

Resilience in Turbulent Times

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This concept paper is about the pragmatic application of resilience to help you get through turbulent times. We will show you how to apply resilience to enhance your experience with conscious awareness, regardless of the circumstances around you.

Resilience is the art of recovering quickly from setbacks. It is a state of being that helps us move back into our center, our innate natural intelligence.

Resilience helps us with the following:

- Empower ourselves and others
- Enhance our ability to live fully
- Manage emotions
- Communicate effectively in challenging situations
- Expand personal influence
- Increase our creativity

Resilience requires one to stay open and optimistic. It is a key ingredient to succeed and stay happy in life. Infants and toddlers are resilient till they reach a certain age and slowly they adopt beliefs and stigmas that begin to undo their resilience.

Let us take a look at three of the vector components inherent in resilience:

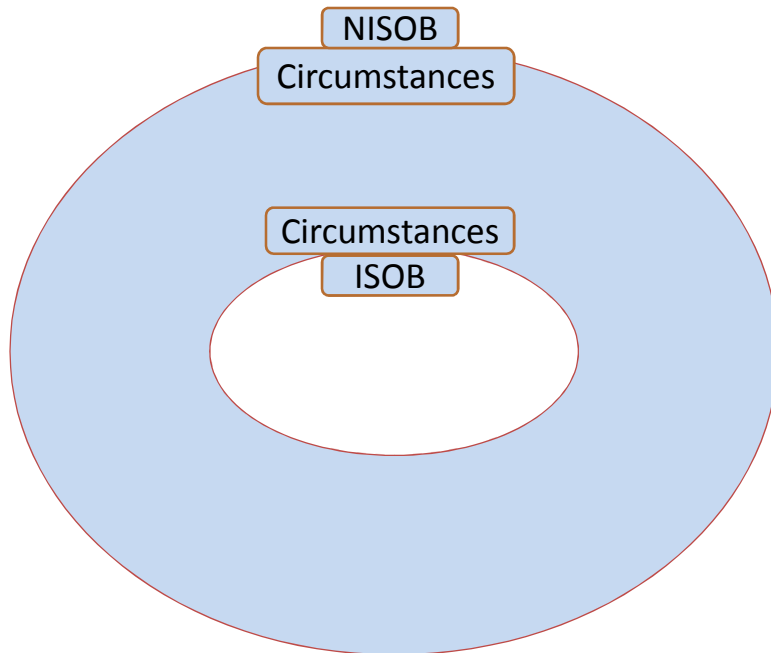
Openness + Optimism + Purpose

Openness:	Being open to different perspectives versus holding on to limited ways of thinking. Openness comes from curiosity.
Optimism:	Seeing setback as a stepping-stone. Experience is a profound teacher, we rarely learn anything new from successes and more times than not, previous success can become a barrier to innovation and creativity. Setbacks on the other hand take us to new heights, if we are optimistic and open to learning from the experience. Optimism comes from trusting.
Purpose:	What is your reason for being? What is your underlying motivation for what you do? With a clear purpose we become self empowered and an unstoppable force for great possibilities. Purpose comes from a desire for real meaning in life.

When we are open, optimistic and aligned with our purpose, we become rock solid even in the face of turbulence.

The ability to get out of our own way through conscious awareness, openness, optimism and purpose can help us recover from setbacks. Openness helps us see possibilities to different realms of creativity. Resilience is about artfully combining the power of feelings, critical thinking, and the will to take significant actions for reaching great possibilities.

We will now explore the concept of Resilience as it relates pragmatically to your day to day work and life. Let us begin by identifying your base, your center, your Ideal State Of Being (ISOB).



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1. Please write in the innermost circle your ISOBs: For instance what is your experience like when you are in the zone, in the flow or in the moment experiencing your ISOB...

2. Now think of the circumstances that are around you when you are experiencing your ISOB and list them around the ISOB circle.

3. In the NISOB sphere please write what your experience is like when you are out of the zone, out of the flow or out of sorts.

