

PAM COTTMAN



The Insurance Institute
of Ipswich, Suffolk
and North Essex
Chartered Insurance Institute

BUILDING RESILIENCE

9TH MARCH 2020

AIMS

- Develop an understanding of what resilience is and why it's important throughout our careers
- Give you a range of tools and tips for building resilience and confidence in your career

WHAT IS RESILIENCE?

WHY DO WE NEED IT?

WHAT IS RESILIENCE?

- The ability to spring back, or rebound
- Our capacity to overcome adversity; achieving good outcomes regardless of life events or circumstances

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WHAT IS RESILIENCE?

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- Self-awareness
- The regular practices that enable us, and those around us, to thrive - even in times of challenge, stress and change

Values

Growth
mindset

BUILDING
RESILIENCE

Confidence
in mind
and body

Self-care

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GETTING
PRACTICAL

TOP TIPS FOR
BUILDING
RESILIENCE

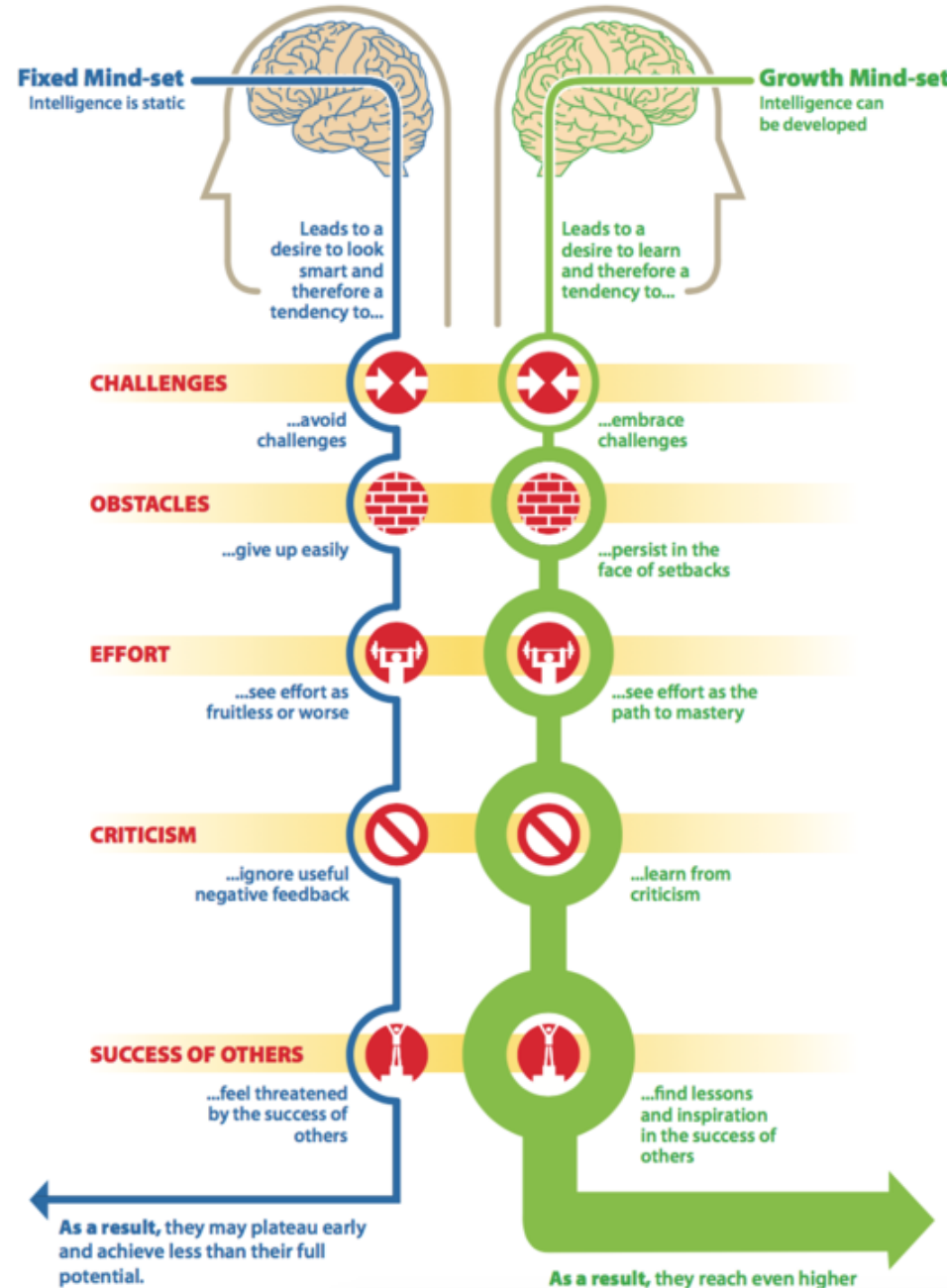
I. DEVELOP A GROWTH MINDSET

“Whether you think you can
or whether you think you
can’t, you’re right.”

