

Everyday Resiliency in Ever-Changing Times.

with Dr. Robyne Hanley-Dafoe





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Dr. Robyne
HANLEY-DAFOE
SCHOLAR & SPEAKER

RECENT *Check in*

WHAT *one* WORD WOULD YOU USE TO
DESCRIBE HOW YOU ARE FEELING TODAY?

RECENT *Check in*

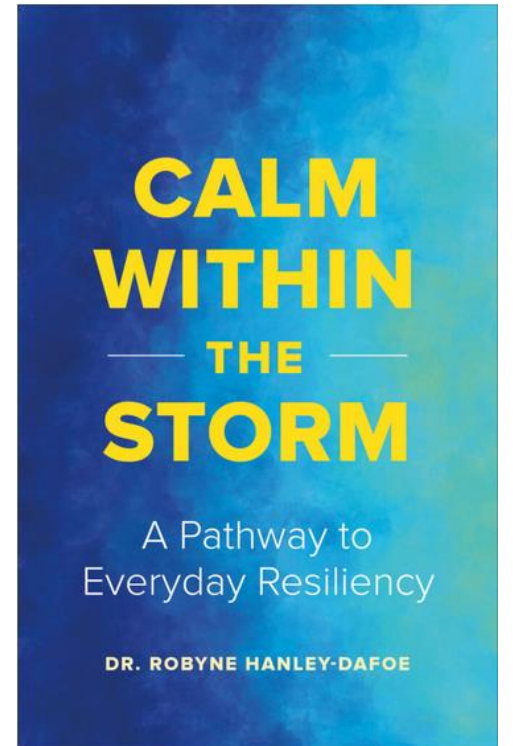
WHAT *one* WORD WOULD YOU USE TO
DESCRIBE HOW YOU ARE FEELING TODAY?

'Done'

REMEMBER *Sparks*

JUST BECAUSE YOU CARRY IT **WELL**,
DOES NOT MEAN IT IS NOT *heavy*

It is not our job to make
this ALL look *Easy*



Dr. Robyne
HANLEY-DAFOE
SCHOLAR & SPEAKER

Re-Entry Readiness **FOR CHANGE**

Hanley-Dafoe (2021)



PREPAREDNESS & WILLINGNESS

Give Up

VS.

Get Up?



