



Coaching to Evolve

Be Resilient!

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Have you ever been told, when suffering a setback to your plans, to get up, brush yourself down and get on with it?

Typically, your reaction might be to

- actively or passively resist; lose motivation; get frustrated or discouraged; seek escape.

Alternatively, you could

- accept the setback and engage in addressing it. You could instead opt to be resilient!

What does resilience mean?

What do you have to do to be resilient? In my last article, I wrote about reviewing goals, and dealing with stress and anxiety. Being resilient is another side to those coins.

You can choose to be resilient when setback or failure occurs. When one or both occur, you do not have to feel down. You do not need to feel it is your fault. You can decide to think differently. You can change your attitude from one that causes you to feel down or that makes you feel you have done something wrong.

What is the approach to take?

Take the attitude that there is no such thing as failure. Instead there is an opportunity to learn something, to get feedback. With learning and feedback, you can grasp the opportunity to revise your plan or strategy; you can decide to do something different and take that action. This is a **positive** response.

Furthermore, you can choose to decide that it is not anyone's fault; that what is important is to find a solution that you [and others affected] can move forward with.

Take two different reactions when something goes wrong.

- The first is to immediately point the finger at someone to blame, and do nothing positive to resolve the issue.
- The second is to start analysing what went wrong and come up with a solution.

Which reaction is more valuable to a business? I leave you to decide.

Essentially, resilience is about changing the context of the setback or failure. Instead of feeling down, frustrated or depressed, you can choose to adopt a positive attitude and recognise an opportunity to learn and get feedback. How good is that?

How does this apply to the lockdown period? The lockdown can be interpreted as a setback for some of us, but for others it is a change, an opportunity. Either way, opting to adopt a positive mindset and attitude is the optimal way to behave.

You decide what has changed in your work or personal life. You haven't failed, you haven't done anything wrong, but something has changed, so take the chance

- to learn,
- to analyse,
- to decide how to change your plan or strategy to progress towards your goal[s].

My coaching sessions are often about the above, and my offer to give two free 40-minute coaching sessions remains, so if you feel that might help you during this lockdown period, please contact me.

All the best and stay safe,

John



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