

# The Pillars to Eternal Resilience

Presented by

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# What we are covering

## 90 minutes together

- ✓ Our reality in these times
- ✓ Choice between proactive and reactive
- ✓ 4 Human Elements to Boost your
  - ✓ Well-being
  - ✓ Resilience
  - ✓ Productivity



Energy 



# You have an opportunity to have...

- ✓ Increased awareness on how you manage your personal energy especially during these unprecedented times
- ✓ More energy and vitality
- ✓ More inspiration to do things that matter
- ✓ Greater well-being & be an even better version of YOU
- ✓ Better balance in your life



# Ice breaker



Poll 1: Ice breaker





# Our Current Reality

- Heavy workload
- Overworking – longer hours
- Changing priorities
- Feeling isolated
- Uncertainty of the “new normal”
- Meetings overload
- Feeling not as Productive
- Parent, teacher, entertainer & an employee
- Increased anxiety
- Worries for your health and loved ones
- Lonely, bored & low energy
- Financial stress
- Adapt, adapt, adapt





# Challenge = Opportunity





# Life will deliver...

## **Challenges/Compression**

- COVID-19
- Workload increase
- Job change
- Relationships
- Changing priorities
- Death
- Serious illnesses
- Toxic People
- Loss
- Financial troubles
- Mental Health Challenges

## **Opportunities/Expansion**

- \* Reunite as a community
- \* Get organized and focused
- \* Re-evaluate & re-invent yourself
- \* Learn and Grow
- \* Delegate
- \* Re-invent business processes
- \* Forgive yourself or others
- \* Become self-sufficient
- \* Become more authentic
- \* Become more disciplined
- \* Greater life satisfaction



# The Power of Choice





# Conscious Choice

## REACTIVE

- Auto-pilot
- Looking outside
- Making excuses

## PROACTIVE

- ✓ Manual Pilot
- ✓ Looking inside
- ✓ Taking Responsibility





# Time as a Resource





# Activate Well-being & Resilience

**In order to activate our wellbeing & resilience, we need to learn to manage our energy rather than just our time.**

- ✓ Learn to move regularly between spending and renewing energy
- ✓ To activate sustainable engagement and high performance.







# What is energy?

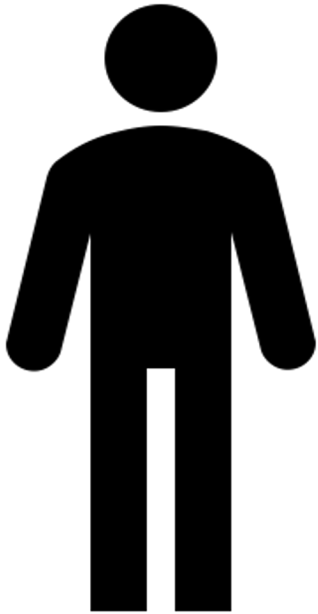
**Definition:** The capacity for doing work

