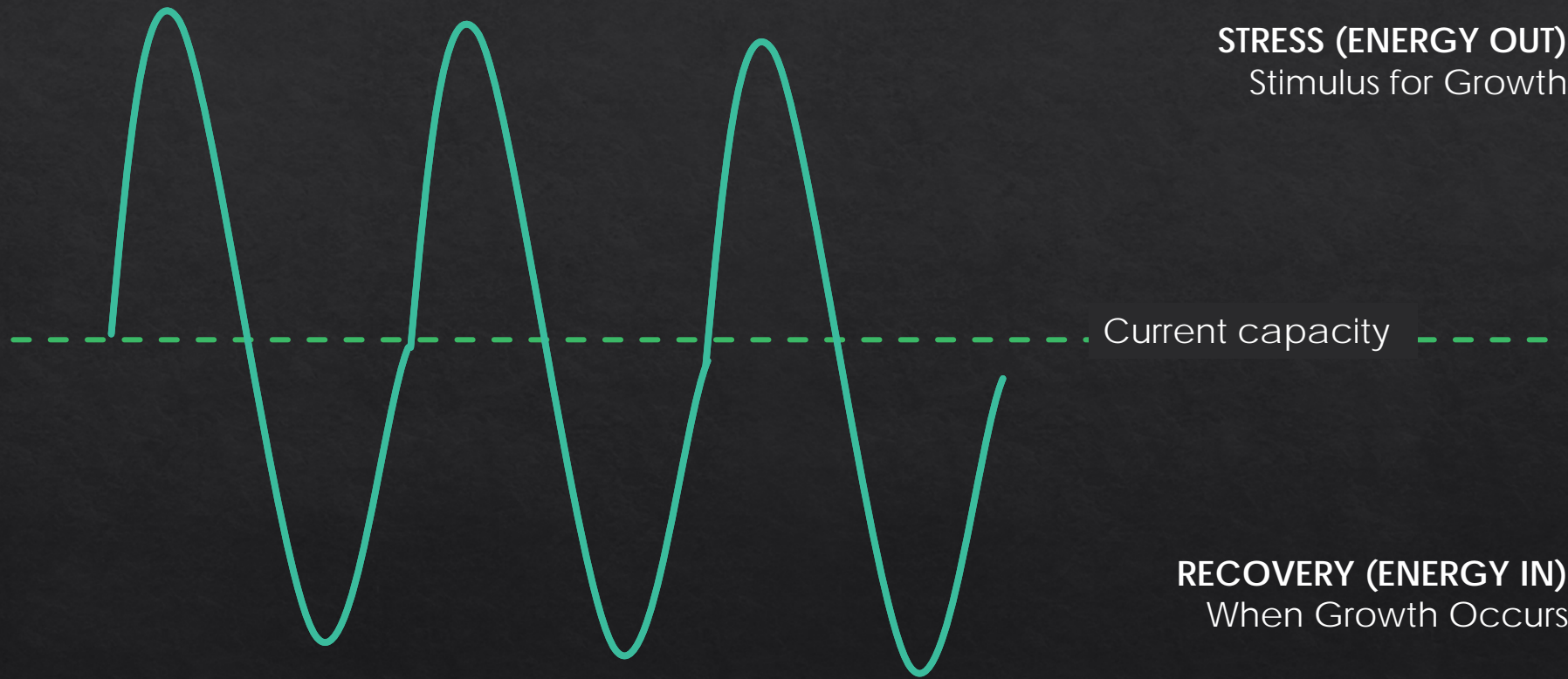


STRESS (ENERGY OUT)
Stimulus for Growth

RECOVERY (ENERGY IN)
When Growth Occurs

Source: <https://www.valic.com/education-center/life-events/how-do-you-manage-stress>

Energy Expenditure



Source: Corporate Athlete Participant Manual, 2016



Reflection

Grab a pen and paper.

Write about a time when you were
resilient.

