

# Resilience in challenging times

Session 5



Recap



Spirituality



Self-awareness



Teams



Culture



Your journey



How well did you  
**know** your signature  
character strengths?



# Spirituality

Spirituality is about seeking a meaningful connection with something bigger than yourself, which can result in positive emotions.

*"The best way to find yourself is to lose yourself in the service of others."*

Mahatma Gandhi



Questions

# Spirituality Questions

For many, spirituality is connected to big questions about life and identity.

*What is the meaning of my adversity / suffering?*

*What is my connection to the world around me?*

*Do things happen for a reason?*

*How can I live my life in the best way possible?*



Video



*"What is necessary to change a person is to change his awareness of himself."*

Abraham Maslow



Benefits

95% of people think that they're self aware, however only 10-15% actually are.

# Benefits of self-awareness



More authentic



Better health



Better relationships



More connected to yourself



Discover life purpose



More able to change negative habits



Overcome addictions



More self-supportive



More social confidence



More fulfilling life

How do we build it?

# How do we build self-awareness

Stillness and reflection: Ask the "what" question

Know your key plans and priorities

Evaluate your characteristics

Solicit feedback from friends and colleagues

Set boundaries

Know your emotional triggers

Practice self-discipline

Embrace your intuition



Reactions to feedback



# Reactions to feedback

Defensive



VS



Cool-headed

Denial



VS



Acceptance

Superficial



VS



Genuine engagement

# What defines a high performing team?



Google

# Google spent 2 years studying 180 teams. The most successful teams all shared these 5 traits.

## 1. Dependability

Team members get things done on time and meet expectations.

## 2. Structure and clarity

High-performing teams have clear goals, and have well-defined roles within the group.

## 3. Meaning

The work has personal significance to each member.

## 4. Impact

The group believes their work is purposeful and positively impacts the greater good.

## 5. Psychological Safety

A situation in which everyone is safe to take risks, voice their opinions, and ask judgment-free questions. A culture where managers provide air cover and create safe zones so employees can let down their guard. That's psychological safety.



Traits

# High-performing teams

Shared vision



**WHY**

Psychological safety



**VULNERABLE**

Connection



**TRUST**

Embrace fear



**TAKE RISKS**

Collaborative intelligence



**EQ**

Accountability



**SELF-REGULATION**

**A high-performance team is one that exceeds all reasonable expectations and produces extraordinary results.**



# Your journey

Find your purpose. What is your **WHY**?

What is your **HOW** and what does it look like?

The power of **CONNECTION**

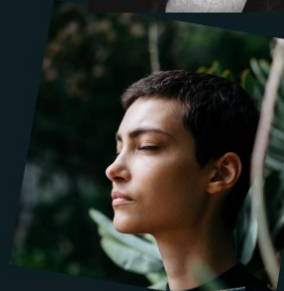
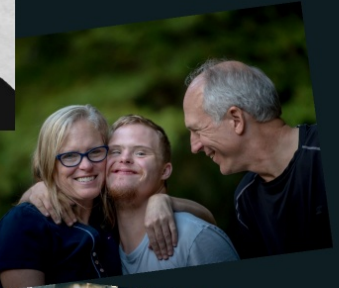
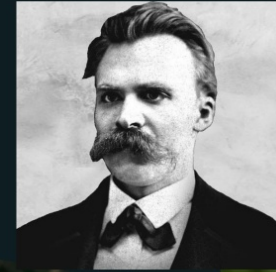
Have the **COURAGE** to move forward for **GROWTH**

Stay in your **GIFT ZONE** - know your **STRENGTHS**

**SELF-AWARENESS**

**STILLNESS** and **REFLECTION**

**SERVE** others



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