



BOUNCING BACK: DEVELOPING RESILIENCE AMID CHALLENGES AND CHANGE

A 60-minute Webinar

BOUNCING BACK – WHAT DOES IT MEAN?

Merriam-Webster.com: to return quickly to a normal condition after a difficult situation or event

Dictionary.com: the act or an instance of bouncing back, recovering, or recuperating

unofficial definition: strengthening our own ability to adapt, grow, and prosper in a given situation

What other words can you think of that would indicate bouncing back?

WHAT ARE SOME ANTONYMS FOR BOUNCING BACK?

What – specifically – does it mean in my life? What kinds of things do I need to bounce back from? What causes me to “sink”?

WHY IS IT IMPORTANT TO ME?

WHAT CAN WE DO TO BOUNCE BACK?

1. According to Daniel Goleman, author of *Emotional Intelligence: Why It Can Matter More than IQ,* the key to bouncing back from more frequent everyday occurrences and mistakes, you need to

2. Use _____.

3. Keep _____.

4. Control the _____

5. Be intentional about your _____

6. Use your _____

7. Develop your _____

8. Tap into your _____

9. Don't view yourself as a _____

<https://www.popsugar.com/family/cute-boy-reciting-self-affirmations-video-46743672>

<https://www.inspiremore.com/brilees-positive-affirmations/>

10. _____ if you need to.

11. Remind yourself that bouncing back can become a _____ and a _____.

12. _____ yourself.

13. Don't become _____ to your own emotions.

WHICH TIP WILL I USE FIRST? IN WHAT KIND OF CIRCUMSTANCE?

WHAT DIFFERENCE DO I EXPECT TO OBSERVE OR FEEL?

WHAT CAN I DO MORE OF TO BOUNCE BACK MORE EASILY?

WHAT CAN I DO LESS OF TO BOUNCE BACK MORE EASILY?

WHAT DO I NEED TO STOP DOING COMPLETELY? _____