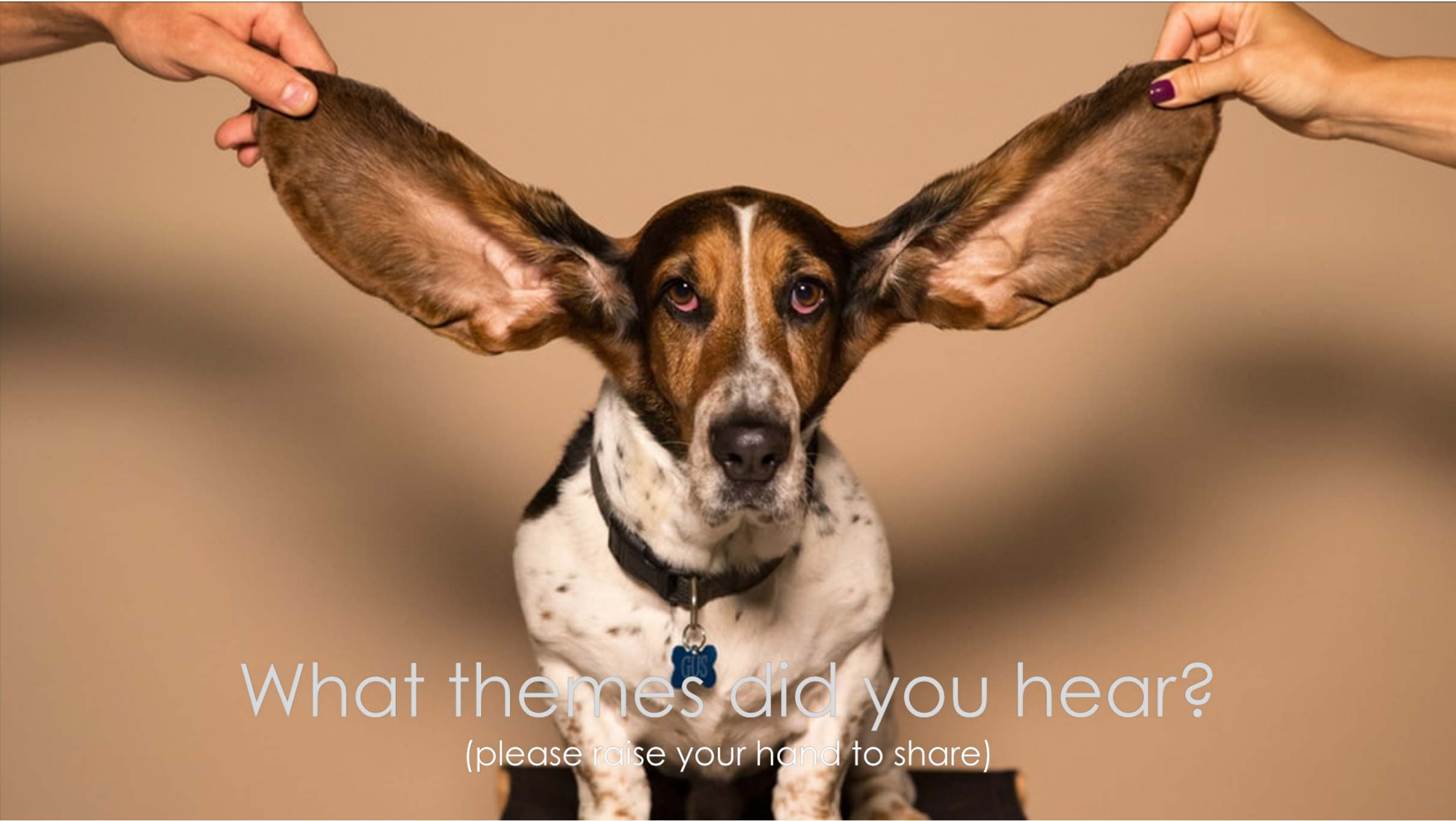
(2 minutes)



BREAKOUT



- ◇ Now, please join your breakout room invitation.
- ◇ Share your name, and in just a few sentences, describe a little bit about what you wrote down.
- ◇ We will call you back from your breakout.



What themes did you hear?

(please raise your hand to share)

Sphere of Influence

YOU
ARE
HERE

EVERYTHING ELSE

A large, dense pile of unsorted puzzle pieces in various colors including yellow, orange, red, green, blue, and grey. The pieces are scattered and overlapping, creating a complex, textured background. The text "What might you try?" is centered over the middle of the image in a white, sans-serif font.

What might you try?

GROUP WHITEBOARD

I commit to:



“We have survived as a species for over 100,000 years. What’s amazing to me as an archeologist is the more and more I study, the more I realize: We are resilient. We are creative. We are brilliant. And this is what makes us human. And that has not changed since we’ve been human.”

Sarah Parcak, Archaeologist

DANKE!
THANK YOU!
MERC!
GRAZIE!
GRACIAS!
DANK JE WEL!

.....



Angela Chiarenza
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Resources

- ◇ [To Handle Increased Stress, Build Your Resilience](#)
- ◇ [Resilience Is About How you Recharge, Not How You Endure](#)
- ◇ [Recovery and Resilience Connection](#)