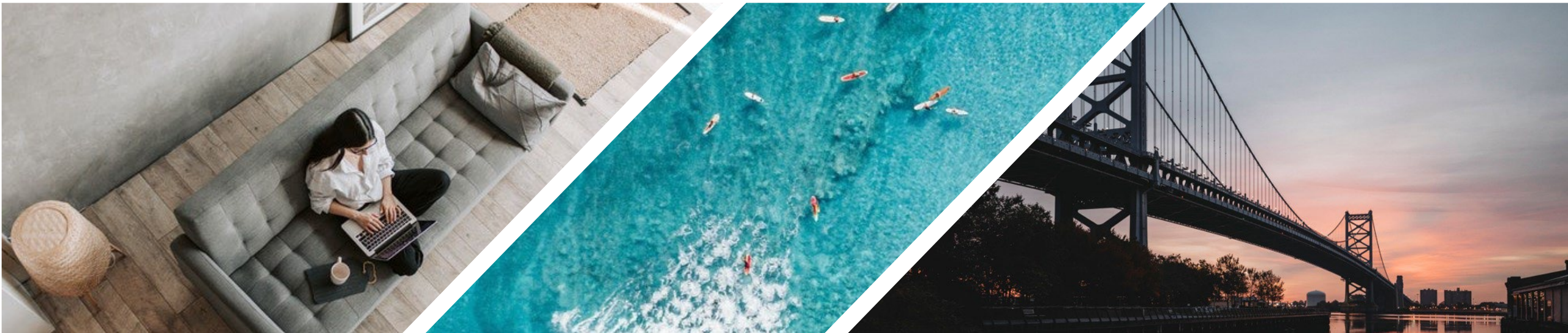




DR. TARYN MARIE

RESILIENCE LEADERSHIP INSTITUTE

The 5 Practices of Highly Resilient People: Why some flourish when others fold



DID YOU EVER
BELIEVE YOU
WERE MEANT
FOR MORE?



YOU DON'T
HAVE TO DO IT
ALONE
ANYMORE





**Resilience is the essence of
being human.**

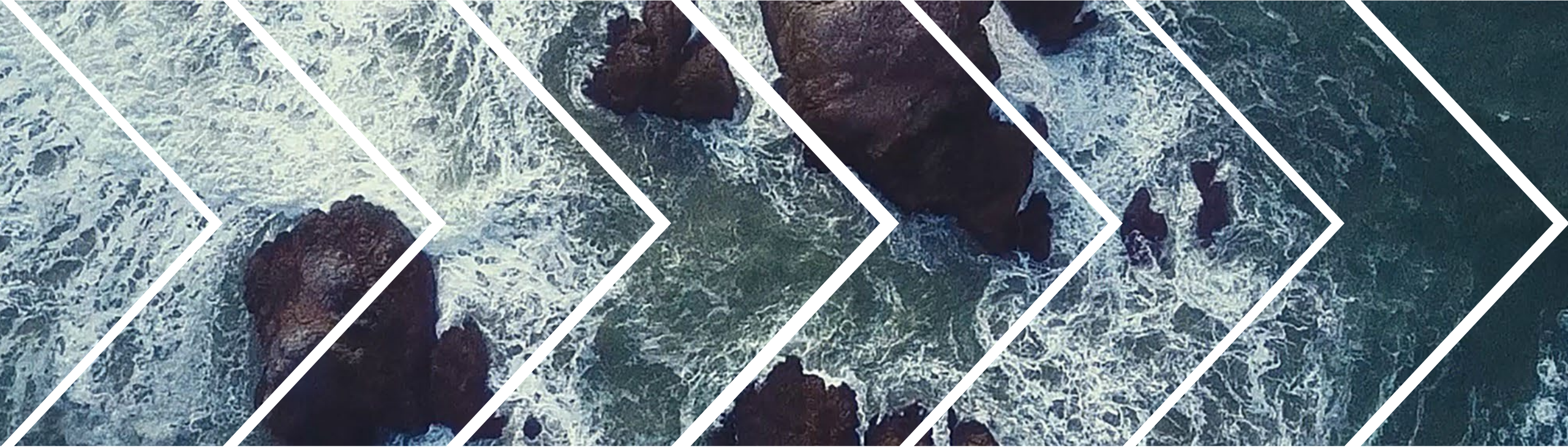


ASK YOURSELF ONE SIMPLE, YET, POWERFUL
QUESTION:

“When you’ve faced significant challenges in the past, what have you done to effectively address those challenges?”

