

Connect with Us!

 **Aspire For Equality**

 **AspireForEquality**

 **DrSamCollins**

 **AspireForEquality**





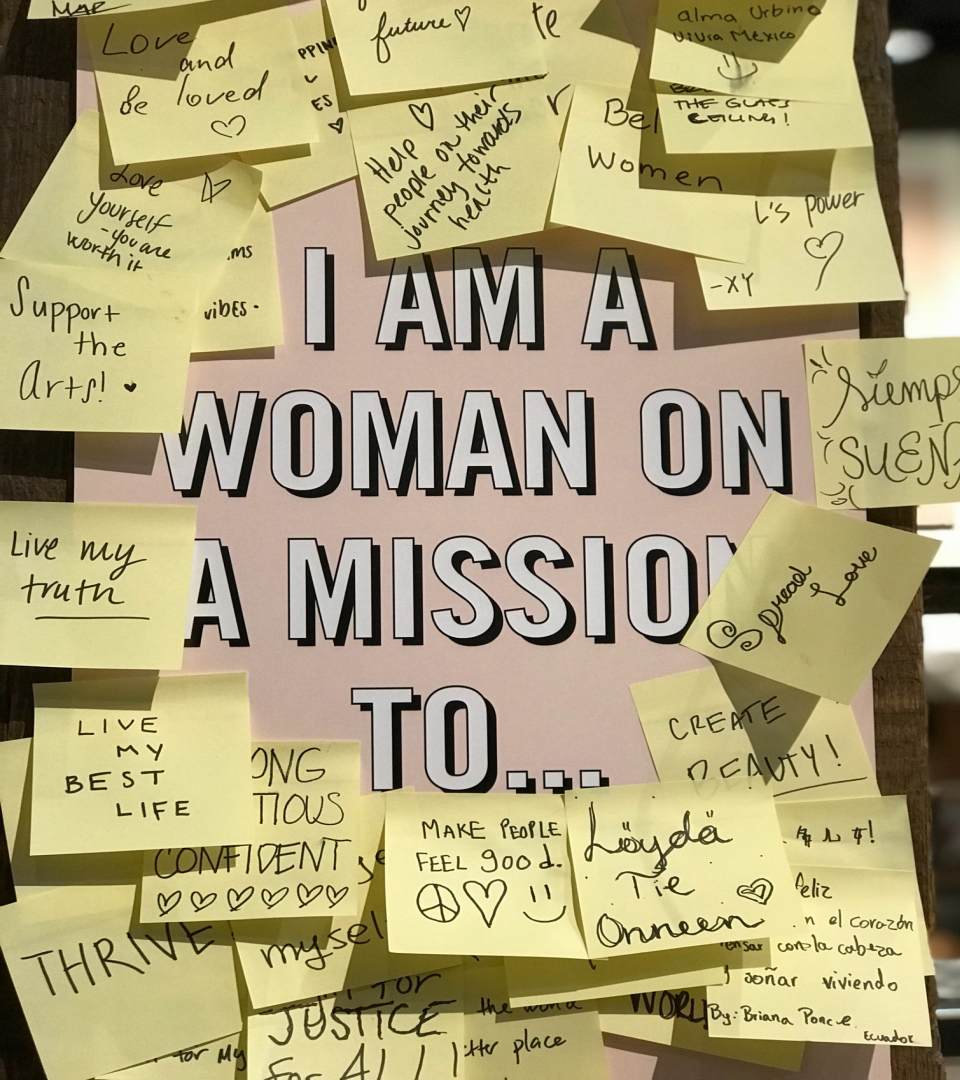
Are you ready?

ASPIRE

BOOST YOUR RESILIENCE

With Dr. Sam Collins

MY SIZE?
resilient.
DROP THE LABEL

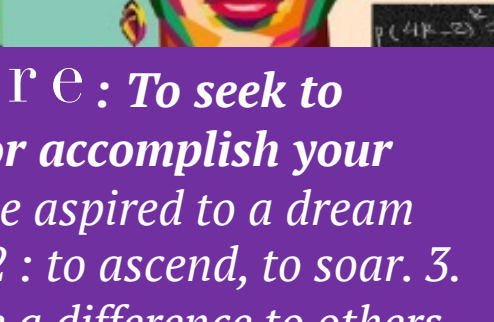


Say hi and introduce yourself on the chat...

