

COURSE 02

Resilience in Action



online courses

BY MATINA JEWELL

matinajewell.online



online courses

BY MATINA JEWELL



—
RESILIENCE IN ACTION

Introduction



Watch the Video

🕒 5 min 40 sec

noj

This course has been designed for everyone.

If you have ever:

- Wanted to increase your resilience, so you are better equipped to cope?
- Let your frustration or anger overwhelm, then felt bad about it later.
- Wanted some tools to help with emotions, behaviours or beliefs.

This course is for you.

Self-directed learning means that you take the initiative to diagnose your own learning needs, formulate your own learning goals and identify the resources that suit you best for learning, choosing and implementing appropriate learning strategies, then evaluating your own learning outcomes.

The carefully crafted activities that accompany each module are there to guide you.

There is a LOT of material. And it is by no means all encompassing. It is more a starting point, and an opportunity for you to increase your acuity around the concept of resilience.

As you progress the course, in your day-to-day, I hope you will be more sensitised to stabilising influences for you.

Be inquisitive. Who do you notice doing this idea of 'resilience' well? Investigate what works for them. What works for you? Start a conversation. Teach; share the gift of what you now know. (I wish I had more tools, sooner. Thinking of my girls, imagine the impact on a child equipped with better coping mechanisms, over a lifetime?)

Ok, in the process of change, I believe we need awareness and acceptance before we can change. Complete each activity and challenge yourself to learn and grow.

Awareness

I suspect, some of the concepts will be somewhat familiar. That's great! I suggest working through each activity, even if you think you know it, as awareness is not always enough.

Acceptance

The quicker you accept, the more flexible and adaptable you become. (We'll talk about this soon too...)

Change

A more resilient you.

If you have any questions or comments, feel free to contact my friendly team (hello@matinajewell.com) to organise for a dedicated Q&A session for you or your team.

And keep an eye-out for my 'Choose Your Own Adventure', ground-breaking interactive online training (coming soon).

Just as in life, it doesn't really matter too much about where you start.

Just jump in and 'deal with the cards you're dealt'.

And enjoy the journey!



Matti

Video Transcript

Hi I'm Matina Jewell and on behalf of my entire team I'd like to say a huge welcome and a big congratulations on taking the time to invest in yourself and your future.

This is a program that is designed for people of all ages and from all industries, basically anyone who wants to improve their resilience and find techniques that will help you and your team not only survive in crisis, but actually thrive through the challenging times. So regardless of where you work, what leadership role you may have or even what type of organization you spend your time in, I am so excited that you have joined us here for this resilience in action program.

Over the next few weeks, I will be sharing my experiences and the latest thinking on resilience from around the world courtesy of my team of researchers, allowing you the opportunity to think, reflect and transform, to really help you step-change your resilience so that you're simply better equipped to succeed. I know you'll be amazed at the changes you will be able to make for yourself and how those changes are going to benefit you both at work and at home.

Now, this is also not your typical online program. The lessons and tips I want to share with you have

been learnt on perhaps what might be considered some of the toughest environments on earth; in the military and in war zones.

I like to say that these concepts have been truly tested under extreme circumstances in hotspots all around the world. In times and places where people's resilience is truly stretched and where there is no clear end date. You see on the battlefield we simply don't know how long we need to maintain operating in life or death situations and the uncertainty and constant change of the environment tests our team's resilience to the limit.

In this program you will find six modules and in each of them I will share a story from my time on the frontline. There will be life-threatening situations, bombs, war and some emotionally challenging environments.

I hope you enjoy the scenarios and while my examples come from some pretty extreme circumstances that I have worked in; I truly hope that you will see the underlying parallels to your own life. I encourage you, as you listen to the videos, to think about where the same key lessons and challenges are present in your role at work and in your life in general.

I continue to share my thinking on building resilience with thousands of

people around the world each year and I'm excited to share these ideas with you. In my experience working with people from all walks of life; from the United Nations Secretary General to leaders across multiple industries, I've noticed that the people who go on to have amazing careers and exciting futures are those that continually invest in themselves and their growth. These individuals are always on the hunt for new and innovative methods, they are flexible in their approach, can rapidly adapt to change and they're prepared to step up and do the work; just like you've done by committing to this program and your future.