More Energy = More Capacity to do Work



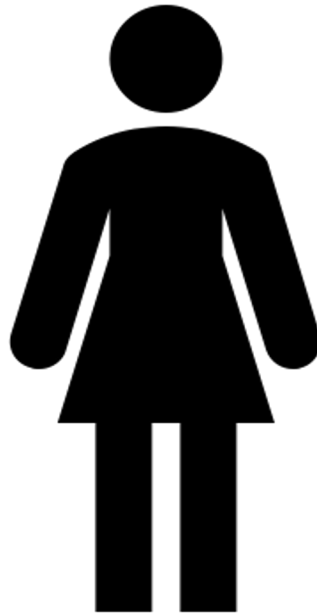
# 4 Human Elements for ENERGY

**Physical  
Element**



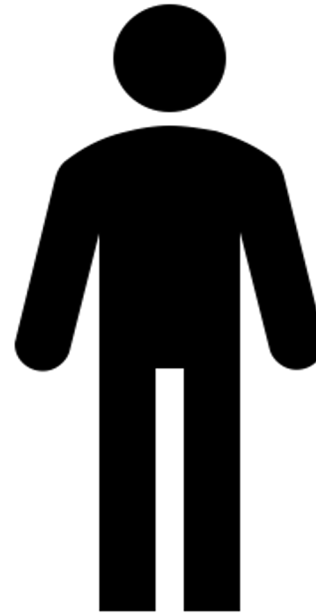
Stressed  
Tim

**Emotional  
Element**



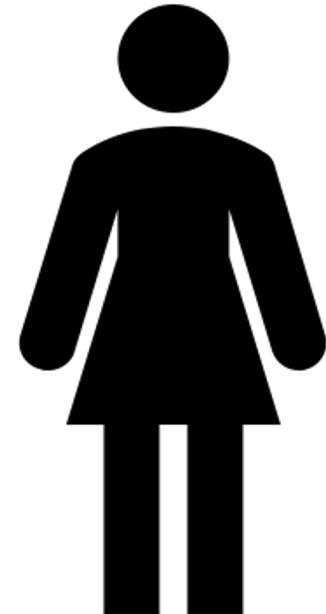
Debbie  
Downer

**Mental  
Element**



Scattered  
Pat

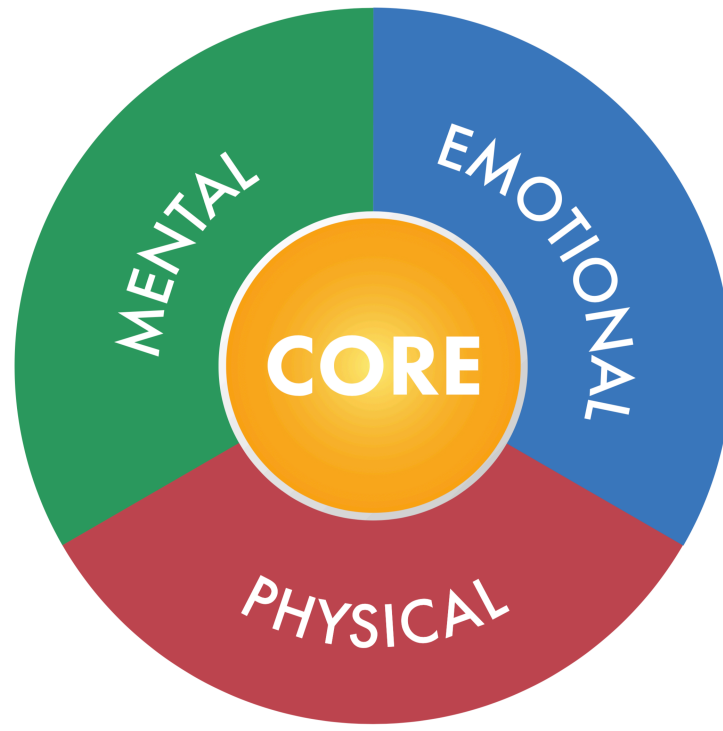
**Core  
Element**



Hopeless  
Sally



# 4 Human Elements





# Superhuman





# Well-being ~ Resilience ~ Productivity



In order to manage our current reality and the challenges ahead, we need to:

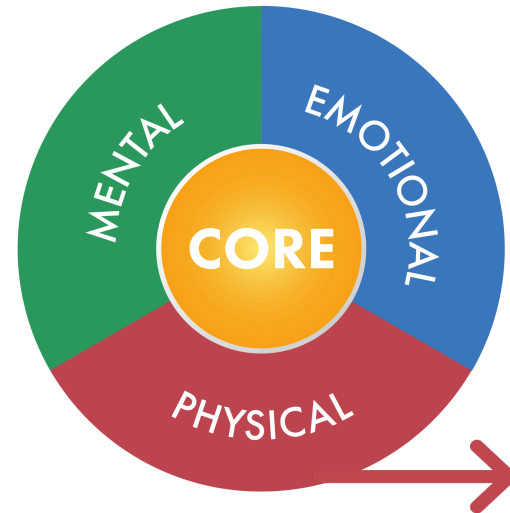
- \* **choose consciously** how we want to respond to life
- \* **invest in ourselves**
- \* **learn to manage our energy**



# Physical Element

## The Foundation of all Elements

- Nutrition
- Hydration
- Fitness / Movement
- Sleep (7-8 hours)
- Recovery and Renewal





# Manage Your Ultradian Rhythm

Our bodies have an energy cycle that repeats every **90 to 120 minutes**, called the “ultradian rhythm.”

**While we sleep:** light, deep and REM sleep

**While we are awake:** High energy to low energy dip

Becoming aware of this cycle and taking a break when you notice your levels dipping, can help refresh your mind and body.