Henry Ford

What did you notice?

Two Mindsets



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The Learning Pit

Facing a Challenge

You may feel anxious, nervous, scared, excited or comfortable.



Learning this way!

Deep Learning

You may learn a sense of collaboration and concentration.



Successful Learning

You should feel achievement and pride.



Having a Go

You may feel interested, hooked and use prior knowledge.

Problem Solving

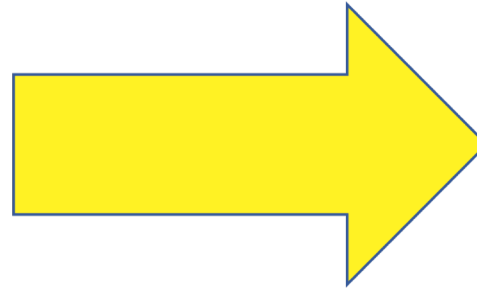
You may feel anger, distraction, frustration, challenge, confusion or uncomfortable.



twinkl

www.twinkl.co.uk

- Learning not labels
- Skills that can be repeated
- Progress - "YET."
- F.A.I.L.
- Challenging ideas of perfection



Reflective
Evaluative
Creative
Problem-solving
Optimistic

2. TAKE TIME TO
CELEBRATE THE
GOOD STUFF



What are you proud of?

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- Remind yourself of something you've accomplished.
- Write down the **SKILLS** that you used to achieve it.
- What would your partner/ friends/ colleagues say were your greatest strengths?



3. BUILD
CONFIDENCE
IN MIND...

This is NOT
my responsibility

This IS my
responsibility

My words, my behaviour,
my actions, my efforts, my
mistakes, my ideas & the
consequences of my
actions

Other
people's
words

Other
people's
ideas

Other
people's
mistakes

Other
people's
opinions

Other
people's
beliefs

Other
people's
actions

The consequences of
other people's actions



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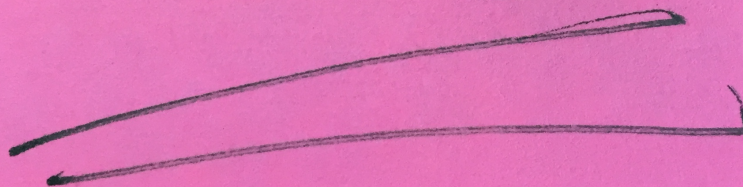
What are you assuming
about yourself that is
holding you back?

Ask yourself...

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- Is it true?
- It is useful?
- If you knew the positive opposite were true, what would you do/ how would you feel/ what would that change for you?

I AM
BRAVE!



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4. IN
LANGUAGE...

“I’m not sure I understand
this but...”

“...don’t you?”

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“I don’t know if this right but...”

“I think...”

“...isn’t it?”

“just”

“This might be a silly question but...”

- Speak up – use “I”, be honest, say “no”, ask for help
- Be aware of your tone
- Take a breath before you speak – respond don’t react

5.AND IN
BODY



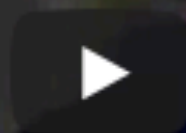
Grey's Anatomy Superhero Pose



Watch later



Share



antes de uma
entrevista de emprego,

Amy Cuddy's power pose

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6. PRACTISE SELF-CARE

Self-care is...

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What does self-care look like for
YOU?

When did you last make time for
YOU?

Self-care

- Sleep
- Diet
- Exercise
- Get outside



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SELF-CARE

- Mindfulness - *Headspace, Mindfulness Daily, Calm, Insight Timer*
- Find and do what makes YOU happy/ calm...
- End on a high...



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RESILIENCE, LEADERSHIP
AND CAREER COACH,
TRAINER AND SPEAKER

1:1 COACHING
PRIVATE WORKSHOPS
CORPORATE WORKSHOPS
TALKS



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Facebook group -
Resilient Women