



online courses

BY MATINA JEWELL

matinajewell.online



RESILIENCE IN ACTION

SUMMARY



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Summary



Watch the Video

⌚ 3 min 11 sec

Video Transcript

Congratulations, you've reached the end of the resilience in action course. I hope you've enjoyed our time together as much as I have enjoyed sharing these ideas with you and that you've learned some things along the way about yourself.

I have had the pleasure of working with some of the most dedicated, skilled and fearless people on the planet and it has taught me that real learning, development and growth begins with ourselves.

If we fail to connect to who we truly are, our strengths and our challenges, it is unlikely we can connect well with others. If we cannot grow and challenge ourselves then we get stuck at a certain level in life.

Completing this online program means you are willing to do the work, to question yourself and the way you currently operate, and it demonstrates continual improvement, so truly, congratulations.

It's now time to reassess your resilience level using my "Six Core Tenants of Resilience" test that you undertook at the very outset of this program. Review your new scores against your original results and see where you have made changes. Perhaps there are some modules you might want to go back and revisit? Or that there are some areas identified to focus on, moving forward.

Across this program, you have covered: Resilience is a muscle - Performing under pressure; Flexibility - No plan survives contact with the enemy; Facing fear - fast roping from a chopper; Power of Perspective - 'It's not a war stopper'; Importance of Humour - 'Air Force Weenies!'; and Purpose - Combine and unite.

Of course, a program is only as good as the things you take away and put into action. So, I urge you to commit to working on 1 to 3 things in the coming weeks. Please also revisit the notes from the activities and insights you've developed for yourself along the way. If you didn't do the extra options, please take another look at them now and see if there are any you could benefit from.

I believe we can all enhance and continue to build our resilience across our lifetime. We owe it to ourselves, our teams, companies, communities and our families to be the best version of ourselves every day, what-ever comes our way. Our workplaces and world desperately need people who have the capacity to cope, to be resilient and to step-up when we hit difficult times. As we reach the end of this the program I invite you to do just that.

Thanks again for your time, attention and commitment. I hope we get to spend some more time together. Feel free to join me in-person, online or in one of my other programs.

For now, I wish you all the very best as you continue on your journey to learn and grow.

Re-evaluate Your Resilience

Questionnaire

Brief

This is the same quick quiz that you were asked to consider completing at the beginning of the course.

This exercise will help you get a feel for your perceived level of resilience as a comparison.

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

NB: As before, this subjective exercise is intended as a guide only - a snapshot at this point in time. It is for you (only), to help to generate 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.

Six Core Tenants of Resilience®	Question	End 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 as you have completed the course. There is always an opportunity to continue improving, so please be kind to yourself. Wherever you sit, you are on the life-long journey to improving your resilience.

1. How do you feel about your overall score, the second time around?

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

☐ Done

3. Take one positive action in that focus area.

☐ Done

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

5. Have one last look through your course notes - taking the time to reflect, and to complete any exercises that you didn't get to (or even to simply have another go at them).

☐ Done

6. Book a reminder to review these course notes, and re-visit any of the exercises, at a time in the future that works for you (say 6 months).

☐ Done



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.

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MORE FROM MATINA

Keynote Speaker

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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.

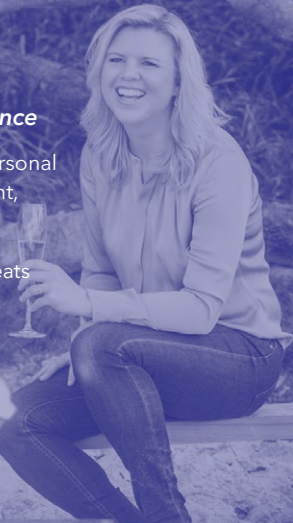
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Retreats

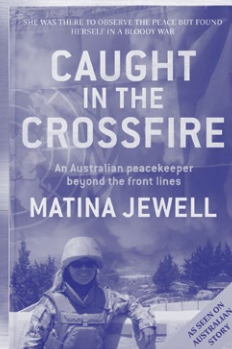
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The Book



More: matinajewell.com/the-book

FREE TRIAL OFFERS



Calm

The Calm* app is something I use as part of my daily meditation routine. Even my young daughters use Calm meditations to help them go to sleep at night.

They offer a free trial [here](#).

VISIT



Blinkist

No time to read? Me either. So Blinkist* pack the entire contents into a 15-20 minute audio summary. They offer a free trial [here](#).

Maybe start with this one (mentioned as part of the Actions on Decision Making Framework) Blink: The Power of Thinking Without Thinking.

VISIT

* I have no affiliation or association with these products - they are simply tools that I use as part of my daily and weekly routines. I hope you find them as beneficial as I do. Enjoy! :)

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One last 'Bonus'



Enjoy the imperfect - yet perfect - blooper video.

Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, keep taking action... and enjoy the journey!

Disclaimer

This 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](https://www.lifeline.org.au)
- Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- MensLine Australia: 1300 78 99 78 or [mensline.org.au](https://www.mensline.org.au)
- BeyondBlue: 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)
- Kids Helpline 1800 551 800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- More support services are listed on the [nsw.gov.au](https://www.nsw.gov.au) website

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If you enjoyed this course, your kindest compliment would be to share with your colleagues, family or friends.

Facebook Community



Having completed the course, you have now qualified to join the Resilience in Action Facebook Community - a closed group of like-minded people looking to take their leadership to the next level.

You can comment or ask questions at any time.

And I will be taking part in Facebook Live sessions on a regular basis too.

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