



The Resilience Club

Angela Armstrong PHD

Daily success habits of long-term high performers

Introduction

Resilience is the ability to take the challenges and changes of life in your stride and say yes to the opportunities that excite you.

Stress is a choice

While the *trigger* of the stress might be outside your control, how you *perceive* the stress and how you *respond* to it are within your control.

Why?

When you feel truly alive and think, act and behave from a place of being fully resourced, you can sustain high performance, make an even bigger impact in the world and live life to the full while you do it.

Part One: Resilience Fundamentals

Some pressure can be healthy and yield increased performance. Too much, or sustained, pressure can lead to burnout.

Proactively building your resilience habits can increase your capacity to take on more challenges, reduce existing stress and prepare you for unexpected adversity.

Early acknowledgement of the symptoms of being overextended makes for a swifter remedy.

More free resources available at



www.TheResilienceClub.co.uk

Throughout the book:
4 reality checks
10 inconvenient truths
10 empowering beliefs

Part Two: The Resilience Habits

The FREEDOM model 30 powerful habits to help you invest in yourself as a whole person: mind, body, spirit and emotions. The habits are entirely within your control, simple to understand, quick to do, can be done anywhere, cost no money and require no kit.

Focus - How to manage workload demands to create the time to invest in your resilience. The discipline of directing your full attention to the one thing, within your control, that will move you forward fastest and help avoid overwhelm.

Role models - Create hope: if you can see it, you can be it. Curate a high-quality network to inspire your best so you can be a resilient leader who inspires others.

Energy - Create, conserve and direct your energy: stay healthy, deliver maximum value and increase your influence.

Emotion - Master your emotions: learn to let go of hurt, lean in to vulnerability, escape a vicious cycle and surf the emotional change curve like a pro

Downtime - Experience joy: learn to calm your mind, rest, play and get back to being *you* so you can experience more magic moments in life.

Optimism - Believe: 'whatever happens, I will be all right'. Build confidence in your resourcefulness, bite off what you can chew to succeed, and direct your own path.

Meaning - Why you do what you do: what we give meaning to influences our inner critic, allows us to dig deep, learn from failure, and have impact beyond ourselves.

"Investing in your personal resilience is the best career move you'll ever make." - **Debra Martin, Partner, Geldards LLP**