



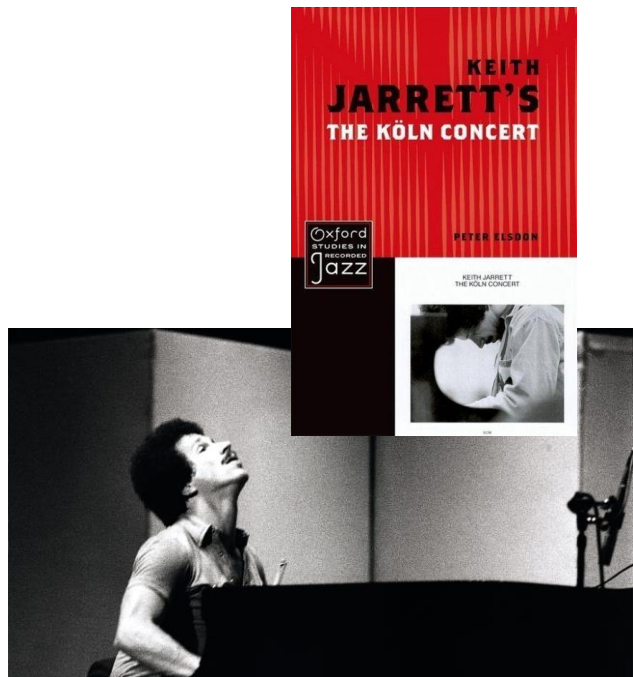
DR. TARYN MARIE

RESILIENCE LEADERSHIP INSTITUTE

The New Rules of Resilience: Thriving in an Uncertain and Virtual World



KEITH JARRETT'S - THE KÖLN CONCERT



RESILIENCE
TAKES WHAT
IS BROKEN
AND MAKES IT
BEAUTIFUL



Resilience is the essence of
being human.

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ASK YOURSELF ONE SIMPLE, YET,
POWERFUL QUESTION:

"When you've faced significant
challenges in the past, what have you
done to effectively address those
challenges?"

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WHAT IS RESILIENCE?

Resilience is the ability to effectively address challenge, change, and complexity in a manner that allows us to be enhanced by the experience, not diminished.



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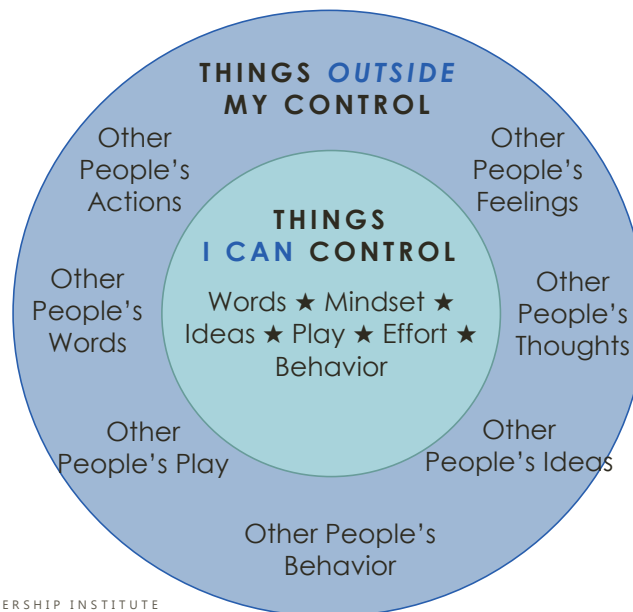


WHEN WE TRULY HARNESS
RESILIENCE:

WE DON'T BOUNCE BACK,
WE BOUNCE FORWARD

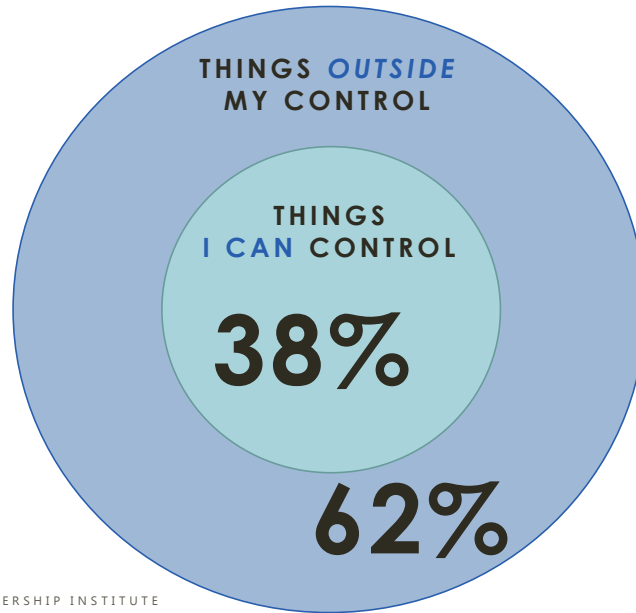
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CONTROL THE CONTROLLABLES