4. Now think of circumstances that are around you when you are experiencing your NISOB and list them outside the NISOB circle.

In order to be happy, all you have to do is put yourself in those circumstances that create your ISOB....

Do you think putting yourself in your Ideal State of Being circumstances will keep you happy?

OK – Let us now digress.

Chances are some of the things you wrote down in your ISOB or NISOB are states of emotions.

Let us take a closer look at emotions through the following exercise:

Close your eyes and think of a challenge you are experiencing.

Where do you sense the emotional sensation in your body?

BIG QUESTION #1 What created those emotional sensations?

Take a few deep breaths and notice what happens to the emotional signals.

Notice that these emotions are not solid, but transient.

What were you feeling before you started thinking of the challenging experience.

BIG QUESTION #2 What caused the feelings to change?

Now think of a pleasant experience.

Where do you feel the emotional sensations in your body?

BIG QUESTION #3 What created those emotional sensations?

The answers to BIG QUESTION #1, BIG QUESTION #2, BIG QUESTION #3, is BELIEFS. .

Beliefs (conscious and unconscious) are a subtle yet potent form of energy that constantly impact our emotions through your thoughts.

It's an arduous job to dissect and unfold the subtlest form of energy and effect changes in our belief system. We must begin our journey by examining our feelings and actions. When we follow our feelings with awareness, we have a better chance of discovering the limiting beliefs behind the feeling.

When we live our lives based on limited beliefs, it creates disruptive emotions of frustration, anger and resentment. These feelings exist not because we don't have all the answers, on the contrary they exist because deep down we know we are capable of far greater accomplishments. The resistance keeps us in status quo. Each time resistance is felt, it brings with it an opportunity for us to use our courage and break

free. With persistence, discipline and courage, the limited beliefs are shattered and we become resilient.

Beliefs are the window we see our world through. A proficient way to change or adopt new beliefs is by strengthening our resilience.

Underlying our ISOB and NISOB are various thoughts running in and out of our stream of consciousness. Thoughts alone are not powerful; however, the meaning we give to the thoughts is what creates mental havoc or peace of mind. The meaning we attach to our thoughts is granted by our beliefs. It is not about the circumstances in our lives that keep us locked into our ISOB or NISOB. It is our beliefs.

THE UNDERLYING POWER SOURCE THAT DEFINES OUR ISOB AND NISOB IS OUR BELIEFS

Change your Beliefs — Change your feelings – Change your SOB

Let us shift gears

Q. What do you do, can you do, should you do when you are in your ISOB?

A. Enjoy it

Q. What do you do when you are in your NISOB?

A. Choose from the list below:

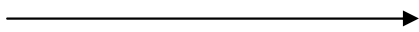
- Complain
- Suffer
- Moan
- Groan
- Become a victim
- Become Defensive
- Eat
- Drink
- Surf the Net
- All of the above
- Withdraw

Q. What can you do when you are in your NISOB?

A. Apply resilience and bounce back to ISOB

Resilience is the ability to bounce back from setbacks. To explain the concept of bouncing back, we are going to take a look at energy vectors.

