

Dear All

The pandemic has got everyone to think of one word – ‘Resilience’.

Captain Sully showed remarkable resilience in landing a plane on the Hudson river, Apple showed remarkable resilience as a company from being 14 days away from bankruptcy. President Biden is an example of great resilience. There are many more examples that I am sure you can think of.

ABG will have something around ‘Resilience’ at the awards this year.

My learnings note this week is about resilience and the way we could think about it. There are many words that are bandied about that are close to resilience.

1. Resilience is seen as a key capability along with leadership and communication. Resilience is about the ability to plough ahead through difficult and trying challenges, stare at it in the eye and rise above the challenge. Resilience is that quality that allows people to be knocked down by life and then come back stronger.
2. Being resilient is a personal choice one makes – it is how you see yourself, how you see your own journey and the people you surround yourself with. All of them are linked to each other.
3. Resilience is about taking calculated risks, is about keeping focus, is about keeping a cool head and staying positive despite challenges.
4. Some people see ‘resilience’ as a magic remedy, something that heals. It is a great trait to have.
5. How does resilience differ from other words we describe about similar situations. Resilience is different from ‘bounce back’, its about coming back from a disappointment or setback.
6. Resilience is different from mental toughness. Mental toughness is a personality trait that deals with stress, pressure and challenges irrespective of context. All mentally tough people are resilient but not all resilient people are mentally tough.
7. Grit is another word that is bandied about starting with Angela Duckworth, and is the tendency to sustain interest and effort towards long term goals. Resilience more often refers to the ability to bounce back from short term struggles, while grit is the tendency to something long term, irrespective of the roadblocks.
8. Mental endurance is another word that comes close. Mental endurance needs willpower, self -discipline and perseverance.
9. Fortitude is another word – it is the strength of mind that enables a person to encounter danger or bear pain or adversity with courage.
10. Resilience is not about floating through life on a breeze, it’s about experiencing all of the negative, difficult and distressing events that life throws at you.
11. Building resilience needs emotional distress, if we never run into disappointments, we would never know how to deal with it. Everyone displays some resilience in the situation they face.
12. Resilience means:
 - The capacity to make realistic plans and take steps to carry them out.
 - A positive view of yourself and confidence in your own abilities.
 - Skills in communication and problem solving
 - The ability to manage strong feelings

Stay resilient, enjoy!! Feedback welcome

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