THE FIVE PILLARS OF EVERYDAY RESILIENCY

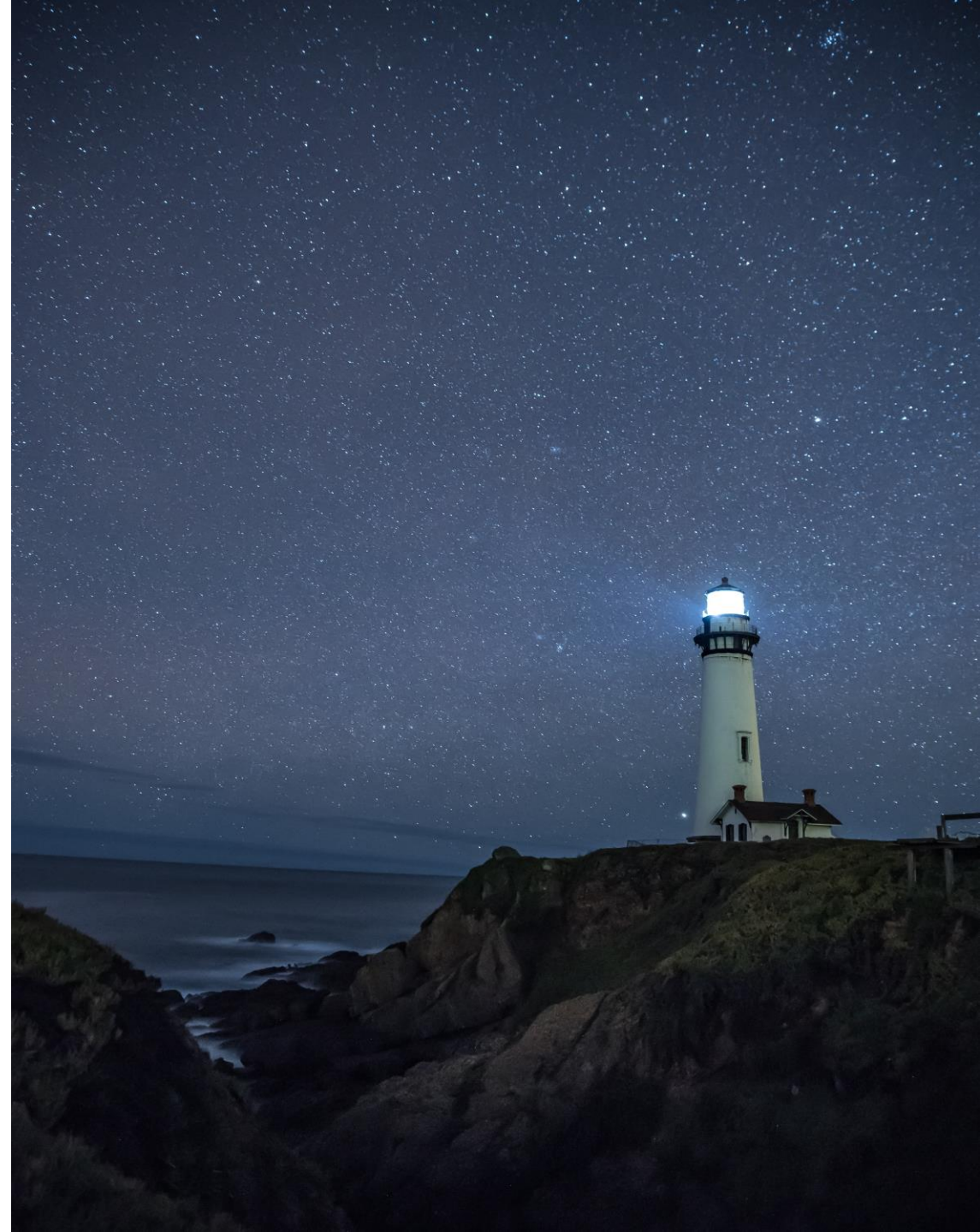
BELONGING

PERSPECTIVE

ACCEPTANCE

HOPE

HUMOUR



BELONGING

Home Team

Psychological Safety

Foundation of Trust



PERSPECTIVE

Aligning Head and Heart

Operating from our Values

Making What Matters Most, Matter Most