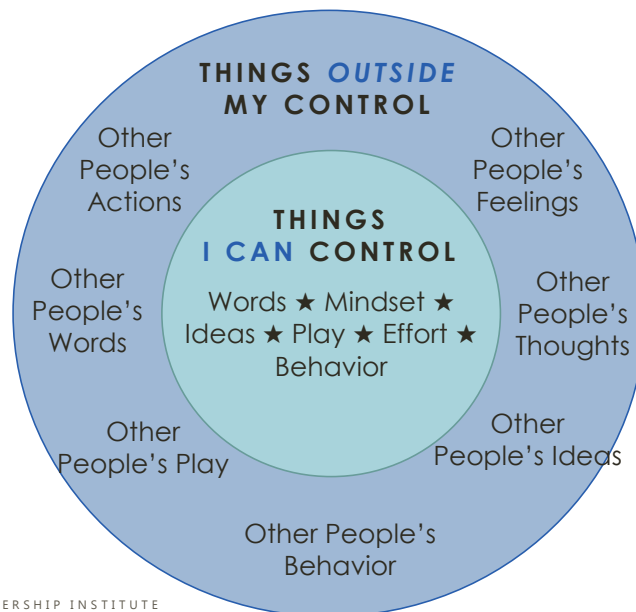
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CONTROL THE CONTROLLABLES



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CONTROL THE CONTROLLABLES



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VULNERABILITY

PRODUCTIVE
PERSEVERANCE

CONNECTION

GRATI-TUDE

POSSIBILITY

THE FIVE PRACTICES OF PARTICULARLY RESILIENT PEOPLE

THE PRACTICE OF VULNERABILITY:

To integrate our INTERNAL thoughts, feelings, and experiences
with the EXTERNAL self we share with the world.

Vulnerability is the cornerstone of authenticity and empathy.

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THE VULNERABILITY BIAS

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THE VULNERABILITY BIAS:

Plays on fear that if we are vulnerable, The Three L's will occur:

1. We won't be LIKED
2. We won't be LOVED
3. People will LEAVE us

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WHAT'S YOUR VULNERABILITY STYLE?



Gummy Bear

SOFT &
FLEXIBLE.
BEING
VULNERABLE
COMES
NATURALLY.



Blow Pop

HARD ON THE
OUTSIDE BUT SOFT
ON THE INSIDE.
BEING
VULNERABLE
TAKES TIME.



Jolly Rancher

HARD &
UNYIELDING.
BEING
VULNERABLE IS
VERY
CHALLENGING.

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THE RESILIENT PRACTICE OF VULNERABILITY

1. Learn to say:

"I don't know.", "I am worried or scared.", & "I need help."

2. The only insane thing is to be sane all the time.

3. Lean on relationships with others reciprocally and equitably.

4. Share challenges and failures as well as successes.

5. Recognize your vulnerability style and practice vulnerability

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THE PRACTICE OF PRODUCTIVE PERSEVERANCE:

The intelligent pursuit of a goal.

Knowing when to maintain the mission, and when to pivot in a
new direction.

**PRODUCTIVE PERSEVERANCE = MAINTAINING THE
MISSION + PLAN B**

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PRODUCTIVE PERSEVERANCE IS WHAT TO DO WHEN THE "GRIT" HITS THE FAN.

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INNOVATION IS NOT A STRAIGHT LINE

The Climb to Everest's Summit:

- Base Camp to Camp I
- Camp I to Base Camp
- Base Camp to Camp I
- Camp I to Camp II
- Camp II to Camp I
- Camp I to Camp II
- Camp II to Camp III
- Camp III to Camp IV
- Camp IV to Summit

THE PRACTICE OF PRODUCTIVE PERSEVERANCE

1. Don't expect growth & development to be a straight line!
2. Find JOY in the JOurneY
3. "Don't put too much emphasis on your B Plan or your B Plan will become you're A Plan." Lee Kemp

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VULNERABILITY

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THE PRACTICE OF CONNECTION

The connect INTERNALLY, deeply with ourselves, i.e., Personal intuition, gut, and value.

Then, connect EXTERNALLY with others; to draw on strength and support from community.

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“What follows

'I am _____.'

follows you.”





SELF-CARE
IS SPELLED
W-O-R-T-H-I-N-E-S-S



**SHOW ME YOUR FRIENDS & FAMILY.
I'LL SHOW YOU YOUR FUTURE.**

You become the average of the FIVE people you spend
the most time with.

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THE RESILIENT PRACTICE OF CONNECTION

1. Ensure you listen to the (still) small voice within you.
2. Listen carefully to your "self talk" and the words that follow "I am _____"
3. Audit your external connections. Surround yourself with the people you want to become.