Q. What is an Energy Vector?



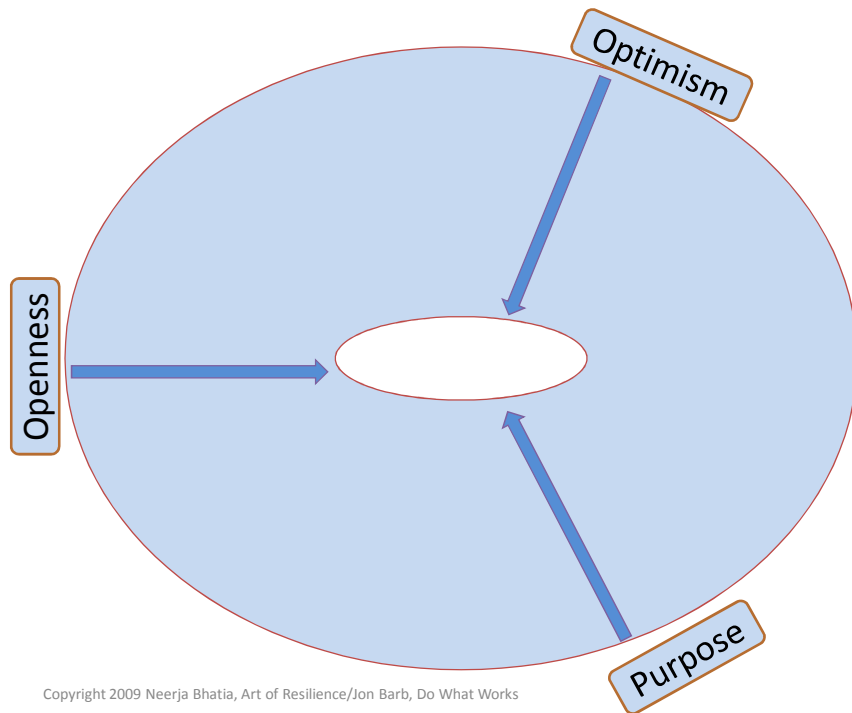
A. Energy in motion with speed and direction.

Q. What does it have to do with Resilience?

A. Just as Energy Vectors have speed and direction, our vectors for resilience have speed and direction.

- | | |
|------------|---|
| - Openness | Speed and direction from NISOB towards ISOB |
| - Optimism | Speed and direction from NISOB towards ISOB |
| - Purpose | Speed and direction from NISOB towards ISOB |

Applying these energy vectors can get you back to your center, your (ISOB)

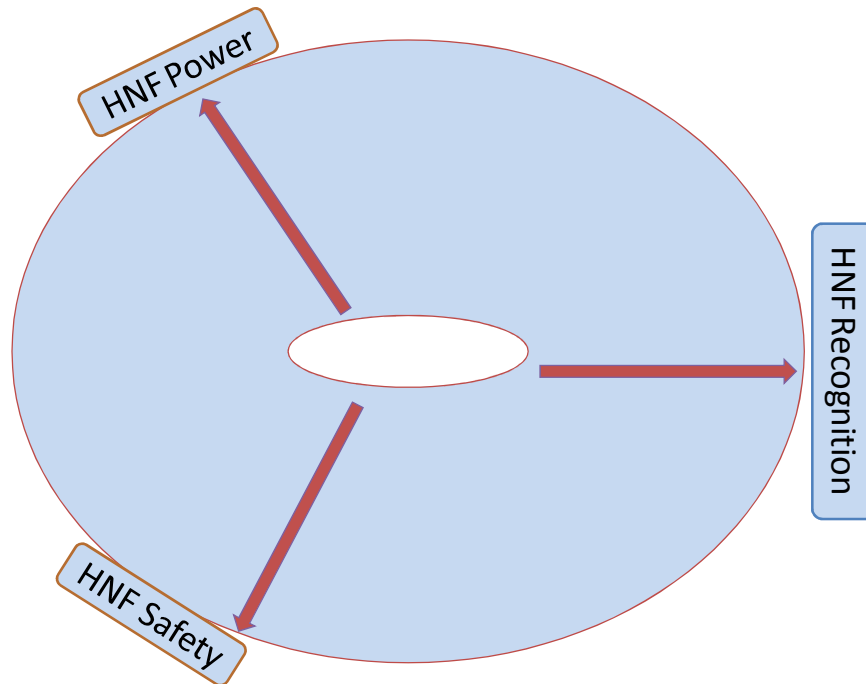


We have found that these three vectors work for majority of the individuals. Being open, optimistic and having a sense of purpose helps individuals bounce back from setbacks and shift them from their NISOB to their ISOB. We have also found in our studies that most people are able to identify a fourth vector which is unique to their own personality. What might your fourth vector be?

