



THE UNIVERSITY
of ADELAIDE

Tools to transform lemons into lemonade

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INSPIRING RESILIENCE

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seek LIGHT

re·sil·ience

noun

the capacity to overcome
stress and adversity.



Outline: Tools and strategies to foster resilience

- Short videos to use as a discussion or writing platform
 - Motivation and reframing
 - Discussion
 - Mindset
 - Proactivity
 - Strategies for overcoming difficulties
 - Listening and creating a safe space
 - Conclusion
-

Motivation: What's your why?

<https://www.youtube.com/watch?v=UNQhuFL6CWg> (Who are you doing this for?)

<https://www.youtube.com/watch?v=qJXHWtDY4JQ> (Passion)

Use simple tools such as videos to stimulate discussions and ideas

Provide questions to elicit ways to overcome difficulties, failure and other challenges



Discussion

Why did you decide to come to Australia?

What is your dream after you finish your studies in Australia?

Have you failed something before? How did you recover?

If your friends relationship broke up how would you help them recover?

What kinds of things motivate you? Is it your goals, delicious food, time in nature, your parents or something else?

When you are exhausted what refreshes and reenergizes you?

Students resilience writing

“In addition, failure is also beneficial to get experience, then figure out the solution. Therefore don't be afraid with challenge, little pressure and little progress.” T

“There are so many difficulties, restriction and obstacles which will slow down your pace, hurt your body and even destroy your mind. Nevertheless, you should focus on your dream, never give up, never give in” P

“Sometimes I fail while my mother gave me more confidence to try again and make progress. Maybe these processes make me alive and motivated all the time” V

Reframing

https://www.youtube.com/watch?v=PdjHG_bGKhk

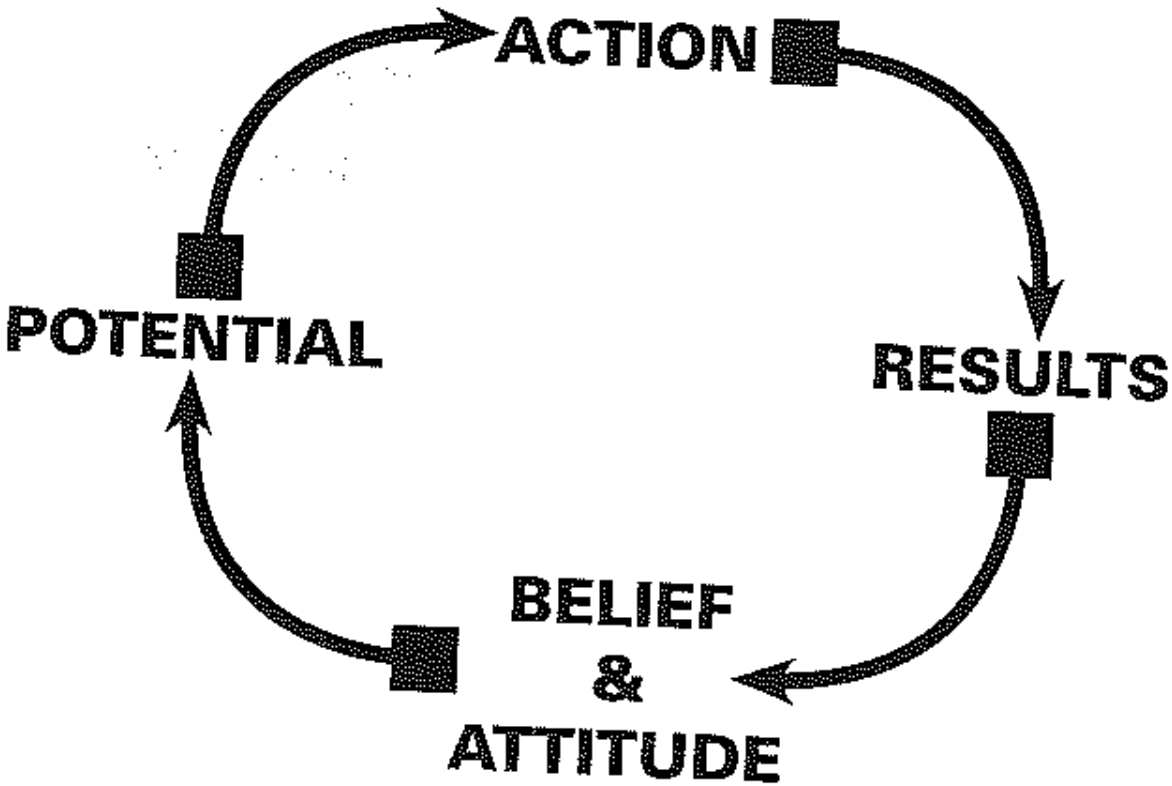


“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times, I’ve been trusted to take the game’s winning shot and missed. I’ve failed over and over and over again in my life and that is why I succeed.”

Michael Jordan

Mindset

The Success Matrix Gerreyn 2008



Encouraging proactivity

<https://www.youtube.com/watch?v=5QvZELjZXYc>



A man walks down a street and falls into a hole.

The man walks down the same street and tries to avoid the hole but falls in.

The man walks down the same street on the other foot path, something suddenly happens and he somehow falls into the hole again.

The man walks down a different street.

Rest and Relaxation



Achievement

=
Skills x Effort

Seligman 2011

Building the Elements of Success

1. Fast

2. Slow

3. Rate of learning

4. Effort = time on task

Seligman 2011

Strategies for overcoming life's moments

Seek help

Strong belief system

Support

Listen to advice but also listen to yourself

Trust yourself

Acknowledge or experience the disappointment

Spend time in nature

Take care of yourself

Make a mistake, dust yourself off and get back up again

Listening and creating a safe space

Observe the physical signs and listen to the person

Give space for the expression of emotion

Do not take on the emotion of the problem

Elicit and/or allow space for the person to create a solution

Take action when the situation is potentially critical

Access the services and support available

Conclusion

Use short videos and listening tasks to build up the skills of resilience, motivation and reframing

Assist the students to know their goals and purpose for coming to Australia and elicit and strengthen it.

Create a safe space; it is okay to make mistakes and when things go wrong or they need assistance – support is available

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Neuro Linguistic Programming

Peak Performance 360

www.peak-performance-training.com.au

Turning lemons
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