

The resilience series

Bite-size videos: 3-5 minute duration full of easy wins that will help you build resilience and thrive in 2023.

#	Theme	Title	Content
1.	Resilience	Choose Your Attitude	A mindset tool to help you take control of your attitude when needing to bounce back from challenges or changes. We can't always choose the changes, but we can choose the attitude we approach them with. It's the one thing we always have a choice about.
2.	Mindset	Attitude SOS!	Two techniques to try when overwhelm or stress-levels are rising. One way is designed to calm your mindset by taking a 'Kia Kaha' Moment. The other way helps us to shift from a bad mood to a good mood by using Memory Songs.
3.	Productivity	Beat procrastination	Working from home requires a much greater level of self-motivation. This video covers tools and tips to get more done, including taking control of Parkinson's Law by using the Pomodoro Technique, writing a 6-point realistic To Do List and using the power of Small Wins to get started.
4.	Mindset	Stop Negative Thinking	How to check if your thinking is becoming overly negative and how to re-wire the conversations you are having with yourself to something a whole lot more positive. Support yourself rather than sabotaging yourself during challenging times.
5.	Virtual Teamwork	Positive Virtual Meetings (Link to this video on an unpublished YouTube page)	Whether your role requires you to connect with colleagues or customers, a variety of different techniques are required to make virtual meetings more personable and engaging. This video is full of ideas to help you build connection, even when hundreds or thousands of miles apart.
6.	Change Management	Excelling through change	Change often puts us outside our comfort zone, especially when it is a change we never would have chosen, such as a pandemic or an internal restructure. This video covers how to mentally prepare for change and then cope more resiliently if change occurs unexpectedly, so that we are able to use it as a launchpad for innovation and personal development.
7.	Physical Health	Sit Less, Move More (Link to this video on an unpublished YouTube page)	Dr James Levine reported that we are "sitting ourselves to death"! Sitting too much not only causes health problems but negatively impacts productivity, so this video is full of practical hacks to get you up from your desk and moving more during the working day.
8.	Mindset	Happiness Habits	Scientifically proven ways to protect our mindset and feel happier so that we can expand our ability to tolerate the challenges. It's not all genetics or whether you were born a pessimist or an optimist! The video covers: how to 'Habit Stack' to make sure these positive habits stick; why feeling positive is a way of being that is worth striving for; that 75% of career success is attributed to attitude, rather than skillset. Everyone benefits from increased happiness – you, the business and most importantly your loved ones.