



Building Resilience Strategies for Uncertain Times

Business Peak District Webinar

Wednesday 8th April 2020

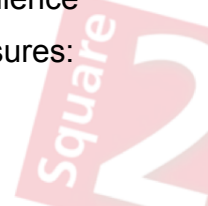
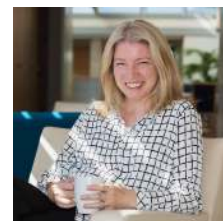
Panelist: Debbie Inglis

Leadership Coach & Mental Toughness Specialist



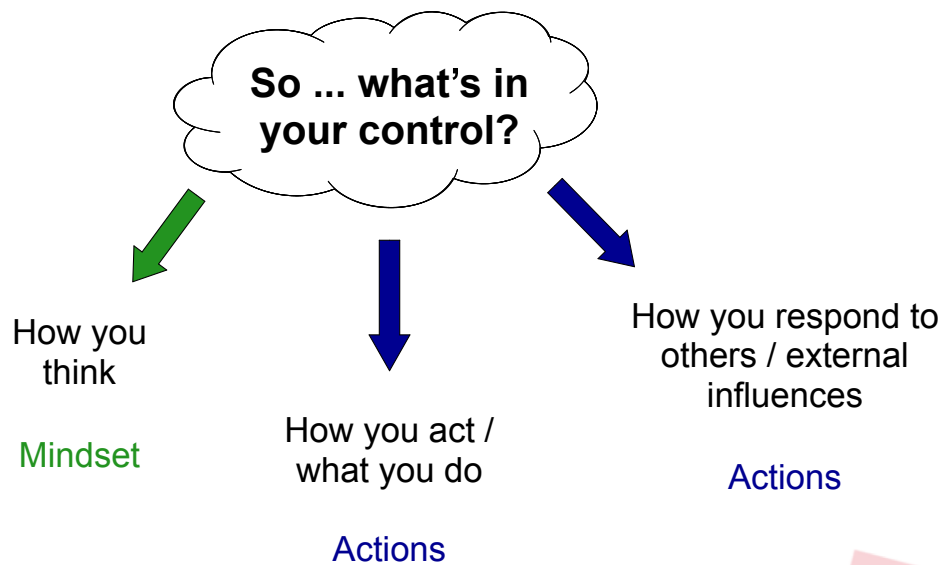
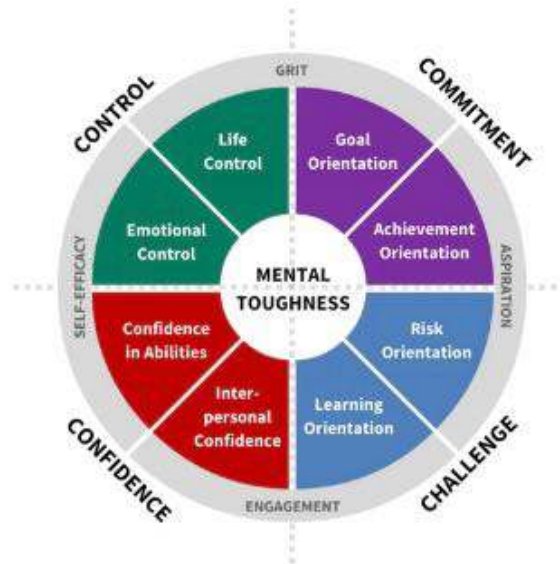
Introduction

- Matlock
 - Public sector - 16 yrs
 - PGCert - Business & Life Coaching (2004-5)
 - 2005 - Set up Coaching & Training Business
 - Public & Private sector (SMEs) ... same issues (particularly re managing others & self)
 - 2 Key services:
 - Coaching Skills for Leaders training (accredited)
 - Leadership Coaching - Mental Toughness / Resilience
- Plus - licenced to deliver 2 mental toughness measures:
MTQ48 / MTQPlus (both online)





4 C's of Mental Toughness



Which of these needs a boost right now?





How You Think (Mindset)



Remind yourself ...

