

# RESILIENCE

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# LEARNING OBJECTIVES

01 Have an understanding of what resilience is and its relevance for you at this time

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02 The importance of self-knowledge in resilience

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03 The 12 Factors that will increase your resilient capacity

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04 An opportunity for further health and growth



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# OUR PLAN B IS GOD'S PLAN A



*24 Five times I received at the hands of the Jews the forty lashes less one. 25 Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; 26 on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; 27 in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. 28 And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.*

2 Corinthians 11:24-28, CSB

# RESILIENCE IS ONE OF THE FIVE PARTS OF EMOTIONAL INTELLIGENCE (EQ)

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## Self-Knowledge and Self-Awareness

Knowing who you are and how you show up in the world

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## Self-Management

How we manage our emotions and ourselves

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## Motivation/Resilience

Motivation is having the right thought process to put the emotion into play that enables us to bounce back and keep going

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## Empathy

The ability to feel what other people feel in a given situation

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## Relationships

How we relate to other people in building relational connections

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# REASONS FOR RESILIENCE

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1. To overcome obstacles of our childhood

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  2. For resisting the erosion of the everyday adversities that come our way

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  3. To recover from a major life setback

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  4. For discovering a renewed meaning and purpose in life that contains new challenges and experiences.

# OUR EMOTIONS AND BEHAVIORS ARE TRIGGERED NOT BY EVENTS THEMSELVES BUT BY HOW WE INTERPRET THOSE EVENTS

This is the most important realization to walk away with today.

We usually go from A (Adversity) to C (Consequence) without pausing at B (for Beliefs) to examine if it is accurate or not.



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# 12 FACTORS FOR GROWING YOUR RESILIENCE CAPACITY

These are the top 12 factors that are found in resilient people according to research by Steven M. Southwick, Yale University School of Medicine and Dennis S. Charney at Mount Sinai School of Medicine found in "*Resilience: The Science of Mastering Life's Greatest Challenges*" and Daren Reivich, Ph.D. with Andrew Shatte', Ph.D. as found in "*The Resilience Factor*".

