

Resilience session 10: Recognition

Jessica Pryce-Jones



Top tip



Be kind to yourself;

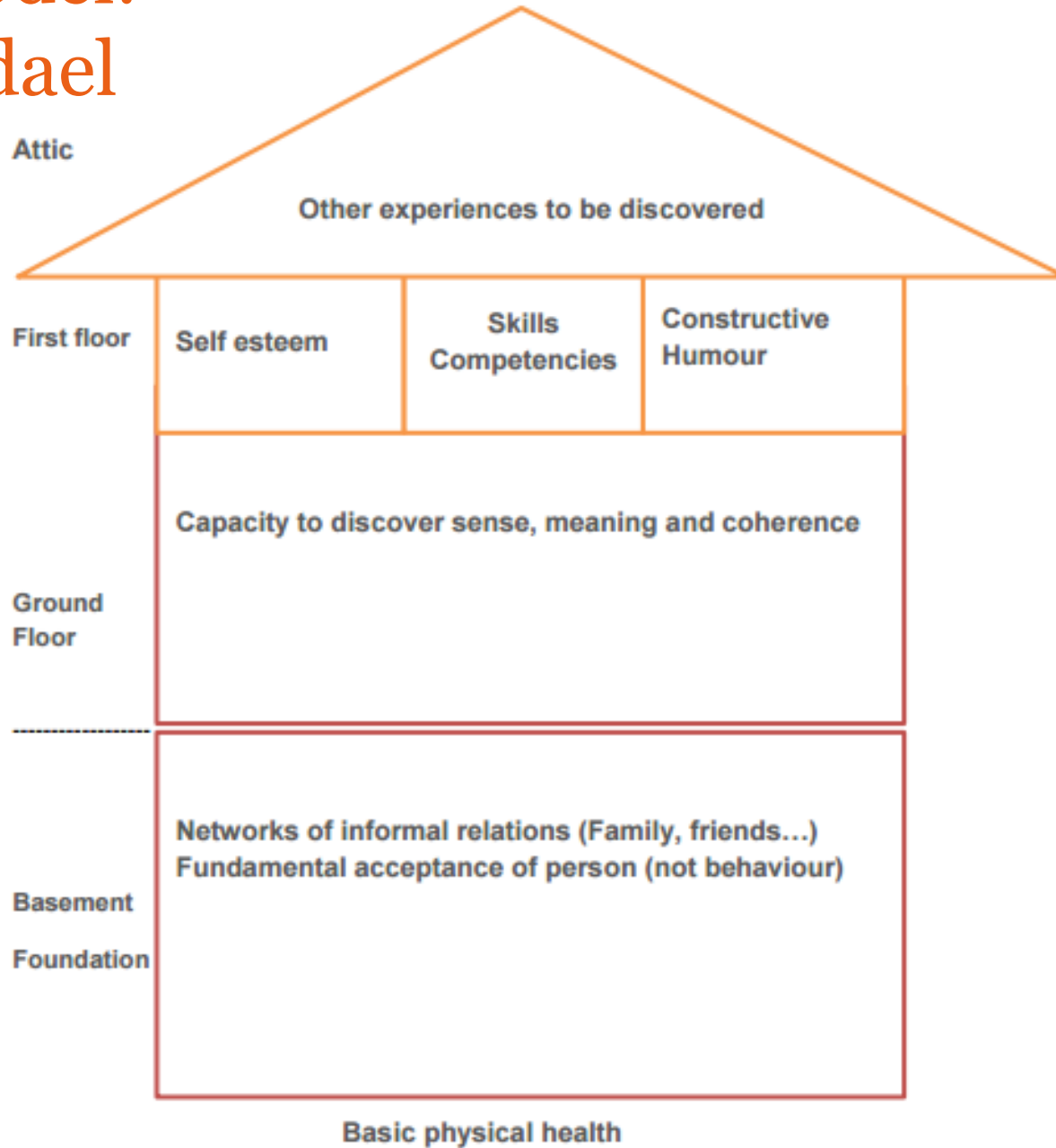
say **no** once in a while so you can say **yes** to yourself



Kelso: photo



Casita model: Vanistendael



Our overall agenda: 45 min



1. Understanding resilience
2. Exploring self-resilience and peer coaching
3. Harnessing energy
4. Knowing and using your strengths intentionally
5. Thinking about control
6. Promoting team resilience
7. Generating a positive mind-set
8. Understanding emotional labour
9. Exploring trust
10. Being valued for your contribution: recognition



Why recognition?



Diminishers - Boosters





1. Elevation

Something that someone does that is awesome

- See: sacrifice, forgiveness, altruism, understanding, help
 - Feel: uplifted; tingling – oxytocin; lump in your throat, tears; immense admiration
 - Think: ‘I could do that’
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- Igoe, S. B., & Haidt, J. (2009). Witnessing excellence in action: The "other-praising" emotions of elevation, gratitude, and admiration. *Journal of Positive Psychology* 4(2), 105-127.
 - Schnall, S., Roper, J., & Fessler, D. M. T. (2010). Elevation leads to altruistic behavior. *Psychological Science*, 21, 315-320.

David Bradshaw



Share a moment when you experienced elevation



- A film
- A story
- A real life event

1. Describe this to a partner so they can really put themselves there.
2. How do you now both feel?



2. Gratitude

Anita Brick: what you appreciate, appreciates; hired-wired for negativity so we need constant boosters

Three things you are grateful for today (remember comparing down not up?) and why

1. My life partner...
2. My kids...
3. The parakeets...



These squawky boys





3. Recognition: what's it all about

- Words
- Time
- Gifts and treats
- Acts of service
- Touch
- Symbols of achievement
- Checking-in
- Promotions

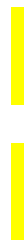
Work out your 1st and 2nd;
share with the group



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Next steps



- iPPQ: anyone can complete: debrief
- Evaluation: qualitative and quantitative
- Coaching webinar

