

The “R” Factor

Building Your Personal Resilience



with

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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



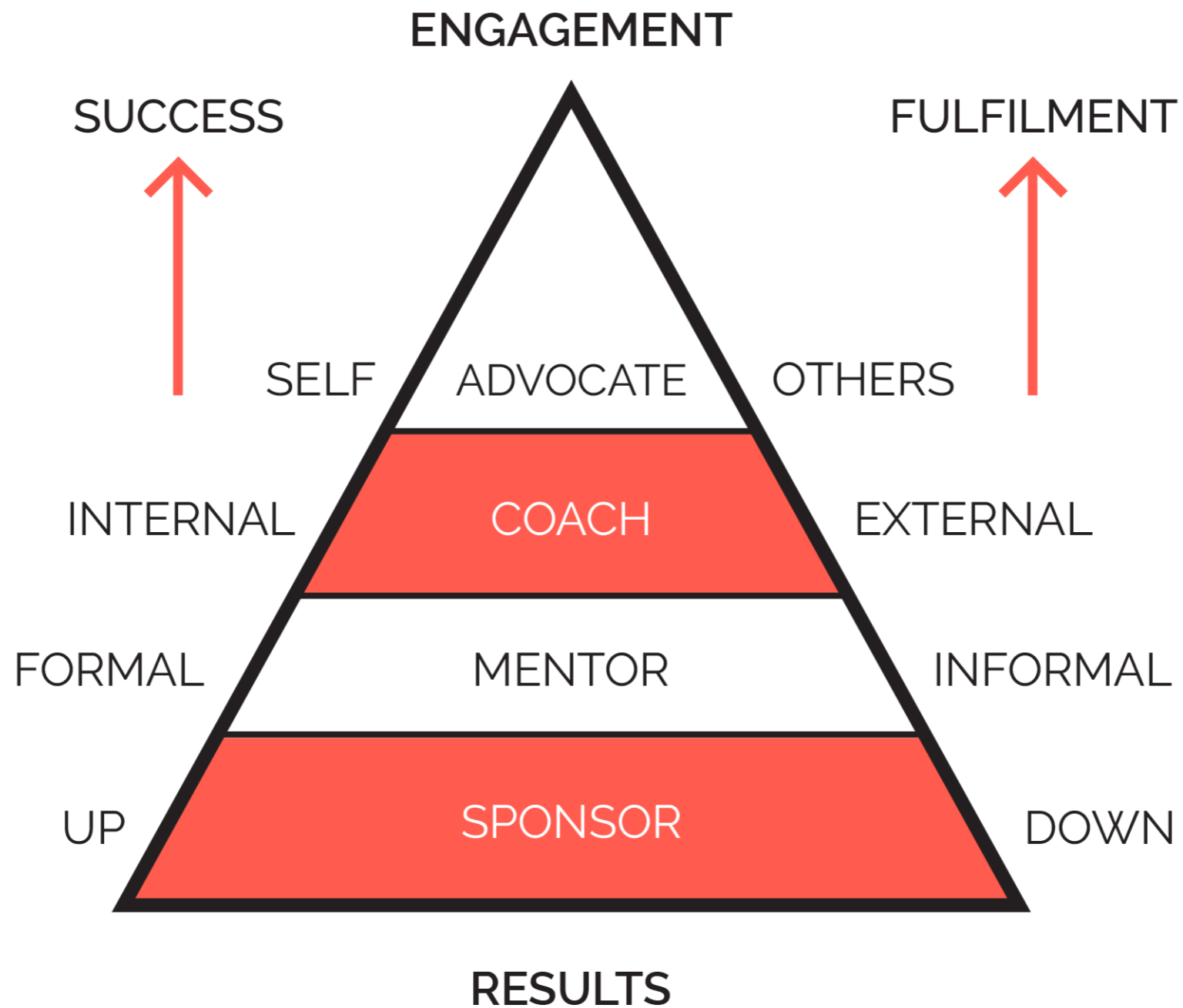
2. Purpose



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...



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