WHAT IS RESILIENCE?

Resilience is the ability to effectively address challenge, change, and complexity in a manner that allows us to be enhanced by the experience, not diminished.

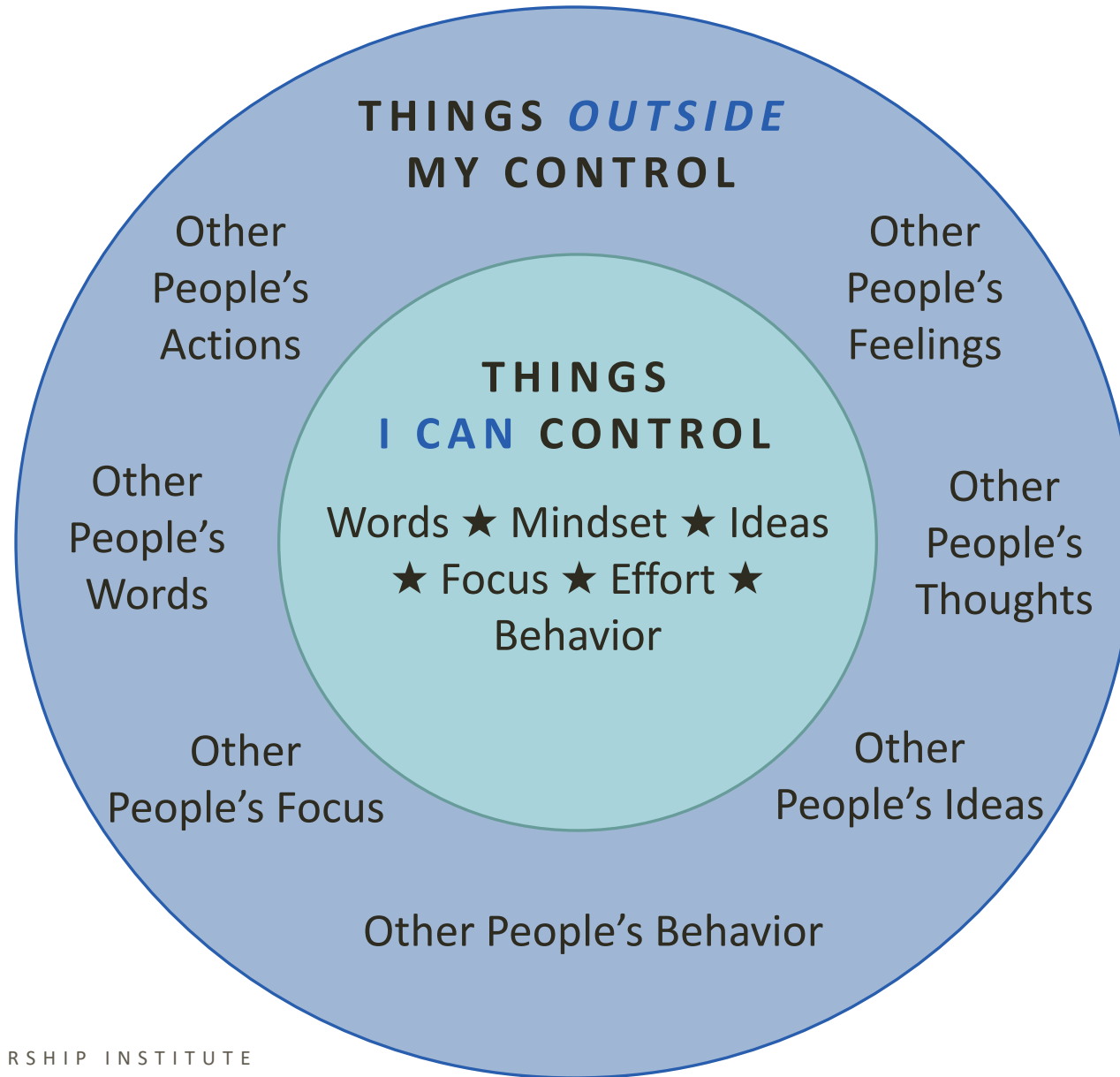




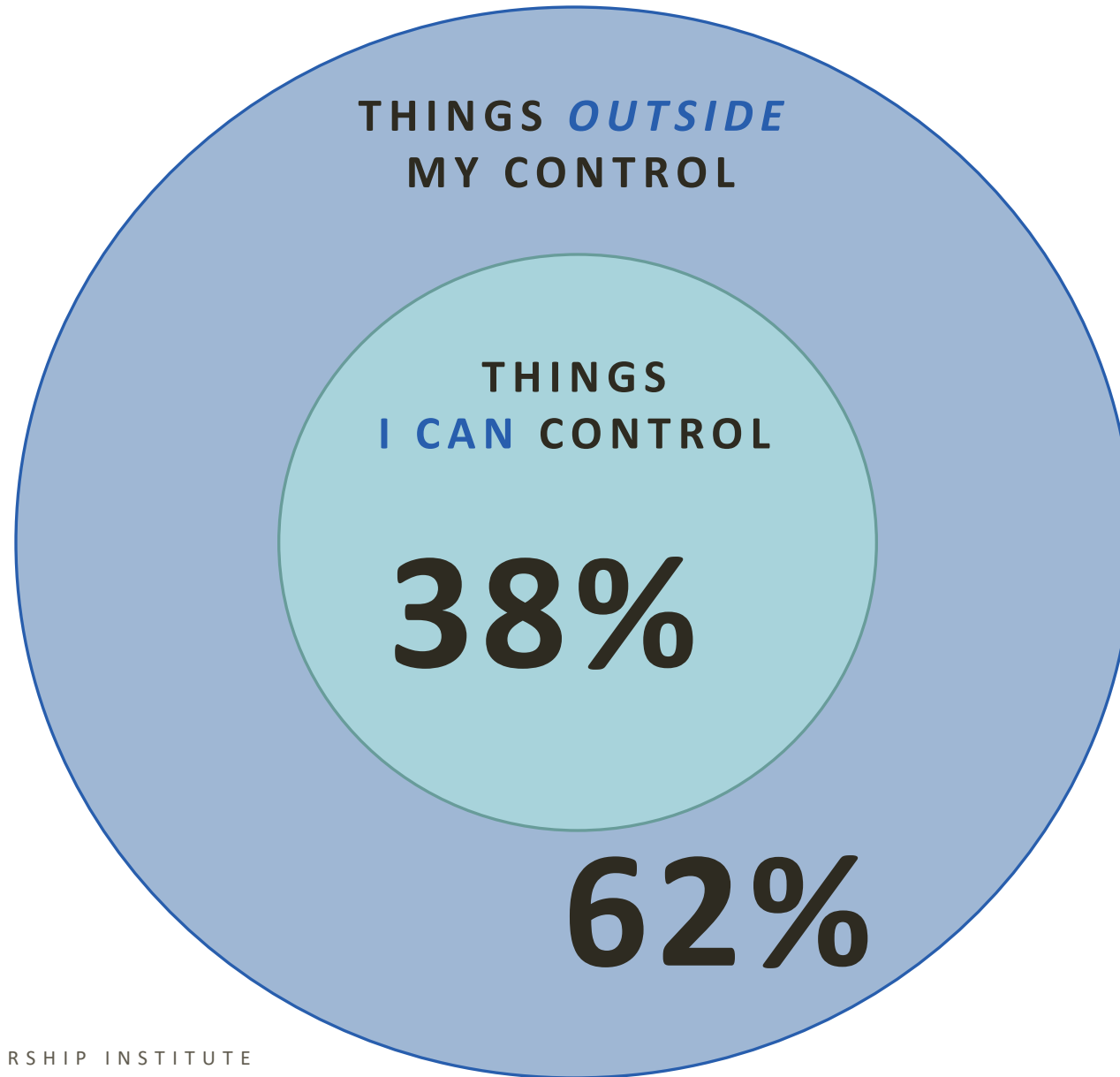
WHEN WE TRULY HARNESS
RESILIENCE:

