

# The “R” Factor

## Building Your Personal Resilience



with

**Fiona Craig**

Founder, SmartWomen Connect

[www.smartwomenconnect.com.au](http://www.smartwomenconnect.com.au)



# RESILIENCE IS...

- THE ABILITY TO COPE WITH THINGS WHEN THEY GO WRONG
- THE ABILITY TO BOUNCE BACK FROM ADVERSITY
- THE ABILITY TO FACE CHALLENGE HEAD-ON





HOW WOULD  
YOU  
DESCRIBE  
YOURSELF?

BRUCE  
THE  
BAND

BELINDA  
THE  
BALL

RUTH  
THE  
ROPE

CHARLIE  
THE  
CHAIN



# 3 Key Rules of Resilience



# 1. Perspective



## 2. Purpose

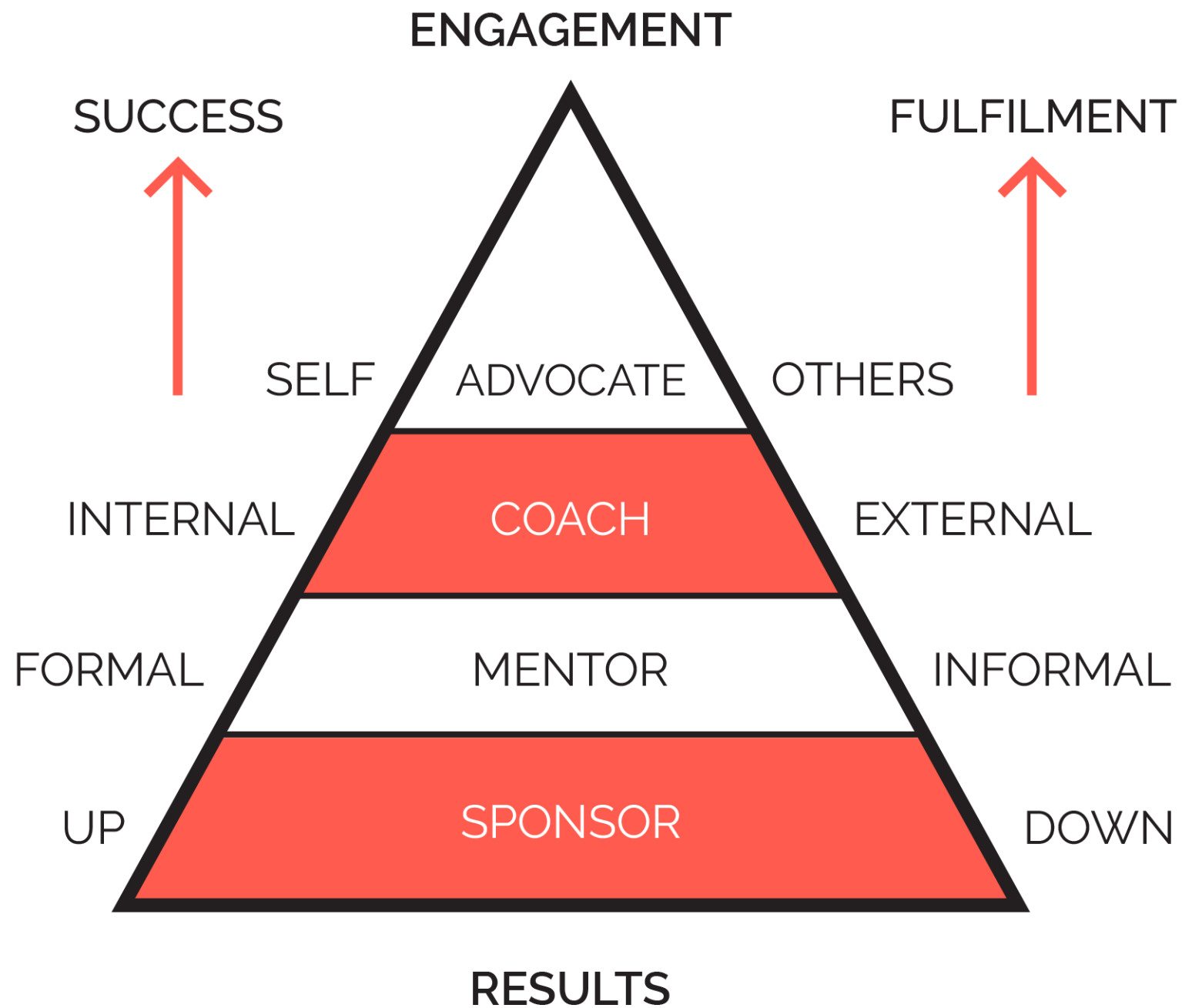


# 3. People





# CAREER CREW



3 Ways  
to

Build Resilience



# 1. Take Risks



## 2. Choose Growth



# 3. Learn Quickly



**Success is not final.  
Failure is not fatal.  
It is the courage to continue  
that counts.**

**Winston S. Churchill**



# Thank you!

## Let's Connect...



[www.linkedin.com/in/fionacraig](http://www.linkedin.com/in/fionacraig)

[www.fionacraig.com.au](http://www.fionacraig.com.au)

[www.smartwomenconnect.com.au](http://www.smartwomenconnect.com.au)

