

Resilience

How do I get it?

And how will I impart it to my kids?!

What IS resiliency?

▶ **Resilience (noun) or Resiliency (noun)**

Able to recover quickly from misfortune; able to return to original form after being bent, compressed, or stretched out of shape. A human ability to recover quickly from disruptive change, or misfortune without being overwhelmed or acting in dysfunctional or harmful ways.

▶ www.resiliencycenter.com

An innate SELF-RIGHTING TENDENCY that moves one towards normal human-development.

Werner & Smith

*“Experience is not what happens to you.
It is what you **do** with what happens to you.”*

Aldous Huxley





The Arch >>

2009, ultra-high-performance concrete, stainless steel, Parc Jean de Drapeau,
Collection of the City of Montreal

Common Ground

- ▶ We're all here to educate our children.
 - ▶ Want to know what can we do as a school & as parents to equip children (who are now becoming young adults) with the skills they will need in order to be resilient adults.
 - ▶ The real purpose of this conversation is to help our children long after we're gone!
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Failure as an option...

- ▶ In order to help children grow and learn, we must allow them to fail. This can be scary!
 - ▶ Allow them to fail so they can learn the lesson.
 - ▶ Allow them to fail at this age while the consequences are minimal.
 - ▶ Parenting with Love & Logic: When we helicopter in, we “rob” our children of the opportunity of learning the lesson.
 - ▶ Failing *forward* is okay!
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- ▶ Will our children learn the knowledge and skills they need if we take the test for them?

The Resiliency Wheel



The Resiliency Wheel



- ▶ **4 Characteristics of resiliency building that add the power of “protective factors” to people’s lives:**
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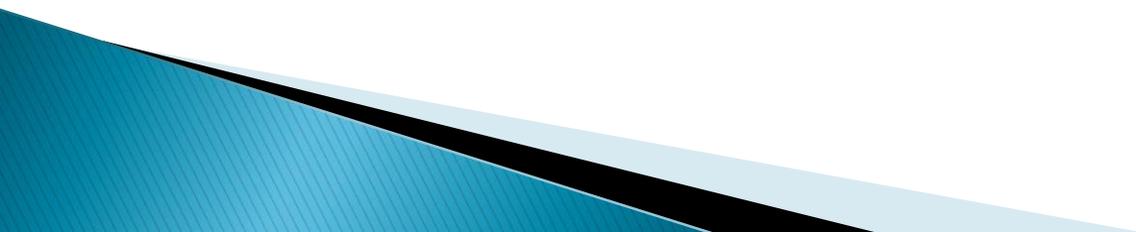
1) Communicate “The Resiliency Attitude”

- ▶ “You have what it takes to get through this!” in words and deeds.
- ▶ “What is right with you is more powerful than anything that is wrong.”
- ▶ Paradox: At the very same time a person is weighed down with problems in one area of life, he or she also has strengths somewhere else—times when obstacles have been overcome in the past; talents or skills or passions that can be focused on and developed in the present. *The challenge is to both be aware of the problems and to draw upon the strengths of the person to help solve the problem, as well as to sincerely communicate the belief that the current problems can be successfully overcome.*

2) Adopt a “Strengths Perspective”

- ▶ “The keystone of high achievement and happiness is exercising your strengths,” rather than focusing on weaknesses, concludes resiliency researcher Seligman (2001), past president of the American Psychological Association.

3) Surround your child (and family) with all elements of “The Resiliency Wheel.”



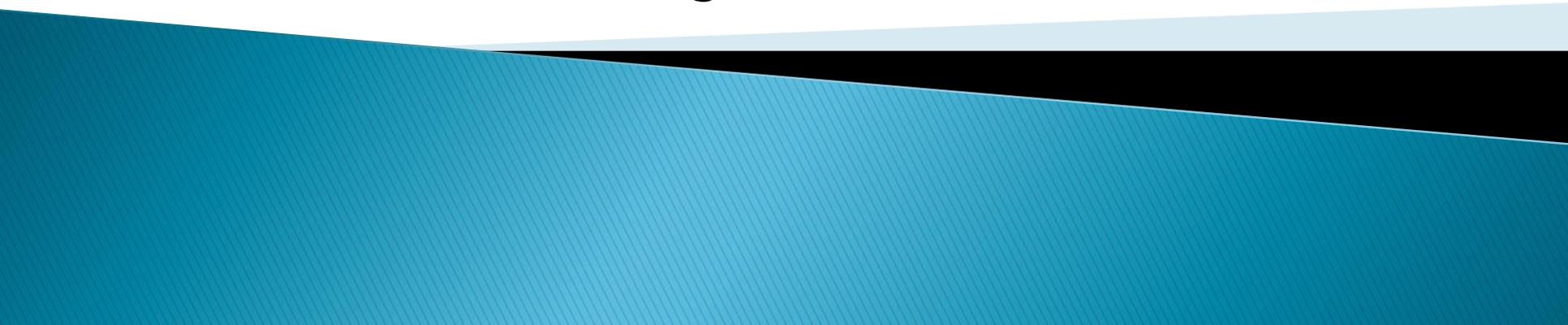
4) Give It Time

- ▶ A resilient outcome requires patience.
 - ▶ “People are most motivated to change when their strengths are supported,” he states.
 - ▶ If the resiliency researchers are right, these strengths, in the long run, are the most powerful. Identifying, celebrating, reinforcing, and nurturing the growth of these positive human traits is the most important skill we can collectively develop to help ourselves and our children be more resilient.
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25 Character Strengths

That Lead to Happy, Engaged, and
Meaningful Lives

Which strengths do you think are
most likely to predict life satisfaction
and high achievement?
(no cheating!)



Grit =

- ▶ (Persistence + Resilience)
- ▶ The most important determinant of school success

- ▶ It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful.”

◦ – Ann Landers