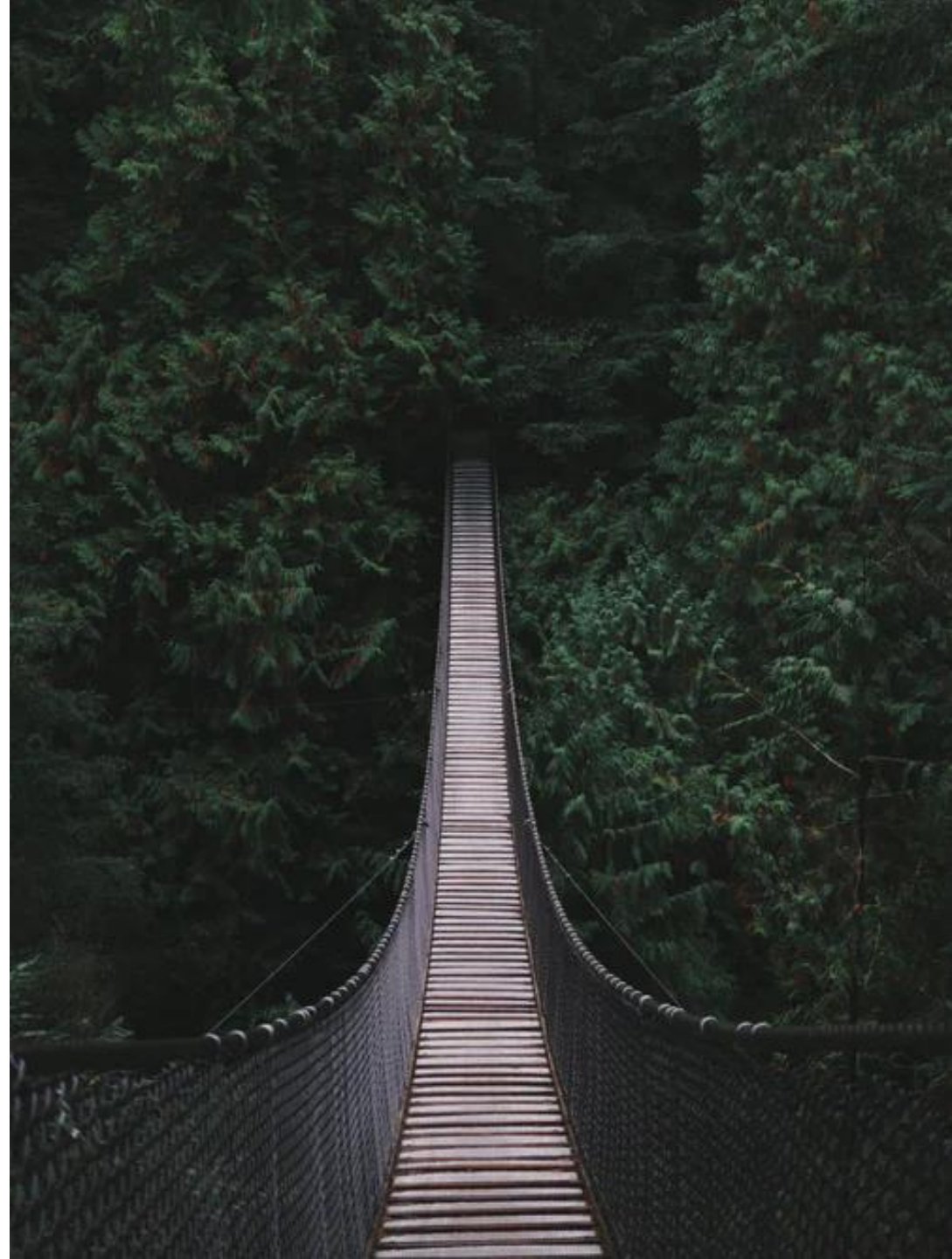


ACCEPTANCE

Deciphering Controllables

Daily Decisions of Co-Existing

Persist . Pivot . Punt



HOPE

Being Hopefilled

Living in Hope with Others

Protecting the Morale



HUMOUR

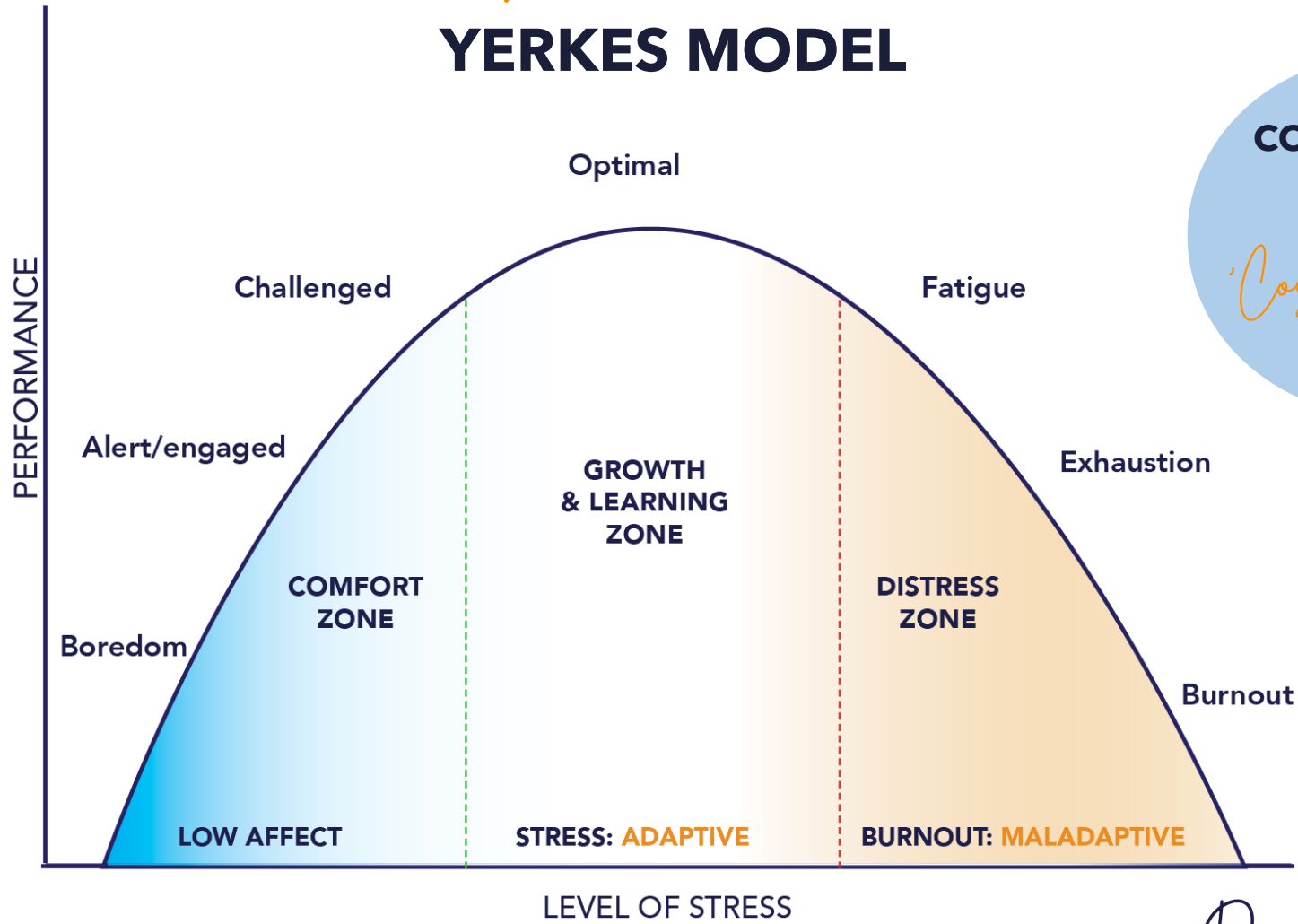
Release and Reprieve