Over the journey of this course, let me share everything I have in my kit bag: my experiences, practical insights, the latest tools and tactics, to help sharpen your resilience mindset and equip you with the frameworks, templates and support used by the world's best.

My team have also including the latest thinking in neuroscience and adult learning principals including activities and exercises designed to help you hone new methods of resilience to add them to your arsenal.

All activities are totally optional. But I want to emphasize that the exercises in the workbooks are the key ingredients for the success of this

program. I completely understand how we are all short on time these days, and I get that you might want to park the activities, to do at some later stage. However, our testing from my Leadership in Action program shows that those who gained the most benefit from the course were the ones who applied the practical application of the lessons back into their own work places and homes, immediately. And then, by the repetition of the application, this new knowledge became a habit and then a mastered, honed skill.

So, enjoy the program. But, before you commence the first module, we're going to start with a quick check-in to get a baseline of your current resilience levels. I hope you will give this your consideration so that you have a benchmark with which to compare yourself to later. At the very end of the program you will complete this same questionnaire to help gauge how your perceived level of resilience has changed over the duration of the course.

Your baseline questionnaire; is my Six Core Tenants of Resilience and it can be completed online or you can go old-school and print the six questions from your course-book.

So come on, lets get started.

Reflecting on the Video

Throughout this resilience course I will share stories of living and working in some of the toughest and harshest environments on earth, often under relentless pressure with life-and-death consequences. I will share how I coped, and maintained a level of resilience to not only survive, but this thrive for optimal performance is unpacked and combined with the latest research, neuroscience and adult learning principles to help you take action in your own life, today.

Resilience - a definition

Resilience can describe 3 different processes:
Recovery, Adaption and Transformation:

(1) **Recovery** - a system, whether it's a person, economy, country, or natural environment returns to the same level of functioning it had before it encountered a problem.

(2) **Adaption** - a system changes to accommodate a disturbance and by doing so survives or thrives.

(3) **Transformation** - The environment around an individual, such as their community, the economy, or their country is changed in ways that make it easier for a system under stress (like a person) to do well.

Source: Oxford Languages

1. Why is building resilience important to you? What about for your team? Or your family?

2. Imagine you have just completed this course, what would 'success' look and feel like for you?

3. Given this, would you benefit from setting aside some time (eg each week for six weeks) to help move you toward 'success'?

4. Is there a point in each day or week that would serve you best to complete the course (e.g. on the train on the way to work, evening, early morning)?

5. If possible, book a series of time slots into your diary now?

☐ Done

6. Do you envisage any potential barriers that might potentially impede you from allocating time to complete the course? What 'Actions On' contingency plan might overcome each of these?

Potential Barriers	Contingency
--------------------	-------------



Resilience Questionnaire

Baseline Resilience



Brief

This exercise will provide you with a baseline, and help you get a feel for your perceived level of resilience.

These are the six core tenants of resilience that I have developed over a lifetime, to help me survive and thrive.

You can repeat the survey at the end of the course for a sense of comparison.

NB: This subjective exercise is intended as a guide only – a snapshot at a point in time. It is for you (only), to help stimulate your self-awareness in respect to the concept of 'resilience'. It is neither empirical in method nor definitive in nature.

Task

Complete the table below to help develop an understanding of your resilience ‘baseline’.

Six Core Tenants of Resilience®	Question	Start of Course (1 = strongly disagree; 5 = strongly agree)	Comments or Thoughts
Pressure	I handle pressure well		
Flexibility	I adapt quickly to change		
Fear	I tolerate ambiguity and uncertainty well		
Perspective	I am optimistic and see the world through a positive lens		
Humour	I find humour in difficult situations and can laugh at myself		
Purpose	I feel a strong sense of purpose		
Total (Max. 30)			

Comment

Whatever your score, give yourself a pat on the back – you are here now, completing the course. Potentially there may be an opportunity to improve, please be kind and gentle to yourself. Wherever you sit, you are on the life-long journey to improving your resilience.

We will return to this survey at the end of the course.

