



RESILIENCY

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“It's **not** the load that breaks **you** down,
it's the way **you carry** it.”

C.S. Lewis

LIFE IS **HARD**

You are doing it ~~wrong~~.

THE **FIVE** CORE TRAITS OF RESILIENCE

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- 1** BELONGING
- 2** PERSPECTIVE
- 3** ACCEPTANCE
- 4** HOPE
- 5** HUMOUR



**THE FIVE
CORE TRAITS
OF RESILIENCE**

BELONGING

- Who is on your home team?
- Who is in your corner?
- You need to protect that

PERSPECTIVE

- Alignment with your head and heart
- Operate from your values
- Stay present

ACCEPTANCE

- Deciphering your controllables
- Persist - Pivot . Punt

**THE FIVE
CORE TRAITS
OF RESILIENCE**

HOPE

- Choosing to be hope-filled
- Protect the morale
- Trust in you and the future

HUMOUR

- Practices of release and recovery
- Light heartedness, joy, laughter, and play



What gets in the way and how
do we navigate through?

Barriers & Facilitators

Figure 1: The Yerkes-Dodson Human Performance and Stress Curve

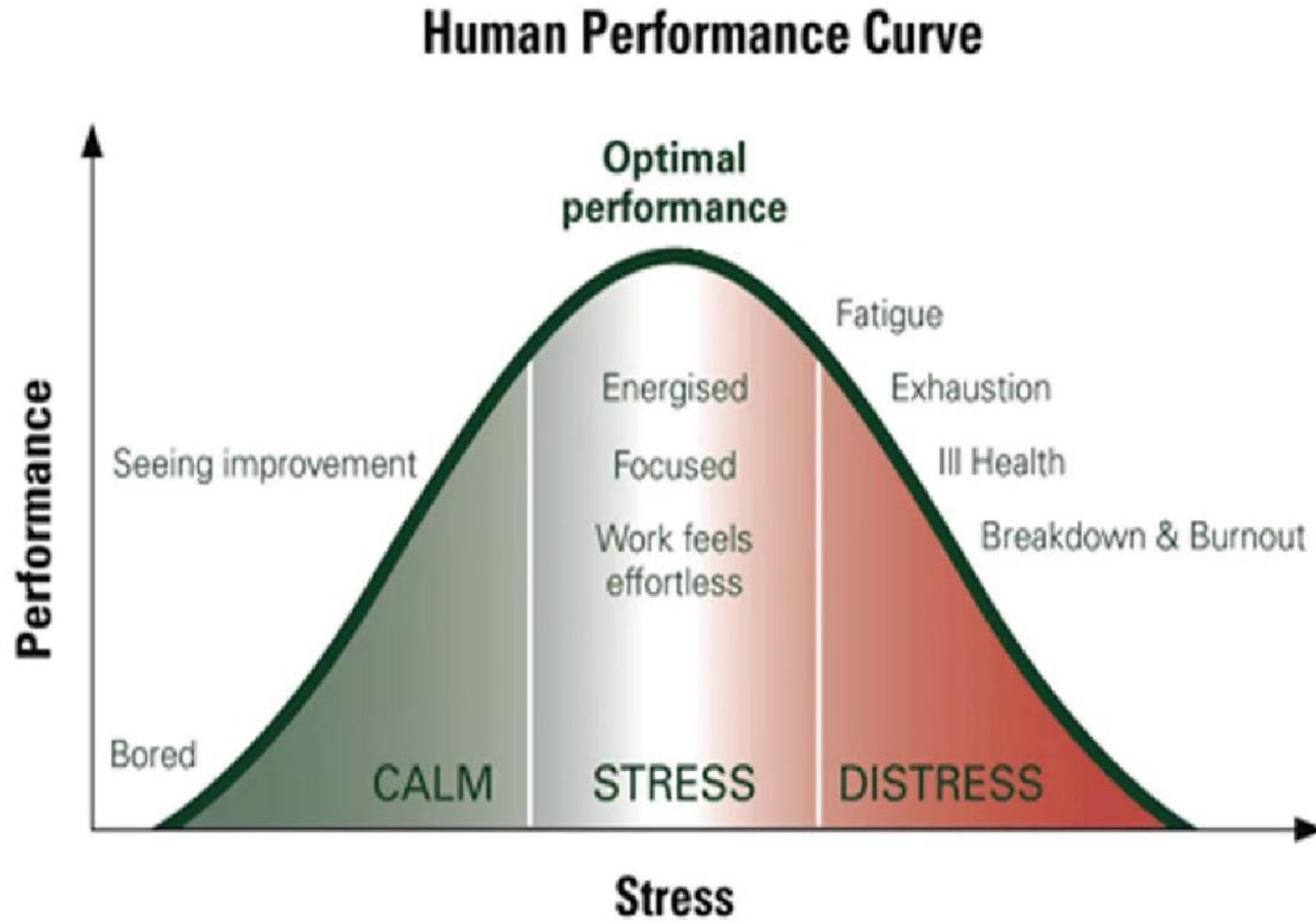


Figure 1: The Yerkes-Dodson Human Performance and Stress Curve



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Human Performance Curve



REGULATION

Moving from Distress back to Stress

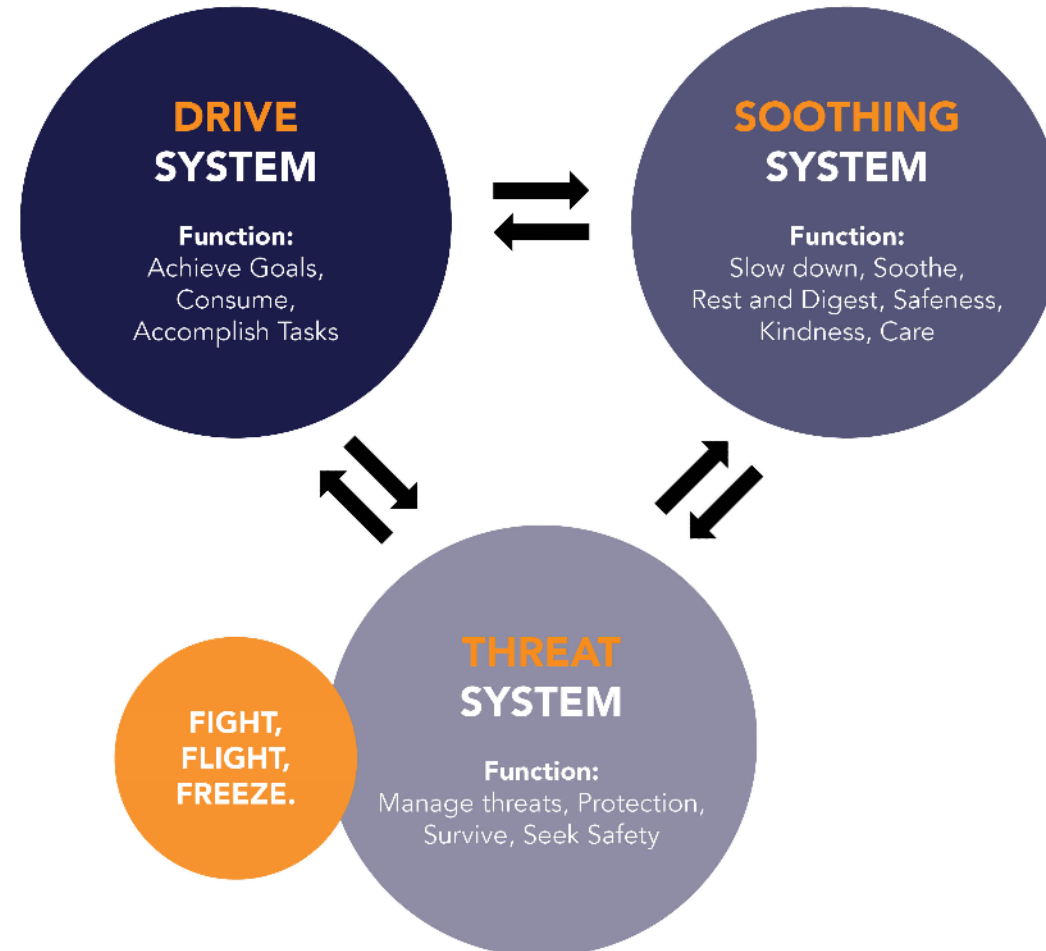
- 1) Motion: Movement Practices
- 2) Cortisol Crying
- 3) Eating Carbohydrates