**WE DON'T BOUNCE BACK,
WE BOUNCE FORWARD**

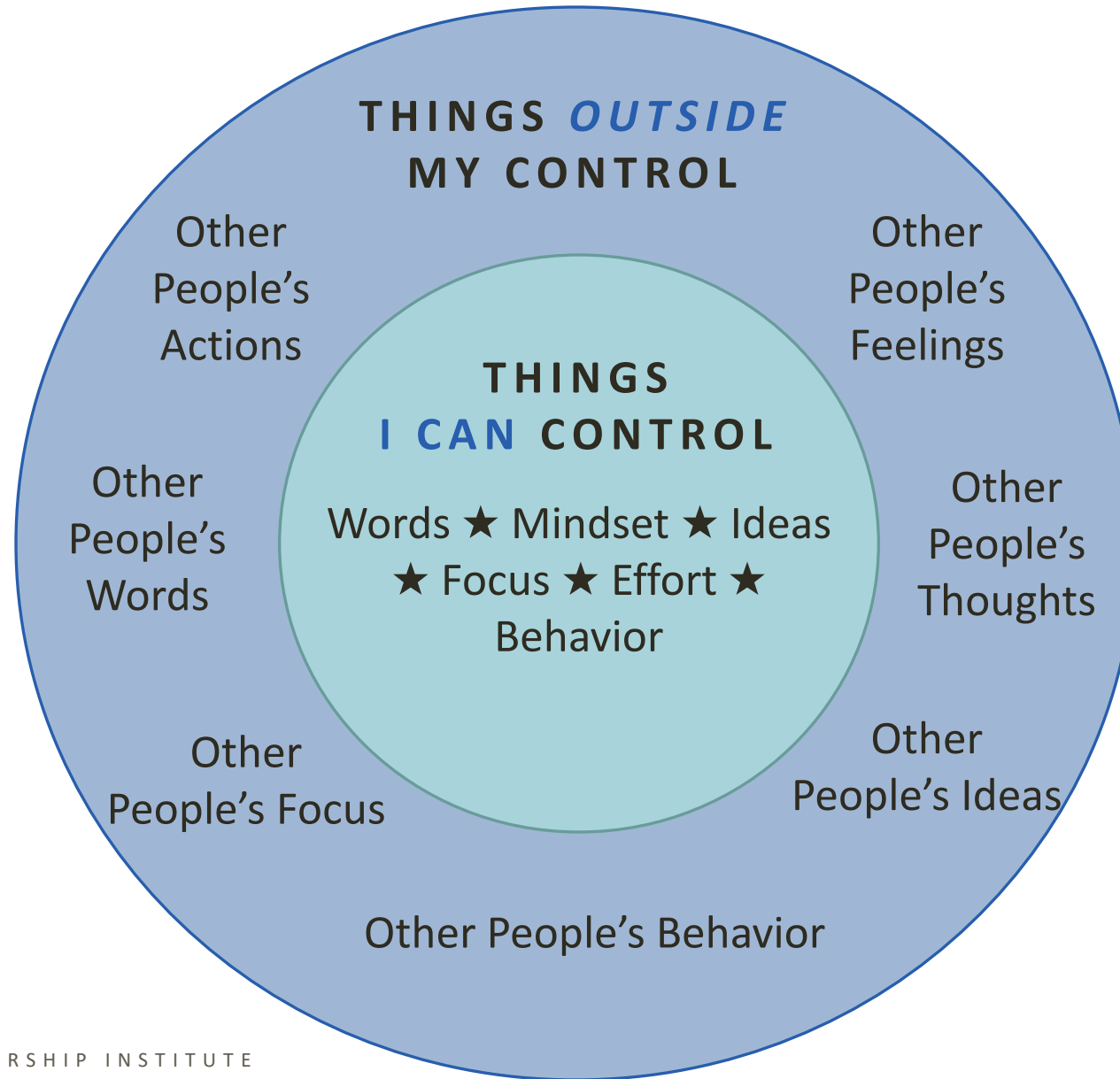
CONTROL THE CONTROLLABLES

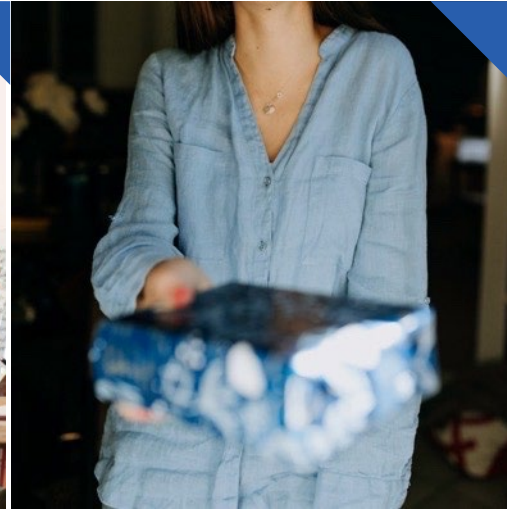


CONTROL THE CONTROLLABLES



CONTROL THE CONTROLLABLES





VULNERABILITY

**PRODUCTIVE
PERSEVERANCE**

CONNECTION

GRATI-TUDE

POSSIBILITY

THE 5 PRACTICES OF HIGHLY RESILIENT PEOPLE

THE PRACTICE OF VULNERABILITY:

**To align your INTERNAL thoughts, feelings, and experiences
with the EXTERNAL self you share with the world.**

Vulnerability is the cornerstone of authenticity and empathy.



THE VULNERABILITY BIAS

THE VULNERABILITY BIAS:

Plays on fear that if you are vulnerable, The Three L's will occur:

1. You won't be LIKED
2. You won't be LOVED
3. People will LEAVE you

ACTION STEPS TO PRACTICE OF VULNERABILITY

SHORT TERM:

1. Vulnerability is NOT discrediting, degrading, or downplaying YOU!
2. Vulnerability is allowing people to see more of your “inside” on the “outside”
3. The Vulnerability Bias blocks authenticity, empathy, and connection.

LONGER TERM:

4. Learn to stop hiding in your vulnerability cage
5. Recognize how language shapes your mood & relationships



**WHEN WE LEARN TO JUDGE LESS,
WE HAVE TIME TO LOVE MORE.**



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THE PRACTICE OF CONNECTION

The connect INTERNALLY, deeply with YOURSELF, i.e., Intuition, worth, and value.

Then, connect EXTERNALLY with others; to draw on strength and support from your community.

“What follows

'I am _____.'

follows you.”

TO CHALLENGE NEGATIVE SELF-TALK ASK:

What if it works out?

What if it's better than I think?

What would happen if I truly believed in and supported myself?

What if I am the one holding me back?

What would I say to someone I love and care for?

**SHOW ME YOUR FRIENDS & FAMILY.
I'LL SHOW YOU YOUR FUTURE.**

You become the average of the 5 people you spend the
most time with.

ACTION STEPS TO PRACTICE CONNECTION

SHORT TERM:

1. Listen to the voice within you.
2. The practice of connection begins **WITHIN** you!
3. Recognize the role of worthiness in wellness.

LONGER TERM:

4. Conduct a “self talk audit”, and evaluate the words that follow
“I am _____”
5. Audit your external connections. Surround yourself with the people you want to become.

**WE ALL NEED A FRAMEWORK TO ASSESS
AND ENHANCE THE QUALITY OF OUR
CONNECTIONS ALONG WITH THE
STRENGTH OF OUR RELATIONSHIPS.**



