Slide 1: Resilience Isn’t Just for Students! We Need It, Too. Elizabeth Harrison, University of Dayton. elizabeth.harrison@udayton.edu

Slide 2: Agenda
  1. On work-life balance and resilience
  2. Transformative resilience
  3. How can we grow our resilience?
  4. How can we build a work environment that fosters resilience?


Slide 4: On work-life balance. What do you see? What does this model say about the relationship between “work” and “life”? How does this mirror your experience?

Slide 5: On work-life balance. A different model: Hold the strip by one end, let it hang down. At the bottom end, twist the strip 180° (a half twist). Join and hold the two ends to make a ring with a difference.

Slide 6: Image of a Mobius strip (what you’ve just made).

Slide 7: Same image. What do you see? What does this model say about the relationship between work and life?

Slide 8: On work-life balance. “Work” & “Life” = Two aspects of the same person’s experience. Resilience at work and resilience in one’s life are inextricably connected.

Slide 9: On work-life balance. Balance: Keep or put (something) in a steady position. Different elements are equal or in the correct proportions. Goal is stasis.

Slide 10: What is “resilience”? Ability to bounce back from adversity, challenge: recovery. Ability to adjust to changes in circumstances: continuity. Goal: is maintenance, get back to where we were.

Slide 11: On resilience & work-life balance. Recognize and maintain continuous relationship of life with work, work with life in proper proportion using ability to recover from adversity. Do you see any problem with this?


Slide 14: A shoe factory sends two marketing scouts to a region of Africa to study the prospects for expanding business. One sends back a telegram saying, SITUATION HOPELESS STOP NO ONE WEARS SHOES. The other writes back triumphantly, GLORIOUS BUSINESS OPPORTUNITY STOP THEY HAVE NO SHOES. (from Zander & Zander)

Slide 16: How can we grow our resilience? Sood’s solution: Focus on training our attention and interpretations.

Slide 17: How can we grow our resilience? Attention. Trained attention = focused, relaxed, nonjudgmental, compassionate, sustained, deep, intentional. Choose what you attend to vs. letting thinking just happen. This is mindfulness.

Slide 18: How can we grow our resilience? Attention training: Start the day with gratitude. Journal: 5 things in the past week that you’re grateful for. Kind attention (compassion).


Slide 20: How can we grow our resilience? Interpretation training: Change your inner dialogue (= positive reframing): Acceptance. Higher meaning. Forgiveness. Celebration. Reflection/prayer. This is positive reframing.


Slide 22: Some ideas: Practice gratitude, mindfulness, mindful collaboration, positive reframing, Creativity (inspiration, deliberate risk, discovery)