- 90 minutes
- Chat function
- Your scenarios
- Recording with slides
- Actions to apply



aspire: To seek to attain or accomplish your goal. She aspired to a dream career. 2 : to ascend, to soar. 3. To make a difference to others.





Pick a specific situation, person or goal to focus on today.

ASPIRE

- [illegible]

**ON AVERAGE
WOMEN MADE UP**

53%

**OF ENTRY-LEVEL
EMPLOYEES**

40%

OF MANAGERS

35%

OF DIRECTORS

27%

OF VICE PRESIDENTS

24%

**OF SENIOR VICE
PRESIDENTS**

19%

**OF EXECUTIVES IN
THE C-SUITE**

A big challenge when it comes to gender diversity is our unconscious biases.

We are wired to think a certain way, based on the world we grew up in.

To achieve gender diversity, we need to confront and question our biases.

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To achieve gender diversity, we need to confront and question our biases.

imagine a CEO.

is it a man?

Now imagine a world where gender makes no difference.
#BreakTheBias

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ASSEMBLY

imagine a feminist.

is it a woman?

Now imagine a world where gender makes no difference.
#BreakTheBias

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ASSEMBLY

imagine someone crying in the office.

is it a woman?

Now imagine a world where gender makes no difference.
#BreakTheBias

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ASSEMBLY

imagine someone in a board meeting.

is it a man?

Now imagine a world where gender makes no difference.
#BreakTheBias

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ASSEMBLY

imagine someone leaving early to pick up their kids.

is it a woman?

Now imagine a world where gender makes no difference.
#BreakTheBias

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ASSEMBLY

imagine a nurse.

is it a woman?

Now imagine a world where gender makes no difference.
#BreakTheBias

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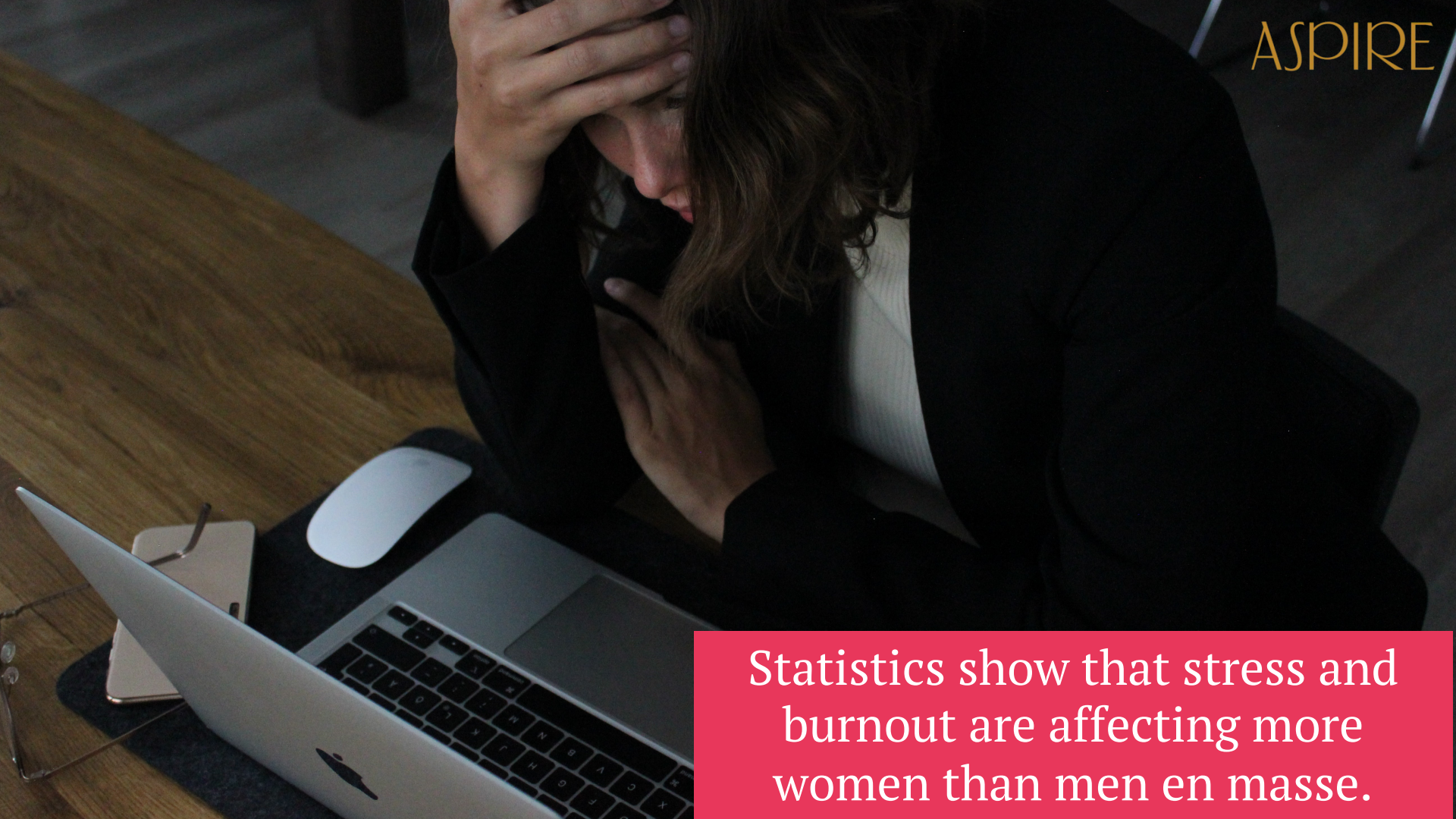
ASSEMBLY

