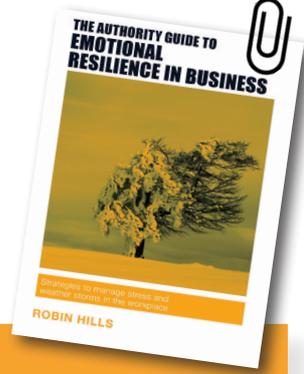


10 ways to be better at business

EMOTIONAL RESILIENCE



1. It's about more than bouncing back

People with resilience have a firm acceptance of reality, a deep belief that life is meaningful and an ability to be creative, adaptable and to improvise. Great qualities your business needs.

2. It's a mindset

Resilience is less about who you are and more about how you think. Your calmness will be affected by your perception of any situation and how you view yourself in the world.

3. Emotions contain information

Emotions control learning and experience. They have the role of a signalling function, proving a motivational trigger and deliver a strong impulse for you and others to take action.

4. It's got to be perfect?

Perfectionism is a trait characterised by striving for flawlessness and setting excessively high-performance standards. How you work with perfectionism will affect your resilience.

5. Try mindfulness

When you are more mindful, you can take control and are likely to enjoy more productive interactions with others. It'll develop your resilience and better equip you to handle adversity.

6. Coach resilience

Coaching prompts context, references and experiences that encourage a shift in perspective and an awareness that leads to insights and supports the growth of resilience.

7. Feel in control

Be realistic about what you can and can't do. Set small, short-term goals that you know you can achieve and learn how to say 'No' so that you don't commit to too much.

8. Be flexible and adaptable

Adapt how you work to accommodate change. Move forward positively and don't dwell on how unreasonable or unfair change may seem. Always stay focused on your personal goals.

9. Get connected

Look for new opportunities to build your network by proactively seeking out the chance to engage with different people.

10. Too resilient?

By adapting to events too quickly you can appear overly calm, controlled and lacking in empathy. Be wary of being over-resilient – especially in relation to others' emotions and feelings.