Let us now take a closer look at what gets us out of our center.
Vectors moving away from the center.

The vectors of:

- High Need For Power
- High Need For Safety
- High Need For Recognition



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We have found that these three vectors work for majority of the people knocking them out of their ISOB and throwing them into their NISOB. We have also found in our studies that most people are able to identify a fourth vector which is unique to their own personality. What might your fourth vector be?

GENERAL OBSERVATION ABOUT THE UNDERLYING POWER SOURCE OF THE VECTORS:

Just as our **beliefs** are the underlying power source for our SOB, the vectors moving toward our ISOB and the vectors moving away from our ISOB have an underlying power source.

THE UNDERLYING POWER SOURCE FOR THE VECTORS THAT MOVE US TOWARDS THE CENTER IS LOVE (SERVICE)

THE UNDERLYING POWER SOURCE FOR THE VECTORS THAT MOVE US AWAY FROM CENTER IS FEAR

Take a closer look at the diagram and reflect on the significance for your future happiness and success.

REFLECT AND CONSIDER

The act of moving from ISOB to NISOB and back again (and again and again...) is the nature of being human. It is this bouncing back and forth, and our **conscious awareness** of this bouncing back and forth that makes us unique among all creation.

LOGICAL CONCLUSION

1. Enjoy your ISOB
2. When in your NISOB – MAKE USE OF THE RESONANCE VECTORS OF: OPENNESS, OPTIMISM AND PURPOSE TO BOUNCE BACK TO YOUR ISOB.

(by the way.... Neerja and Jon who are aware of these models and apply them everyday in their normal lives, like to play a game... the game starts when you find yourself in your NISOB. How long does it take you to bounce back into your ISOB? The faster you can bounce back, the more points you get. We call the game.....THE ENLIGHTENMENT GAME!

The idea is to bounce back to the ISOB...

It is part of being human – ISOB – NISOB...
The oscillation – that is what it means to be human

ACTIONS YOU PLAN TO TAKE AS A RESULT OF WHAT YOU HAVE LEARNED FROM THIS PAPER:

1.

2.

3.

For a better understanding of your personal vectors, you can download the assessment by clicking on the following link and mark your findings on the diagram attached to the assessment.

To book Neerja or for a key note or a learning program, please feel free to contact us at the following numbers:

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Neerja Bhatia has more than 15 years of experience in management, business development, organizational facilitation, coaching and training. Her background includes, delivering programs on such topics as; leadership, emotional intelligence and change management. Neerja is known for creating a life altering experience by helping individuals see through the not so obvious, the root cause of problems. Her keen sense of awareness provides clarity and focus for her clients. Her expertise is in providing a simplified and experiential approach to problem dissolving.

Neerja's formal studies include Business Management from the University of Calgary and she is pursuing her PhD in Organic Psychology. She has published 'Art of Resilience' and 'Bliss is in Knowing the Self', two thought provoking books on human greatness.



Jon Barb, has spent over twenty-one years in the training and development of corporate employees including middle and top management. He has taught a variety of courses including: selling skills, presentation skills, negotiation practices, general supervision, creative problem solving, and meeting management.

Jon served for five years as a staff trainer at Union Carbide's Personnel Development Laboratory. While employed at Xerox Learning Systems, he was manager of program development and marketing for Xcellence, Critical Skills for Supervisors. As the corporate manager of development and training at Olin Corporation, Jon facilitated high level team meetings as well as managed their overall training curriculum.

Jon also brings twenty-one years of sales training experience, including: Basic Sales Training, Sales Management Training, Strategic Selling, Consultative Selling, Negotiating Skills, Sales Presentations and Partnering.

As an active member and local officer of the American Society of Training and Development, he has given numerous presentations across the United States on improving the effectiveness of employees and managers.

Jon received his B.S. in Chemical Engineering from the University of Notre Dame. He also holds a Masters degree in Human Resource Development from the Graduate School of Management and Urban Policy, New School for Social Research, New York.