Awareness Pause: Stress detection signs:

Recognize when you have shift from STRESS into DISTRESS?

CIRCLES OF EMOTIONAL REGULATION

Based on Paul Gilbert's model, it is believed that people switch between three different systems to manage their emotions.



LIFE *with* **WORK** *balance.*

WORK / LIFE *balance myth*

“There is one way to balance both work and life equally, that works for everyone”

~

LIFE / WORK *balance reality*

“Establishing the right amounts of time, that matches my priorities, so I feel balanced”

MICRO HABITS // WORK & PRODUCTIVITY

MONO-TASKING VS. MULTI-TASKING

TRANSITIONS PRACTICES

FOCUS ON NEW HABIT CREATION NOT FIXING OLD ONES

HAVE AN END POINT

MICRO HABITS // LEADERS & TEAMS

LEAD and WORK FROM THE HEAD and THE HEART

OWN THE NARRATIVE

EMBRACE THE LONG VIEW

HOLD SPACE FOR OTHERS

- 1) ACKNOWLEDGE
- 2) VALIDATE
- 3) PRESENT 3 TANGIBLE OFFERS OF SUPPORT

MICRO HABITS // LEADING REMOTELY

RIGHT TOOLS

CHECK-IN'S - WORK-LOAD BALANCING

EXPECTATION SETTING

WHOLE PICTURE CONVERSATIONS

CULTURE OF SUPPORT & AUTHENTICITY

MICRO HABITS // WELLNESS

NOT ALL OR NOTHING

It is dangerous to go into debt with your self-care

//

SELF-CARE IS NOT OPTIONAL

If you don't make time for your wellness you will be forced to make time for an illness

//

BOOKENDING YOUR DAY

//

TO DO LIST - TO BE LIST - NOT TO DO LIST

//

CONNECT WITH NATURE

**SUCCESSFUL PEOPLE ARE
THOSE WITH
SUCCESSFUL HABITS**

Lighthouses

I *can* do hard things.

HIGHWAY HERO

Man saves teen trapped in sinking

Hero praises teen he saved

BY DON DUTTON
SPECIAL TO THE STAR

LAKEFIELD — The "heroic" man who rescued Robyn Hanley, 16, of Buckhorn from the swirling Otonabee River said it was Hanley's calm courage that made rescue possible.

Joseph Todd, 34, said that, although Hanley was clinging precariously to the edge of the river ice and in danger of being swept away, she repeatedly



DRAMA ON ICE: Joseph Todd, 34, pulled Robyn Hanley, 16, from a frozen river after crawling across thin ice in the dark.

length of light tow chain. "When I got about 10 feet from her I slid the chain across the ice a couple of times until she caught it."

"I had the boards crossed under me in an X to spread out my weight and the foam gave me a grip on the wet ice; she wrapped the chain around her wrist and I told her to hang on and kick her feet."