30

5 GENDER
EQUALITY



**Achieve gender
equality and
empower all
women and girls**



Statistics show that stress and burnout are affecting more women than men en masse.

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Collective Resilience



Think of a time when
you were resilient.

What did you do?

Share your 'Top Tip' in
the chat.

The truth remains: *resilience is hard.*
Yet it can be learned.
It can grow.
It can feel amazing.

**THRIVE.
DON'T ONLY
SURVIVE.**



BOOST YOUR RESILIENCE TOOL KIT

1. CRITIC V ADVOCATE SELF
2. GRIT & DETERMINATION
3. POWERED BY 'YOU CAN'T'
4. FAIL WELL
5. YOUR BOARD OF DIRECTORS

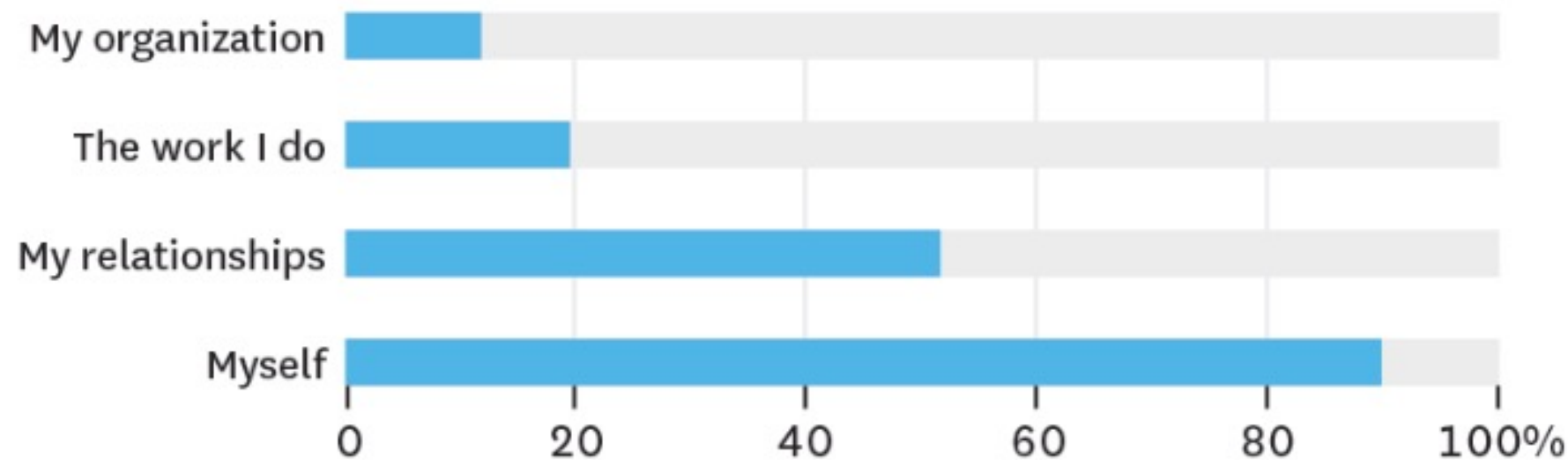
1: CRITIC V ADVOCATE SELF

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WHERE DO YOU GET YOUR RESILIENCE FROM?

Survey responses from 835 British employees.



SOURCE "TOUGH AT THE TOP," BY SARAH BOND AND GILLIAN SHAPIRO

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You Are
getting
FAT

you aren't good
enough

Who do
you think
you are?

you will
never
make it

How CAN
you make it
in your
OWN BUSINESS

Your Inner Critic

What feeds your critic?

1. Negative scenario building
2. People pleasing
3. Unsupportive manager
4. Lack of positive feedback
5. Overwork
6. Something else, let us know in the chat



Instead of
engaging
in negative
self-talk,
ask yourself:

SelfLoveRainbow

"Where is
the proof
that this
thought is
true?"

"Who told
me that
and why
should I
believe it?"

"Would I say
the same
thing to
someone I
care about?"

"Is it really
always or
never or
am I just
frustrated?"

"Am I
expecting
myself to
be perfect?"

"How can
I reframe
this?"

"What would
my best
friend say
to me?"

"What have
I learned
from this?
What's a
positive?"

YOU

GOT

THIS

EXERCISE:

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1. Say out loud '*STOP* or *CANCEL*'
2. Affirm: I am....(good enough, capable, safe, brave, talented).
3. What does your advocate self say?

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2: GRIT AND DETERMINATION

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Courage and resolve;
strength of character



