



ADAPTIVE MINDSET[®]

Resiliency



Resource Guide

AUDIENCE

Managerial, Sales & Universal

USE

The **Adaptive Mindset for Resiliency[®] Resource Guide** is a hands-on guide that provides strategies to help enhance resiliency and change your behavior to build greater resiliency over time. It includes detailed descriptions of the Resilient Mindset Model[™] and strategies for enhancing each element of resiliency. This guide is the perfect follow-up for anyone with previous resiliency training.



PRODUCT DESCRIPTION

The **Adaptive Mindset for Resiliency Resource Guide** is designed to help individuals build resiliency and sustain these behaviors over time. Research shows that highly resilient people respond to challenges with flexibility, bounce back from challenges, and even find opportunities within workplace stress. They perform more effectively in their jobs, are healthier, more engaged with their work, and have higher commitment to their organizations. The good news for employees and organizations is that resilience can be learned and developed.

This guide teaches people about the sources of stress, response patterns to stress, and practical strategies for altering those responses. The guide is based on decades of research on resiliency as well as new and groundbreaking research in neuroscience.

STRESS IN THE WORKPLACE

Research shows that stress has negative influence on individuals and organizations including:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Job pressure is top cause of stress in the United States
- Stress is linked to the six leading causes of death
- Stress costs American companies \$300 billion annually and causes one million daily work absences
- Stress is four times more likely to cause absences than workplace accidents or disease

"It's not the strongest of the species that survive, nor the most intelligent; it's the most responsive to change."

-Charles Darwin



ADAPTIVE MINDSET

There are nine elements to individual resiliency and proven techniques for addressing each of them. Using techniques such as Challenging Automatic Beliefs, Using Mindfulness, and Setting Goals will improve the resilience of individuals and organizations.

WHAT IS SOCIAL INTELLIGENCE?

Social Intelligences focuses on the three key personal success factors: Emotional Intelligence, Mindset and Behavioral Style. Through years of research and proven methodology, the TRACOM Group has helped millions of people better understand themselves and identify strategies for more positive outcomes and professional success.

TRACOM also offers SOCIAL STYLE® assessments and courses to improve interpersonal effectiveness with Behavioral Style training. TRACOM's Behavioral EQ® family of assessments and courses develop crucial emotional intelligence abilities.

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Resource Guide Contents

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STRATEGIES FOR CHANGE

A REVIEW OF THE RESILIENT MINDSET MODEL™

GENERAL STRATEGIES FOR ENHANCING RESILIENCY

STRATEGIES FOR ENHANCING EACH ELEMENT OF RESILIENCY

- Personal Responsibility
- Realistic Optimism
- Personal Beliefs
- Self-Assurance
- Self-Composure
- Problem Solving
- Goal Orientation
- Courageous Communication
- Social Support

ACTION PLAN

ADDITIONAL RESOURCES