1. How do you feel about your overall score?

2. Pick one (or more) focus areas for yourself in the above list.

☐ Done

3. Do you have any other questions, comments, or concerns?

4. Book regular reminders to complete this course.

☐ Done





About Matina Jewell

Major Matina Jewell (Retired) CSP, International Leadership Strategist, Keynote Speaker, Executive Advisor and Best-Selling Author is a transformative leader providing life-changing perspective from the front-line of leadership, resilience and change. Matina earned military accolades working in some of the toughest environments on earth and her courageous decision making, values-based leadership and vision for empowering teams continue to transform organisations globally. Matina's International leadership keynote speaker presentation is more than just another incredible life story. Complete with enthralling footage shot first-hand on the front-line, the opportunity is afforded for life-changing perspectives on leadership and on having the resilience to thrive through change. Named in the 'Australian Financial Review 100 Women of Influence', Matina is also a Telstra Business Awards Finalist and was named a CPA Australia 'Top-10 Smart Thinker'. Among her honorary roles, Matina is a founding Ambassador for Project Thankful, a movement partnered with the United Nations to help empower women and children globally.

For more information on Matina Jewell, visit: matinajewell.com



ONLINE COURSES

“The program is unlike any other offering in the market we’ve encountered. Matina has found an efficient way to connect her strategies and tools gained in the Australian Defence Force to our ever-busy workforce, and we look forward to rolling out the online training to further build our leadership capability at all levels of the business.”

CAMERON CUNNING

Queensland State Manager, Toyota Financial Services (TFS)

Resilience in Action is the second in Matina Jewell's online course series



LEADERSHIP IN ACTION

6 MODULES

Six enthralling video modules showcase more incredible stories, and bring Matina's hard won lessons from the battlefield to the boardroom.



RESILIENCE IN ACTION

6 MODULES

Change the way you think about resilience.

Resilient organisations are better equipped for everyday challenges - and major disruption - while protecting our most valuable asset, our people.



CHANGE IN ACTION

COMING SOON

'No plan survives contact with the enemy.'

From fear and resistance, to a purpose driven culture that thrives through change.

More: matinajewell.online



MORE FROM MATINA

Keynote Speaker

A Peacekeeper's Perspective

Hear how Matina cheated death, took command and showed pure courage while leading teams under fire during the Lebanon War and operations around the globe.

More: matinajewell.com/keynote-speaking

Retreats

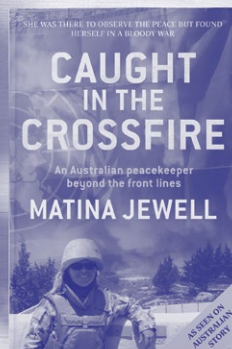
Thrive Leadership Experience

Join Matina for a fusion of personal and professional development, growth and rejuvenation.

More: matinajewell.com/retreats



The Book



More: matinajewell.com/the-book

RESILIENCE

21

Disclaimer

The information in this course is general in nature and does not consider your personal situation. The information is for educational purposes only and does not constitute advice. Matina Jewell is not a trained mental health professional. If you or someone you care about needs help, please speak to a trained mental health professional. They are available at any time of the day or night. Calls are confidential. They will listen, provide information and advice, and point you in the right direction to seek further support if needed.

If you or someone you know needs help, please contact the following 24/7 national services:

- Lifeline: 13 11 14 or lifeline.org.au
- Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
- MensLine Australia: 1300 78 99 78 or mensline.org.au
- BeyondBlue: 1300 224 636 or beyondblue.org.au
- Kids Helpline 1800 551 800 or kidshelpline.com.au
- More support services are listed on the nsw.gov.au website

The content provided in the Matina Jewell Resilience in Action Series is provided for information purposes in good faith based on sources believed to be reliable and accurate at the time of release. Matina Jewell as an authorised representative of Jewell & Associates Pty Ltd does not accept legal liability or responsibility for the content or any consequences arising from its use. All videos, coursebook activities, frameworks and support materials are copyright © Matina Jewell (Jewell & Associates Pty Ltd), 2020 and not to be reproduced without written permission from the author. All rights reserved.

Terms of Service and Privacy Statements are available at matinajewell.com or by contacting hello@matinajewell.com

Notes