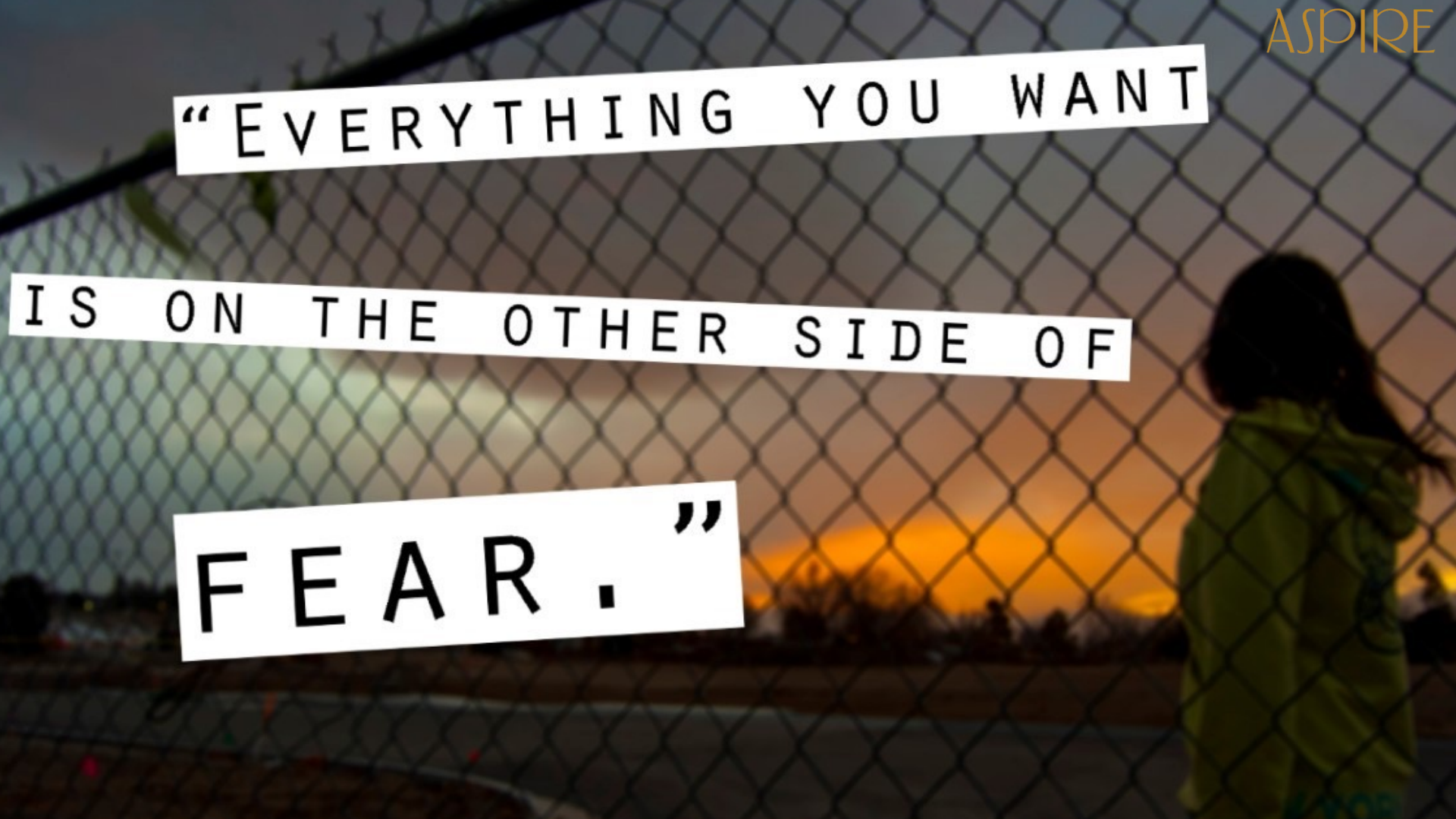


- **Fear** = an unpleasant strong emotion caused by expectation of danger/ concern about what may happen/worry.
- **Reckless** = moving forward without consideration of fears
- **Courage** = Courage is when you consider the fear, but you still move forward
- **Boldness** = Moving forward with inspiration (not fear)

"EVERYTHING YOU WANT

IS ON THE OTHER SIDE OF

FEAR."





1. Be positive & avoid complaining
2. **Set boundaries**
3. Practice acceptance
4. **Keep your sense of humour**
5. Develop self-awareness on your feelings
6. **Allow yourself to be imperfect**
7. Allow others to be imperfect

EXERCISE



- 1) Take a deep belly breathe
- 2) Connect to your grit and determination
- 3) See/hear/feel yourself succeeding!

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3. POWERED BY 'YOU CAN'T'
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3: POWERED BY 'YOU CAN'T'

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Actually,
I can.

~~NOT BOSSY~~
BOLD



What could an
amazingly successful
career & life look like
for **YOU**?

Don't chase someone
else's version of
success



EXERCISE

- What is something you have been told 'you can't'?
- What could you do to prove them wrong?

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4: FAIL WELL

I didn't fail 1000 times.
The light bulb was an
invention with 1000 steps.

Thomas A. Edison



When women do fail, they can be judged more harshly than their male counterparts.