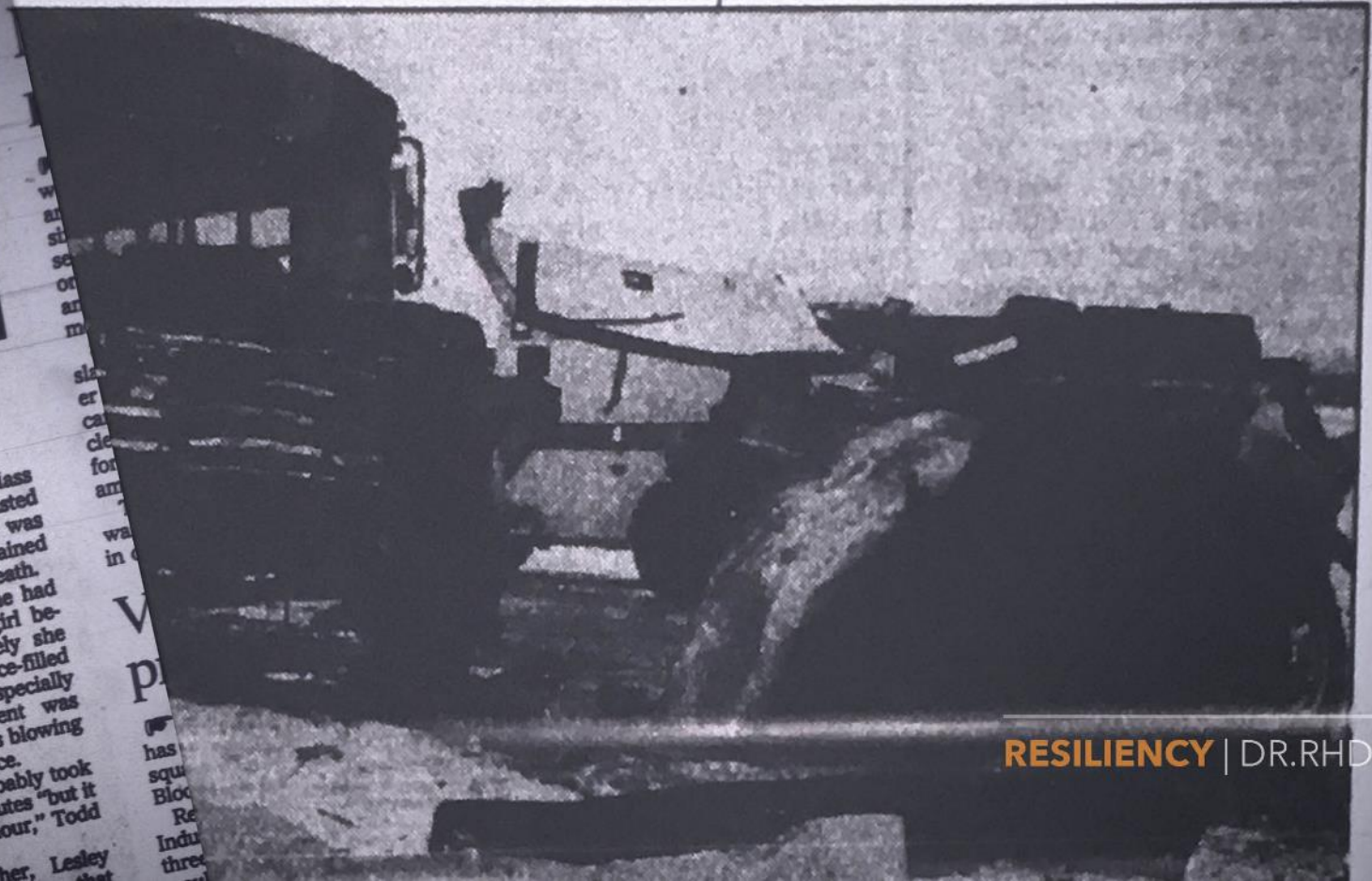
Working in the glow of a flashlight he laid on the ice, and she came

Interprovincial Auto Glass shop in Cobourg, insisted that Hanley's courage was the big factor. She remained calm in the face of death.

He said he knew he had to try to save the girl because it was unlikely she could hang in the ice-filled water for long, especially because the current was swift and wind was blowing waves on to the ice.

The rescue probably took three or four minutes "but it seemed like an hour," Todd

mother, Lesley



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Todd

RESILIENCY | DR.RHD

Be **stubborn** about your goals, and *flexible* about your methods.

RESILIENT MARKERS



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