

CULTIVATE GRIT AND RESILIENCE WORKSHOP

GOALS / OBJECTIVES

After participating in this workshop you will be able to:

- Define resilience and grit and identify the benefits of these character traits.
- Choose from a variety of techniques to increase confidence and boost resilience and grit.
- Utilize tools to prepare for challenges and change with a sense of calm and wellbeing.
- Design a plan to integrate resilience and grit building tools into your daily life.

DEFINITIONS

RESILIENCE: *An ability to recover from or adjust easily to misfortune or change.*

GRIT: *Courage and resolve; strength of character.*

BENEFITS

- Perform positively and effectively when faced with time pressures, adversity, disappointment, or conflict.
- Persevere without losing confidence.
- Remain focused, composed, and optimistic in difficult situations and recover quickly from setbacks.
- Quickly and positively respond to unforeseen changes or complications.
- BE HAPPIER

TOOLS & TECHNIQUES

Mindfulness

- Mindfulness is paying attention to one's experience in the present moment. It involves observing thoughts and emotions from moment to moment without judging or becoming caught up in them. During a practice session, when the mind wanders, the person ideally takes note of where it goes, and calmly returns to the moment at hand, perhaps focusing on breath, bodily sensations or a simple yoga move.

Reframe

- Why is this happening for me?
- How can I grow from this experience?
- What lessons can be learned?
- How can I use this experience to help me move forward?

The Company We Keep

Take Inventory

- Who do you know that exudes a positive outlook?
 - Friend or family member
 - Character from a book
 - Teacher or colleague
 - Someone you'd like to know better
- How can you increase the time you spend with people -
 - who fill you with positive energy?
 - who have similar goals?
 - who will support your journey towards dreams and goals?
 - who will celebrate your successes - both big and small?

Gratitude Meditation - Meditation is the practice of focusing attention on one focal point, observing distractions objectively, then redirecting attention back to the focal point.

- Directions
 - Put your body in a comfortable position.
 - Breathe in a comfortable rhythm.
 - Quietly, in your mind, in a gentle tone of voice, say to yourself "I am grateful for ... I am grateful for..." List what you are grateful for or simply repeat, "I am grateful, I am grateful."
 - As thoughts come to mind, as we become distracted by sounds, emotions and other sensations, let the distractions and thoughts happen. Observe them objectively, with a sense of detachment, without judgment and without criticism then gently shift attention back to the mantra or back to breath.

Observe Your Thoughts and Your Patterns of Thinking

- Be Where Your Feet Are
 - Do you tend to dwell on the past or ruminate on the future?
- Describe Your Thought
 - Positive or Negative
 - Do they build you up or pull you down?

Observe Your Feelings / Emotions - Hold a Curious Attitude

- Be with and acknowledge feelings of discomfort.
 - Why am I feeling this way?
 - What are the feelings trying to tell me?
- Be with and acknowledge positive feelings.
 - Why am I feeling this way?
 - What are the feelings trying to tell me?
- Develop, Nurture, and Harvest Positive Emotions

DESIGN A PRACTICE

Choose a Technique or Tools

- What technique(s) would I like to experiment with?
- What stood out for me today?
- Which one do I think I'll have the most success with?

Select a Time or Times

- In the morning to start your day.
- Before bedtime/and or if you wake during the night.
- Before or after a meal time.
- During a work or school break.
- In preparation for a test or challenging meeting
- Any time you'll do it!

Determine Strategies to Remember to Practice

- Paper or electronic calendar
- Alerts or reminders
- To do list
- Note on your computer, refrigerator, etc.
- Environmental Cues (stop signs, doorways etc.).

Share Your Plan

- Let the people in your life know this is important to you.

PRESENTOR

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RESOURCES

YouTube: <https://www.youtube.com/channel/UCT430T48CQz2CHwOguSgRdQ>

- Ellen Robertson Wellness: Grit & Resilience Workshops

International Association of Yoga Therapists <https://www.iayt.org>

National Board Health and Wellness Coaches <https://nbhwc.org/>

Mindfulness for Beginners, Jon Kabat-Zinn