

RESILIENCE 4 LIFE

Nelson Mandela, Muhammed Ali, and Thomas Edison all had resilience in spades. Despite their different fields of endeavour, their foundation of success was rooted in resilience. Whilst some people are inherently more resilient than others, it is something that can be developed. Why do people invest so much time and energy in post-graduate studies and MBA's, or participate in endurance events? Part of it is driven by the desire to see if they have what it takes, whilst experiencing the sweet taste of achievement. Success and resilience are therefore intimately linked.

7 principles of resilience

So how do we build this highly desirable, resilient life? Below is my resilience model (which became a Ph.D.), that aims to synthesise some of the best research on this topic. *What captures your attention into design, language and content of the model?*

You probably will note that it is circular in design. There is no one part that is more significant than the other. It is best understood from the inside-out, with the 4 quadrants mentioned in point 1 below as the universal foundations; then the mindsets that need to be in place for sustainable change as the next circle; and lastly the outer circle of micro-actions that we can implement in our daily lives.



1. **A synergistic, multi-dimensional approach:** the model relies on developing 4 resource pools (spiritual, mental, socio-emotional and physical fitness). Spiritual in this context implies sense of purpose, it is not linked to a specific religion which is a very personal choice. These 4 quadrants synergistically enhance each other, they do not function in silos.
2. **Fitness:** not quotient, is used as a descriptor. Resilience is something that requires sustained effort and can be learnt, it is not purely a fixed trait.
3. **Mindsets:** it's an inside-out approach, where we start first with changing our mindsets (think like a kid, 20-20 vision, turbo-boosters and conquer the monkey), thereby embedding meaningful behaviour change. If we have the right mindset, it provides helpful lenses through which we interpret and embed our experiences.
4. **Integration over balance:** integration accommodates reality better and supports excellence, more so than the illusionary allure of balance. See my previous LinkedIn article for a full explanation on the work-life balance myth.
5. **Oscillation:** this happens in each of the 4 outer circle quadrants e.g. rest-exercise in the physical fitness quadrant, stimulus – reflection in the mental fitness quadrant. It is important to “collect dots” i.e. stimulus experiences so we can be creative, but if you never take the time to reflect on them you end up trapped on a hedonistic treadmill, moving from one experience to the next, never gaining the deep wisdom that lies within these experiences. Stimulus needs to oscillate with reflection to extract its true value.
6. **Reframing:** reality depends very much on where you are standing. I find some people proclaim they are realists but are often closet pessimists. They have not looked at BOTH the positive(s) and negative(s) of the situation. In reframing we do not adopt a rose-tinted view of life, but we do unpack what we learnt from these difficult times in our lives. This is fundamental to the power of post-traumatic growth, mentioned in the previous article.
7. **Conscious choices:** we often have more power to make choices than we give ourselves credit for, and by proactively taking control of the controllable's we become more resilient. This is not to say the choices are easy, but we do have options and trade-offs to be weighted.

I will in the following months unpack this model as we go on a journey of self-discovery and empowerment. I hope you join me, and I would love to hear your comments/insights as we learn together.

Please note this model is copyrighted and cannot be used commercially without my written consent. If you are interested in the above resilience model and its application within your organisation, please contact me on mark@synenergy.world .