**Watch for  
the dip**





# Recovery/Renewal Breaks







# Take a break to renew your energy

- ⚡ Respect your ultradian rhythm and step away
- ⚡ Go for a walk
- ⚡ Stretch and/or Shake it
- ⚡ Meditate
- ⚡ Do breathing exercises
- ⚡ Manage your breaks appropriately

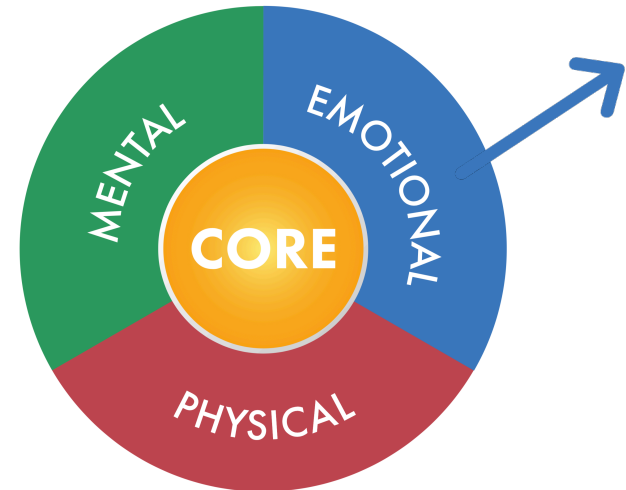




# Emotional Element

## Quality of all Elements

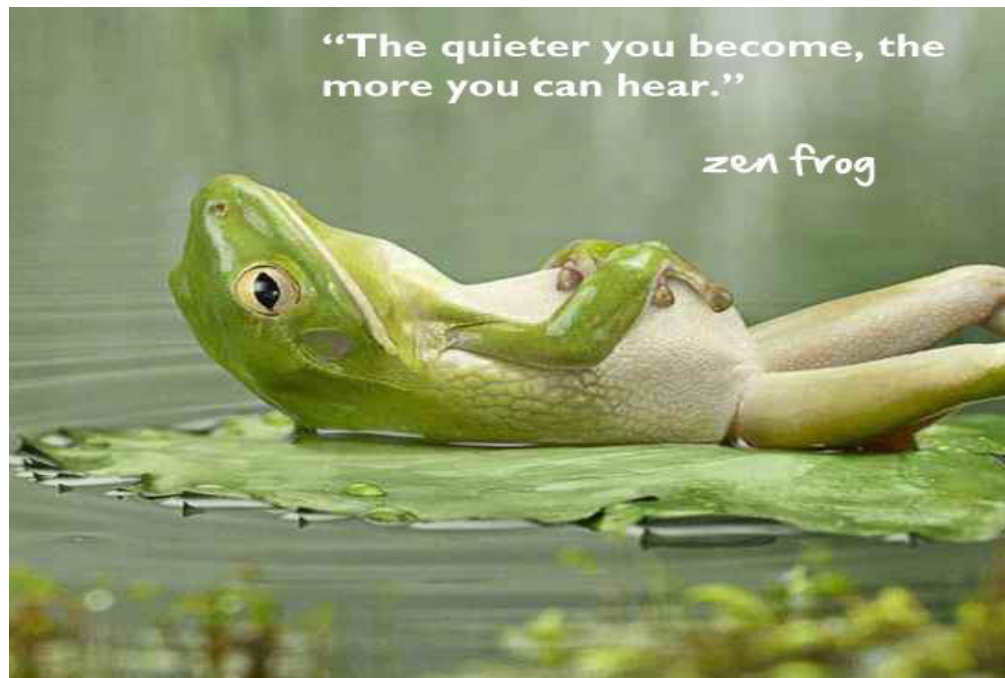
- + or –
- Managing Emotions
- Emotional Triggers
- Communication
- Manage conflicts





# Emotional Element

*“How we feel profoundly influences how we perform”*





# Emotional Element

## Positive

Enthusiasm

Engaged and focused

In Action

En

## Negative

Anxiety and stress

Reaction and blame

Fear and judgment

!





# How am I feeling?

**Managing Your Emotions is Your Responsibility**





# Be aware of your Triggers





# Most common triggers

- \* Feeling spoken to with condescension and lack of respect
- \* Being treated unfairly
- \* Noisy background
- \* Not feeling appreciated
- \* Not being listened to or feeling heard
- \* Someone else taking credit for my work
- \* Being kept waiting
- \* Colleagues not following the safety measures in the workspace
- \* Poor internet connection
- \* Someone else's sloppy work on a project I'm overseeing
- \* Feeling criticized or blamed
- \* Not being given the chance to speak
- \* Unrealistic deadlines
- \* People who think they know it all





