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A coaching approach to building resilience

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Today's presentation

- ✓ What is resilience?
- ✓ Types and sources of resilience to consider
- ✓ Coaching your resilience
- ✓ A resilience builder tool



SGLS 2019 Wall of Resilience gallery



What is resilience?

Resilience: The capacity to adapt in the face of adversity, trauma and stress (Resilience is not about “bouncing back”)

Key to resilience (in general):

- ✓ Having a plan and options within that plan (and being able to carry these out)
- ✓ Confidence in your own abilities and knowledge
- ✓ Skills in problem diagnosis and solving
- ✓ Supportive relationships encourage resilience



What does resilience mean to *you?*

*“Resilience means never giving up, even when **obstacles and setbacks** are placed in front of me” Thomas, patient*

*“Resilience is **not giving up** in the face of adversity, Instead you **make the choice** to adapt and thrive while going through what you are facing.”
Valerie, patient*

*“For me, [resilience] is a helpful idea – **a tool to use to help me refocus** but on days that it is challenging, I just think, tomorrow may be better, I just have to get through this moment, this day.” Robin Tuohy, caregiver*

*“To me, it is the **process** of returning to a much more normal life after a real challenge with the disease” Jeff, patient*

*“Being resilient for me means having **hope**” Tiffany, patient*



IMF Wall of Resilience research

Identified three types/sources of resilience by analysing and grouping your images:

- ✓ Physical resilience
- ✓ Mental resilience
- ✓ Emotional resilience

Resilience can be linked to coping, to enjoying life and to well-being

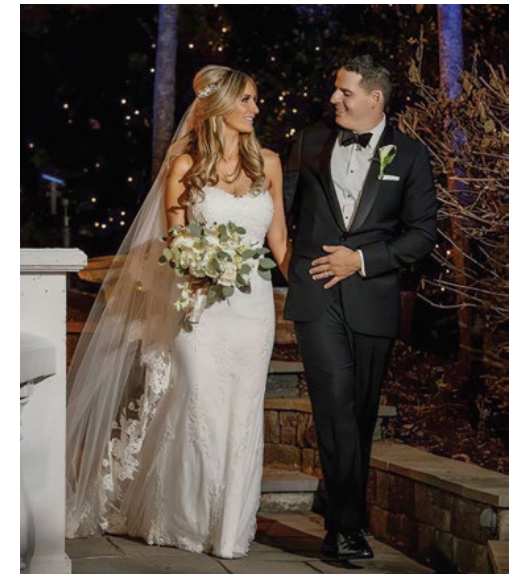
Proposed that all three areas could be worked on to enhance overall resilience

Invited groups to use the *Wall of Resilience* concept to celebrate and enhance resilience, bonding and community in their group



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Emotional resilience: connection, support, joy, love





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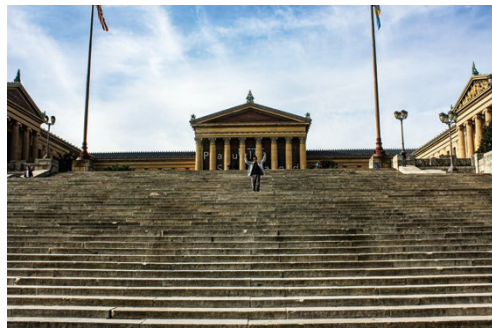
Mental resilience: de-stress, release, space, peace





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Physical resilience: movement, achievement, strength and renewal





Coaching mentality

Coaching is very simple – many of you may have been coached or are a coach

Coaching is used in sports, of course, but also within organisations

Coaching, to me, is about using reflection to gain clarity, identify barriers and set out steps to meet your goals. *Coaching can encourage positive change and a sense of control.*

It works by asking simple questions to identify and create actions for change:

- ✓ Assess the now – what's the reality?
- ✓ Set goals – where would I like to be?
- ✓ Identify and work on the steps



Where do coaching and resilience fit together?

Reminder: Resilience is not a quality or gift, **it is a skill and a process**

Resilient people work at it – they build their resilience

I've been told by patients and carers that **acceptance enhances resilience**, coaching is a process of reflection, acceptance and growth

Coaching is not about telling people what to do – *we get a lot of this at the moment* – **in coaching we identify our own answers and actions**

Coaching is a tool which can help us all work at resilience – **can use coaching questions to set goals to build resilience**



Resilience Builder tool

| | Emotional Resilience Connection, support, joy | Mental Resilience De-stress, space, peace | Physical Resilience Movement, strength |
|-----------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------|
| 0 – 10 score (0, worst it could be -10, best it can be) | | | 6 |
| Where am I at? | | | Sluggish, tired, not exercising |
| Where I would like to be? This acts as your goal | | | In fresh air 4-5 times a week |
| What resources do I have? What will help you reach your goal? | | | My health, green space, clothing, footwear |
| What resources do I need? | | | Time, motivation, structure |
| What steps can I take? Can add multiple steps but keep it achievable | | | Set a time, go for a walk |
| Are there any “quick wins”? Actions you could take now. | | | An early night |



How to use this tool to coach your resilience

Take some time out in a comfortable space and think about the questions, note down your answers in the table.

Where am I at: begin with a quick scan – how “full is your tank” in each area – you could score this, with 10 being the best it could and 0 the worst e.g. physically thriving but emotional resilience is diminishing

Now you know which areas to work on – remember you can only really work on one area at a time, don't overload yourself.

Where would I like to be? Now you know where you are going

Do I have what I need to go forward? Options/information/skills/resources

Identify actions and carry them out: **are there any “quick wins”?**



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Find your own pathways to resilience (and the IMF can help you)

Reflect: Where am I at? Where to I want to be? What steps do I to take?

Identify: Identify actions and resources to build resilience!

Reflect: what worked and what didn't

Celebrate: images of resilience on social media, create a gallery, use inspiring music, share stories of resilience

Thank you

*“Resilience is individual.
It looks different for
different people. It doesn’t
look the same for
everyone and **we don’t all
get there the same way.**”*
Tiffany Williams, patient