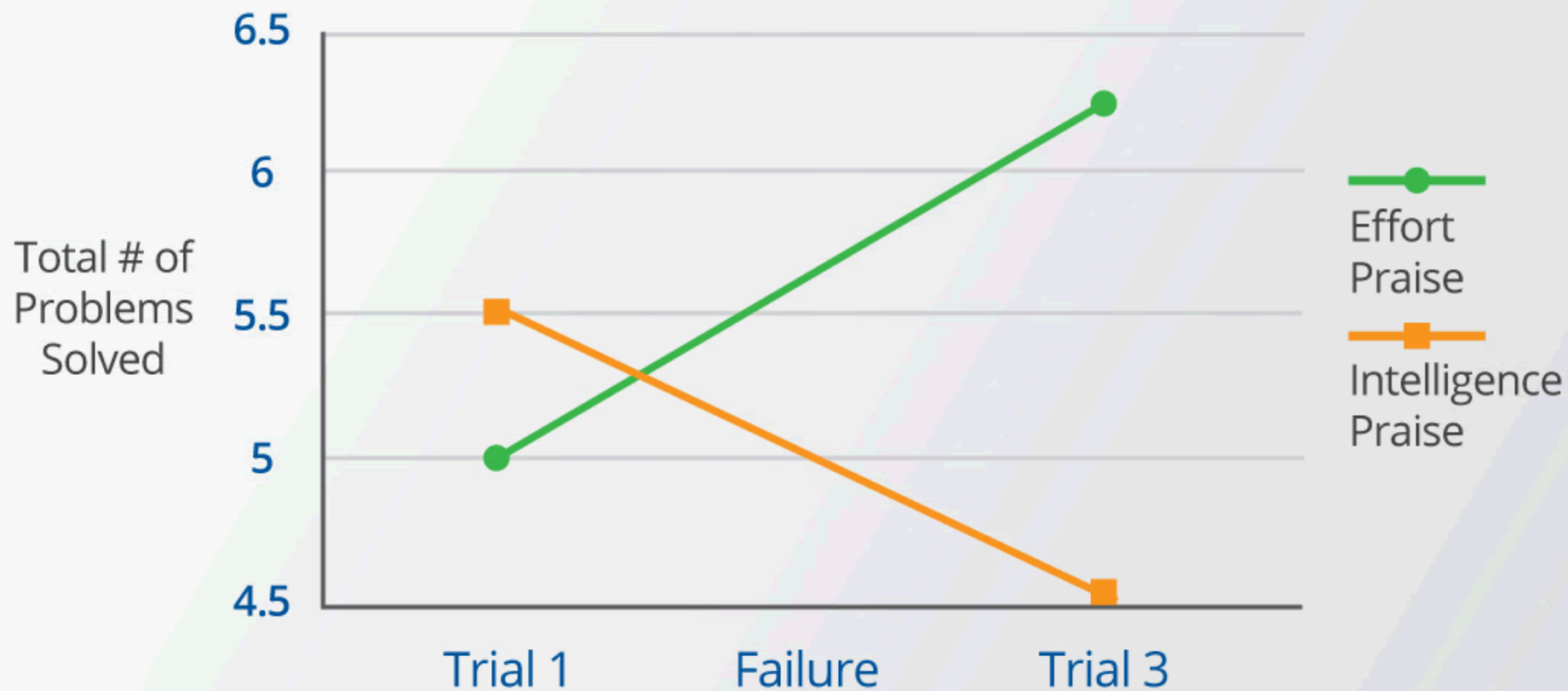
How to overcome failure:

1. **Call it innovation and learning!**
2. **Don't make it personal.**
3. **Take stock, learn and adapt.**
4. **Stop dwelling on it.**
5. **Release the need for approval of others.**
6. **Self praise.**



Impact of Praise on Resilience After Failure

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Slump Time Technique:

- **Annoying email: 10 minutes.**
- **Difficult person: 12 - 24 hours.**
- **Something else: you decide.**
- **Set a timer.**



- What do you believe about failure?
- Review your last 'failure', what did you learn and what will you do differently next time?

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5: YOUR 'BOARD OF DIRECTORS' ASPIRE



WHAT'S THE BIGGEST DRAIN ON RESILIENCE AT WORK?

Survey responses from 835 British employees.

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SOURCE "TOUGH AT THE TOP," BY SARAH BOND AND GILLIAN SHAPIRO

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EXERCISE

- Create your board of directors (up to 5 people you admire).
- Use them in your next decision.

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Extraordinary results come from taking
ordinary steps every day
in the right direction

Baby Steps
Move Mountains



**What is the 1
most important
step you must
take post this
webinar to be
more resilient?**

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With Dr. Sam Collins

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resilient.
DROP THE LABEL