

3 Resilience Skills To Reduce Stress And Stay Productive



Wini Curley, PhD
info@winicurley.com

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<http://www.WiniCurley.com>

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Experience and Training



Wini Curley, PhD

- Expertise in Biochemistry & Toxicology
 - 30 years Environmental Consulting
- Business owner 15+ years
- 30+ years Personal development reading, work shops, mentoring, training, personal growth
- 10 years private individuals and group clients addressing change, teamwork, and resilience skills.

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Stress



A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Dictionary Definition

Synonyms:

strain, pressure, worry, anxiety, trouble, hassle

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Resilience



“.....the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity.”

*Andrea Ovens – Harvard Business Review
What Resilience Means, and Why It Matters*

Synonyms:

Flexibility, toughness, strength, buoyancy, spirit

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Facing Challenges



“More than education,
more than experience,
more than training,
a person’s level of resilience will
determine who succeeds and who fails.

That’s true in the cancer ward, it’s true
in the Olympics, and it’s true in the boardroom.”

Dean Becker, Adaptive Learning Systems

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Facing Challenges

Growth.....Or Stagnation

Flow
Respond



Stuck
React

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Three Resilience Skills

1. Choose a response
2. Pivot Power
3. Clarify Control



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Workshop Ground Rules

- Present for entire time
- No side conversations
- Everyone's ideas and opinions are valued
- I am the only coach in the room



Be In Discovery

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Perception is Reality

Terrifying???

Or FUN!!!!



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Share Your Opinion

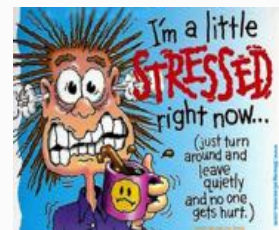


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How Stress Impacts Work

- Efficiency
- Productivity
- Accuracy
- Focus
- Meeting Deadlines
- Job Satisfaction
- Communication
- Relationships
- Energy



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Change Requires Awareness



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Choose Your Response



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#1 Choose a Response – Not Reaction

Notice your Reaction

- Awareness is the first step to change
 - Intensity is individual
 - Immediate vs delayed
- Pressure release can be messy
 - Fizz all over yourself and others
 - More mess to clean up
 - Contagious



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#1 Choose a Response – Not Reaction

Choose response based on desired outcome

Futile - Ineffective

- Emotional outbursts
- Want to be right
- Over analyzing/make it harder
- Playing victim
- Complaining to others



Productive

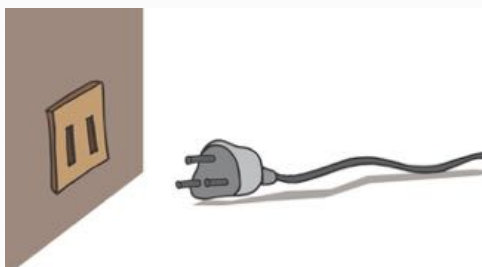
- Calm down and plan a response
- Manage pressure releases
- Clear logic
- Accept/own the change
- Negotiate alternatives
- Engage assistance



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Connect vs Disconnect



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Choose a Response Exercise



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Share Your Opinion



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Mindfulness and Awareness

"Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."
Mindful.org

Raise awareness of the moment

- Connect to experience
- Listen to inner knowing
- Choose from appreciation/love, not fear/defensiveness



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Connect to the Moment

Approaches

- Breath awareness
- Meditation/Prayer
- Sensory awareness
 - See
 - Smell
 - Taste
 - Touch
 - Hear

Activities

- Have a Laugh
- Listen to Music
- Connect to Nature
- Practice Gratitude
- Move Your Body

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Mindfulness Mantra

Pause - Breathe - Choose

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Connect to the Moment



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Gift – 2 Guided Meditations

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The Audio Power Duo!!!

7 MINUTES EACH

RECEIVE.....

2 SHORT, POWERFUL audio files:

- ✓ AM— Focus Your Energy for your Best Day
- ✓ PM— De-Stress and Relax for Restful Sleep

Listen Daily - 21 days anchors a change

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Pivot Powerfully



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#2 Pivot Power to Get Some Peace



Two 'Reaction' cases: No Win

1. Resistance so strong, can't modify action
 - Problem - Attached to being right
 - Impact - Appear defiant
2. Modify action, but internally still upset/resistant
 - Problem - Attitude comes through
 - Impact - Appear uncooperative even though complying

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#2 Pivot Power to Get Some Peace

- Self-Permission to Engage
 - What can you embrace?
 - Cost of not engaging
- Negotiate Options
 - Clarify agreements - reset
 - Difficult conversations
- Structure Actions
 - New direction is co-created
 - Identify deadlines and responsibilities



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Pivot Powerfully Exercise



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Clarify Control



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Share Your Opinion



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#3 Clarify Control



It is a myth that control is all yours

- Accept what you cannot change
- What aspects are tolerable/intolerable?
- Partnership – understand then be understood
- Identify boundaries – give and get
- Create a process
- Negotiate agreements (that you keep)

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Trust vs Control

- Only person you can control
- Dancing between them
- Controlling self vs others
- Trusting self vs others
- Deciding from love, not fear



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Why Resilience Skills Matter

- Determines how well you will succeed
- Enables leading from any position
- Developing Resilience Skills improves:
 - Stress Reduction
 - Productivity
 - Health
 - Relationships
 - Job satisfaction



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Completion Exercise



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Gift For You

Quick Stress Relief Guide™



1 page reference sheet
7 tips to reduce stress quickly, so you can
Pause - Breathe - Choose
Leave your business card (with email)
OR email info@winicurley.com

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Summary

You can learn these Resilience Skills:

- Choose your Response
- Pivot Powerfully for Peace of Mind
- Clarify Control (or not)



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Imagine...



- Disruptions do not derail you (for long)
- Frustrations flare up but don't linger
- More days you feel satisfied instead of overwhelmed
- You maintain effective focus and flow at work
- Home and work feel more balanced

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