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VULNERABILITY



**PRODUCTIVE
PERSEVERANCE**



CONNECTION



GRATI-TUDINE



POSSIBILITY

THE FIVE PRACTICES OF PARTICULARLY RESILIENT PEOPLE

THE PRACTICE OF GRATI-OSITY

Gratitude: Find the good in a challenge; how this experience changed us for the better.

Generosity: Share of these experiences, with others, so they may learn vicariously.

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RESILIENCE STORIES

The stories you don't want to tell, but most need to be told.



THE RESILIENT PRACTICE OF GRATI-OSITY

1. Share resilience stories rather than giving advice.
2. Ask yourself "Why is this happening FOR me/us?" rather than, "Why is this happening TO me/us?"
3. Make the message of your resilience story matter.

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VULNERABILITY



**PRODUCTIVE
PERSEVERANCE**



CONNECTION



GRATI-OSITY



POSSIBILITY

THE FIVE PRACTICES OF PARTICULARLY RESILIENT PEOPLE

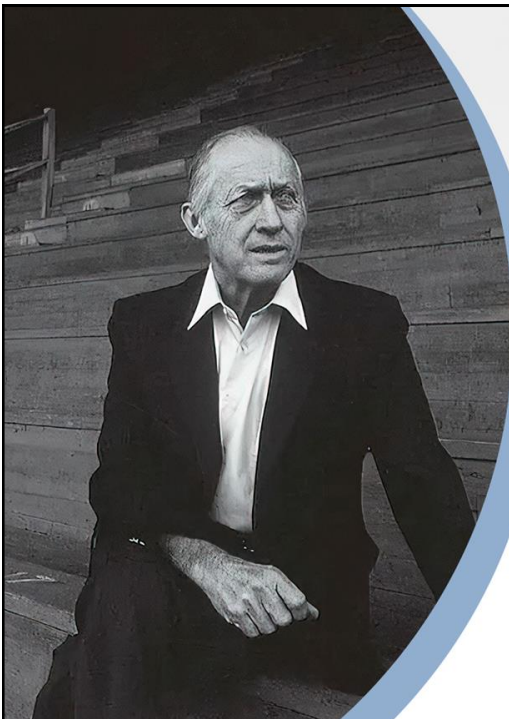
THE PRACTICE OF POSSIBILITY

To see possibilities and the potential for progress, without getting derailed by perfection.

To navigate the paradox between evaluating risk and pursuing new opportunities.

**POSSIBILITY = RISK +
OPPORTUNITY**

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**"Perfection is a luxury
we cannot afford."**

- Bill Bowerman / Co-Founder of Nike

PERRFECTION IS THE ANTITHESIS OF INNOVATION

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When in doubt, waffle

*Select boutiques only

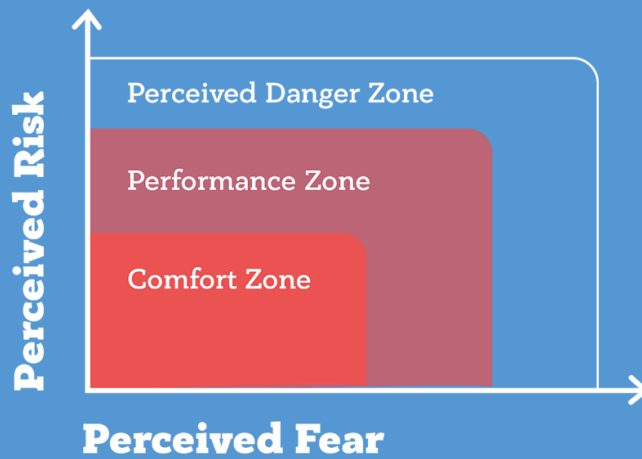
WAFFLE RACER

Initial Launch: 1977

The Oregon Waffle evolved into the Waffle Racer, a wider, more stable shoe owned and revered by distance runners everywhere, further establishing

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GET COMFORTABLE GETTING
UNCOMFORTABLE



WHAT ONCE SCARED YOU IS YOUR
MOST SACRED OPPORTUNITY FOR



THE RESILIENT PRACTICE OF POSSIBILITY

1. Perfection is a "luxury" you can't afford.
2. Live in your performance zone, not your comfort zone.
3. What scared you becomes your most sacred opportunity for development & growth.

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**YOU ARE
BAMBOO**



GET THE FIVE PRACTICES



DR. TARYN MARIE
RESILIENCE LEADERSHIP INSTITUTE

Free Guide

YOUR RESILIENT LIFE

The Five Practices of
Particularly Resilient People

Download this FREE guide and discover the 5 daily practices you need to
face any challenge, change, or complexity in your personal life or in your
organization.

[DOWNLOAD NOW >](#)

As Seen In:

**"Jazz is there and gone. It happens.
You have to be present for it. That
simple."**

Keith Jarrett