



HDN Mentoring Programme Class Four Welcome!

Sue Waterall

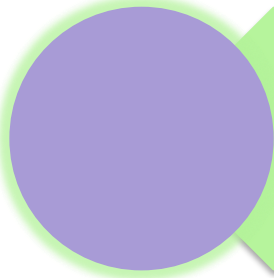
Agenda

- Welcome and what to expect
- Lyn Bowker, Riverside – EDI
- Dave Fazakerley and Emily McEvoy – CVs and Interviews
- Wellbeing and resilience
- What next?



How are we feeling?

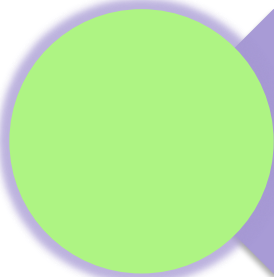




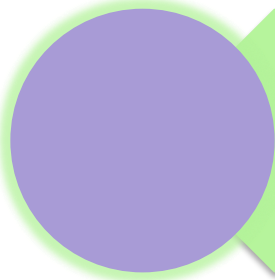
Lyn Bowker



EDI Manager



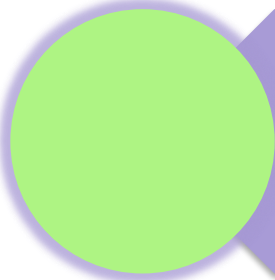
Riverside Housing



Dave Fazakerley and
Emily McEvoy



CVs and Interviews



Riverside Housing

Wellbeing and Resilience



Life's not always like this ...



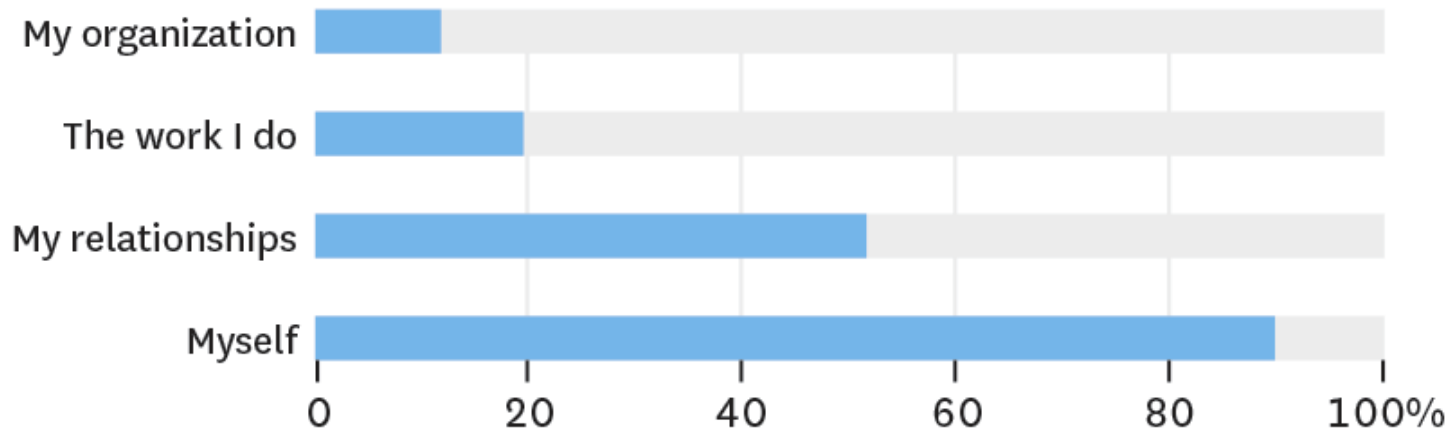
... it's sometimes like this ...



Where does personal resilience come from?

WHERE DO YOU GET YOUR RESILIENCE FROM?

Survey responses from 835 British employees.



SOURCE "TOUGH AT THE TOP," BY SARAH BOND AND GILLIAN SHAPIRO

HBR.ORG

Taking control



Don't seek permission from others to do things



Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever discovered to conquer fear

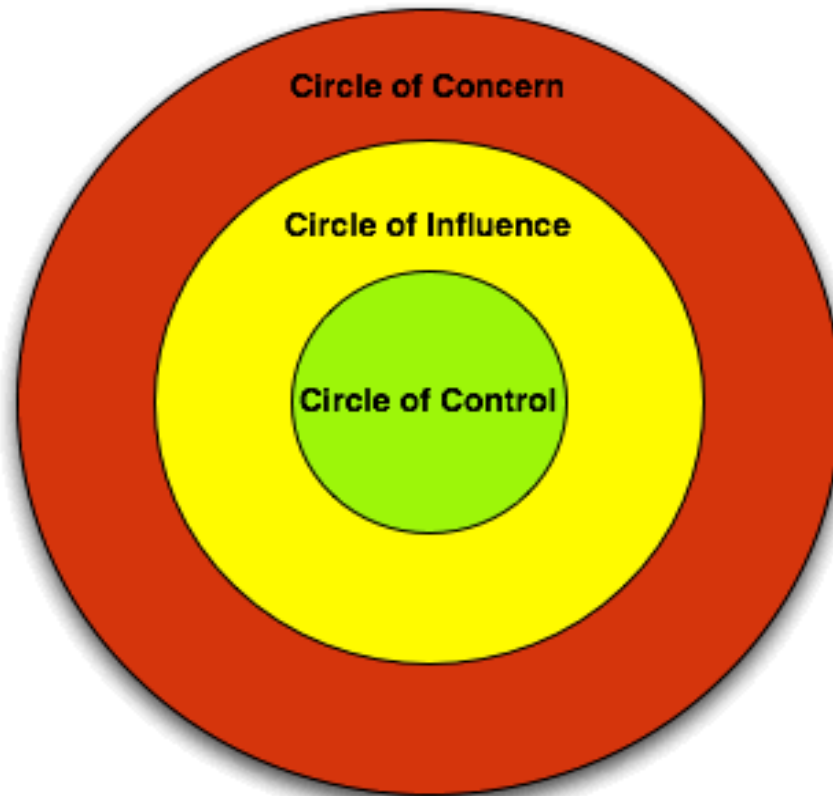


Seek out friendly, compassionate social support



Don't try to be perfect – no-one is!

**The main thing is to keep the main thing
the main thing**



Event

+

Response

=

Outcome

Confidence

Having feelings of competence, effectiveness in coping with stressful situations and strong self esteem are inherent to feeling resilient. The frequency with which individuals experience positive and negative emotions is also key.

Purposefulness

Having a clear sense of purpose, clear values, drive and direction help individuals to persist and achieve in the face of setbacks.

RESILIENCE

Social Support

Building good relationships with others and seeking support can help individuals overcome adverse situations, rather than trying to cope on their own.

Adaptability

Flexibility and adapting to changing situations which are beyond our control are essential to maintaining resilience. Resilient individuals are able to cope well with change and their recovery from its impact tends to be quicker.

What are you doing to stay resilient?



What next?

Use this network for ongoing personal and professional support

Continue to work with your mentor

Watch out for Conference 2020 news!

Stay in touch with Sue