# Golden Rule of Triggers

**GOLDEN  
RULE**

**Whatever you feel  
compelled to do,  
don't do it!**





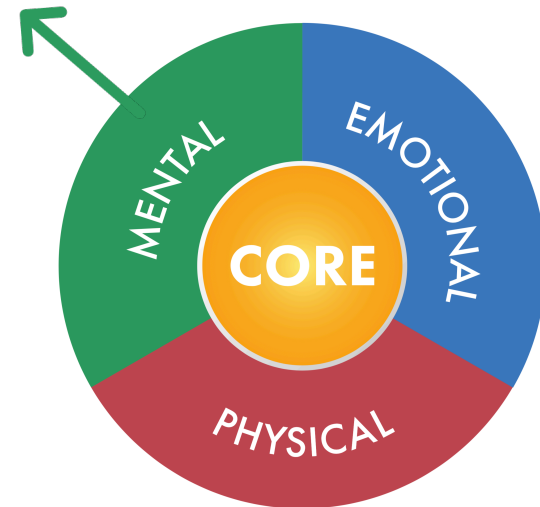
Breathe...



# Mental Element

## Focus of all Elements

- ✓ Habits to increase:
  - ✓ Productivity and Efficiency
- ✓ Mindfulness
- ✓ Power of thought & mindset





# Mindfulness



Mind Full, or Mindful?



# Observe Your Internal Distractions

**As you observe your thoughts, things to ponder...**

- How often do you get caught in thought?
- What are your thoughts about?
- What is the quality of your thoughts? + or -
- Are they affecting your emotional state?
- Are they affecting your performance?



# Mindset



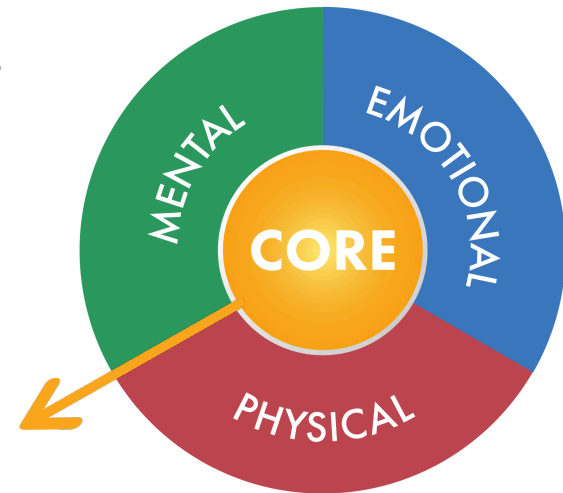
Q6 : Mental Element



# Core Element

## Meaning & Purpose in Life

- Finding purpose in the workplace
- Living in accordance to your values
- Introspection for increased self-awareness and self-discovery
- Being of Service + contributing in a positive way
- Practice genuine humility

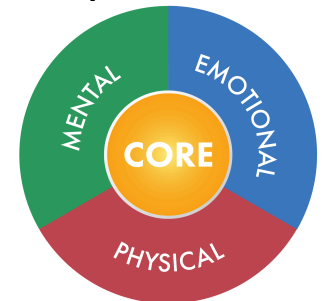




# Self-Reflection for your Core

## Ask yourself these insightful questions:

1. What do I want to be remembered for?
2. What do I stand for and who do I want to be?
3. What do I most love doing?
4. How would my better self behave?
5. How can I be of service? i.e. at work, with my family members, my friends, my community

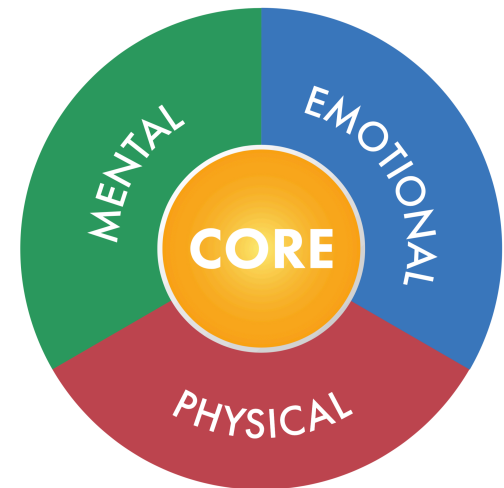




# Pillars to Eternal Resilience

- ✓ Choice between Proactive and Reactive
- ✓ 4 Human Elements to Boost your
  - ✓ Well-being
  - ✓ Resilience
  - ✓ Productivity

Energy







# Questions





# Peak Energy Management



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Julie Richer and/or Peak Energy Management



Peak Energy Management