You're doing the best you can with the resources and knowledge you have at any given moment.

- uncertainty
- acceptance
- changing plans



How You Think (Mindset)

Optimism Tips - Don'ts

- 1) Don't sit and watch horror / disaster movies / bleak stuff. Pick things that are more upbeat / uplifting.
- 2) Don't have the news on 24/7. Limit the time you spend watching / listening to it.
- 3) Don't watch news last thing at night - it will play on your mind ... you will potentially lose sleep thinking about stuff you can do nothing about ... and you'll wake up tired.





How You Think (Mindset)

Optimism Tips - Do's

1) 'Surround' yourself with people who will keep your spirits up (online, phone, social media, this group!)

Do you have someone you can check in with on a regular (or as needed) basis?

2) Remind yourself of what you *have* rather than don't have

3) Thank people in your network

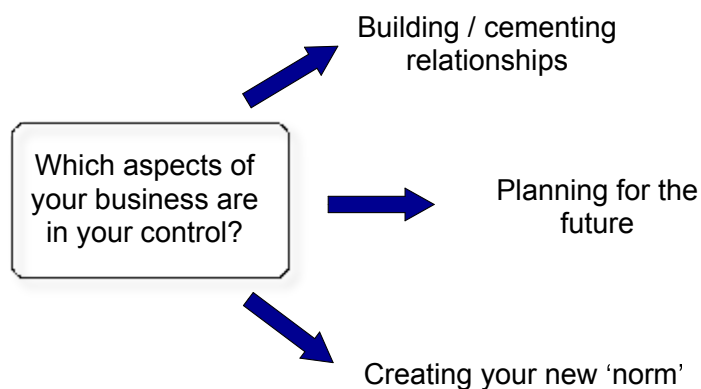
4) Have a 'done' list

5) Ask for help

6) Give yourself time to refocus - be aware of negative thinking

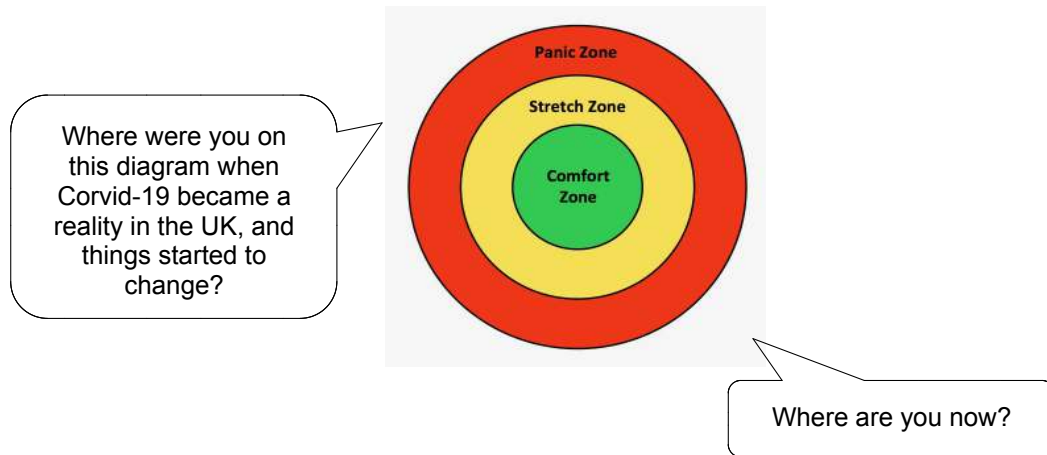


How You Act / What You Choose To Do





How You Act / What You Choose To Do



Creating Your New 'Norm'

TASK ...

1. Make a list of up to 10 things that you want to include in your day

For example ...

- 'X' hours working on/in your business
- exercise
- house stuff
- time with family
- time to yourself!
- ... what else?

How will you
create
consistency?

2. Then prioritise them from 1 to 10 (1 being highest priority)

3. Where will these things fit in your day?



Summary & next steps ...

Control = Mindset + Actions

What are you taking away from this webinar?

Which tip has been most useful?

What will you do differently?



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