VULNERABILITY



**PRODUCTIVE
PERSEVERANCE**



CONNECTION



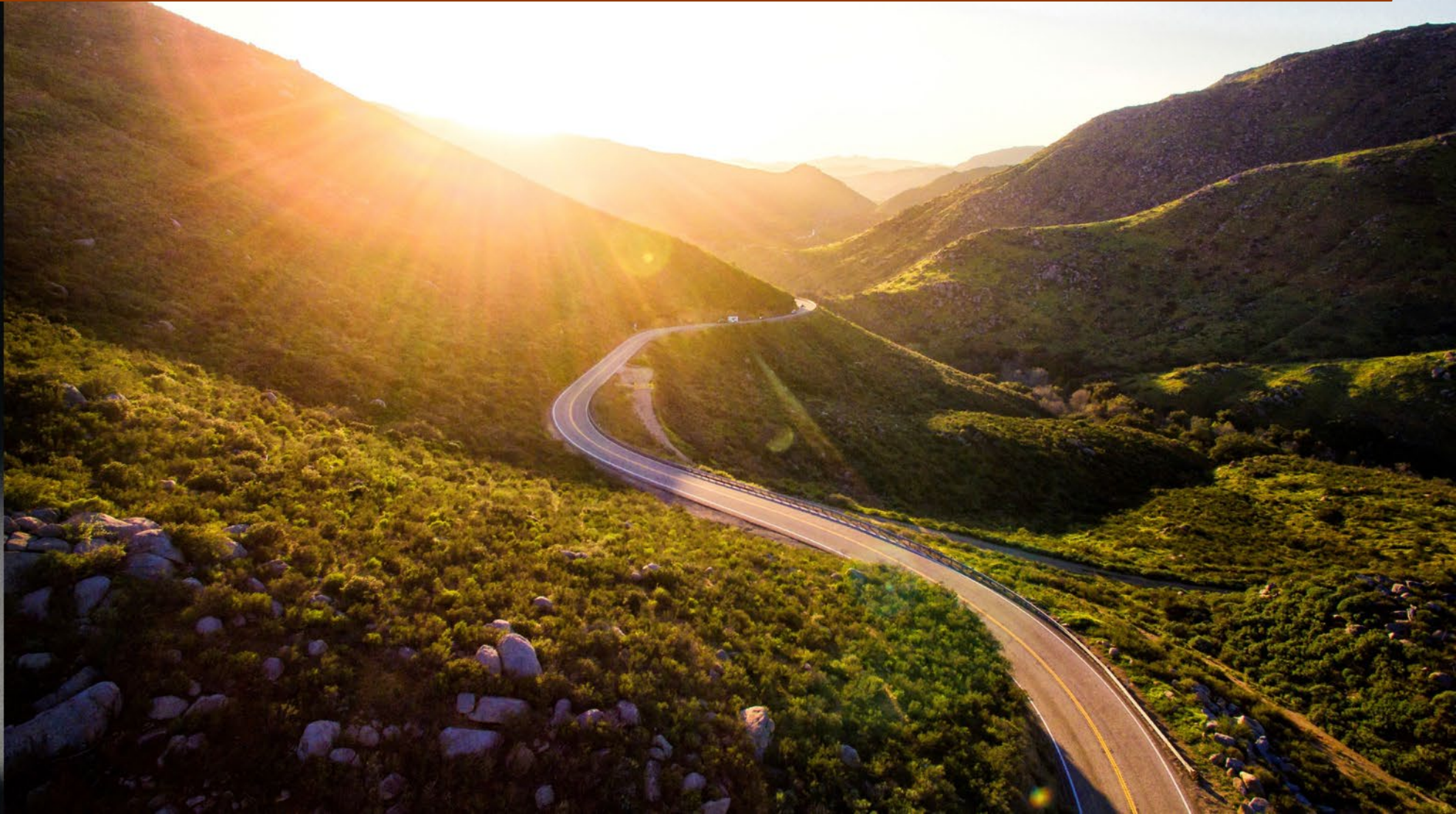
GRATI-TUDE



POSSIBILITY

THE 5 PRACTICES OF HIGHLY RESILIENT PEOPLE

WHAT ONCE SCARED YOU IS YOUR MOST
SACRED OPPORTUNITY FOR GROWTH



HOW WILL YOU SHOW UP?



THE POWER OF SIMPLY SHOWING UP



GOLDEN TICKET WINNERS

★
MIAMI

THE POWER OF SIMPLY SHOWING UP



HOW WILL YOU SHOW UP?



**WE NO LONGER
HAVE TO SOLVE
OUR
CHALLENGES
ALONE**