Biological Tool

Flowing vs. Brewing

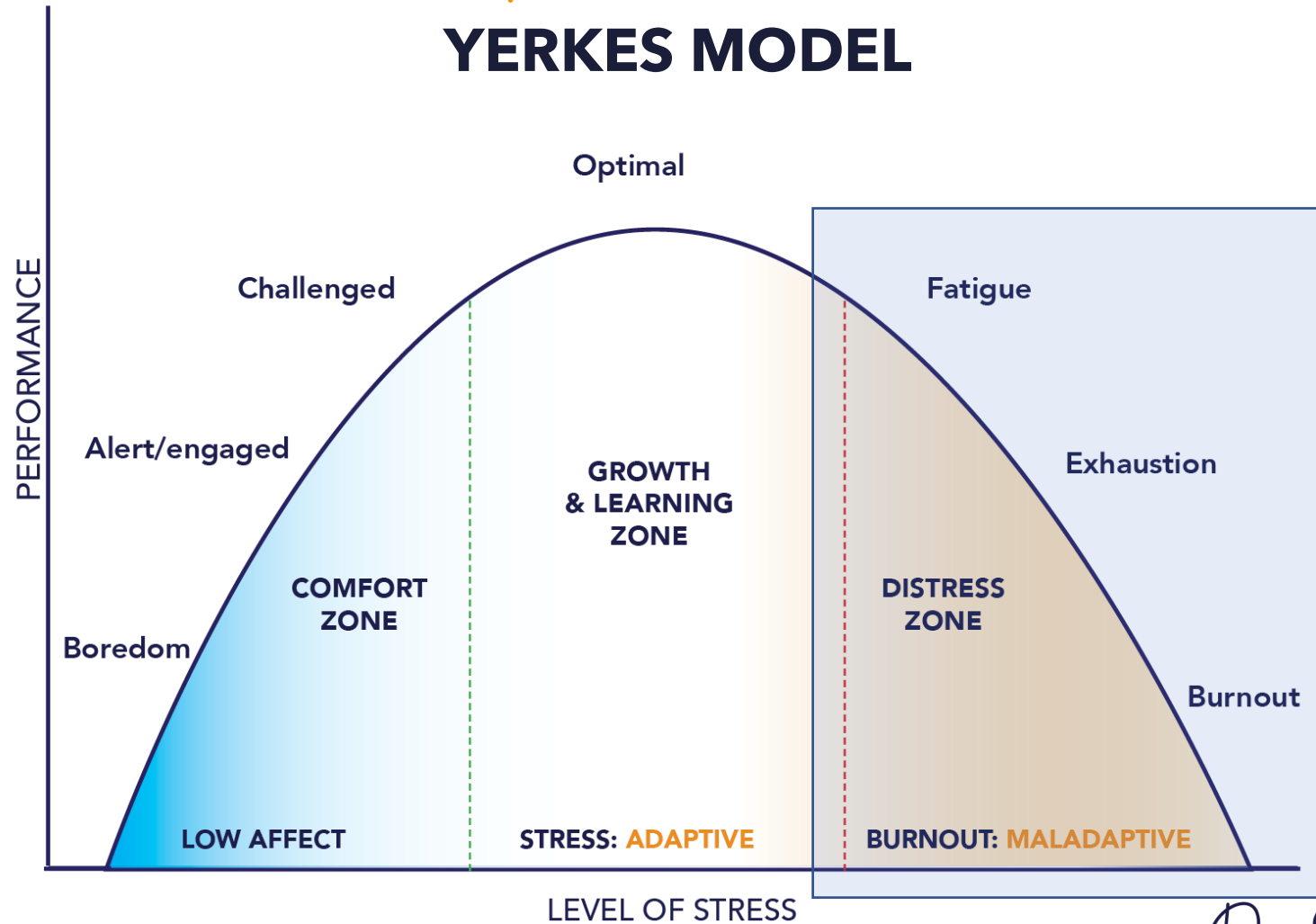


Stress Performance Curve



**COMPASSION
FATIGUE**
'Cost of Caring'

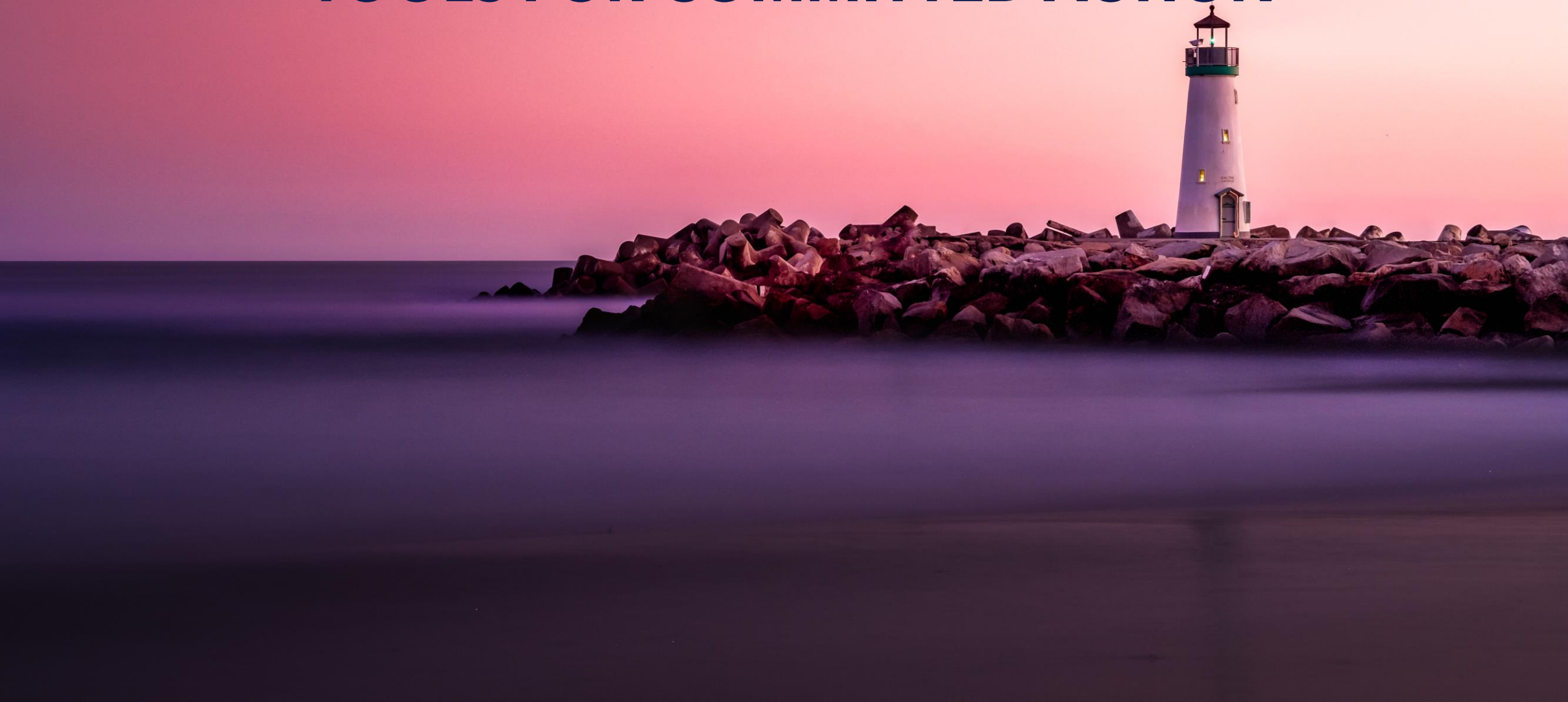
Stress Performance Curve



What is your EMOTIONAL home?



Dr. Robyne's
TOOLS FOR COMMITTED ACTION



EMOTIONAL REGULATION

Birthday Cake Breathing



Dr. Robyne's **PRINCIPLES** **PSYCHOLOGICAL SAFETY**

- 1. FREEDOM** to be **SEEN, HEARD, RESPECTED** as you are.
- 2. HONOUR** the lived **EXPEREINCE**
- 3. SAFE** from **HARM, REPRISAL** and **REJECTION.**
- 4. KNOWING** you **CAN** meet your needs and your loved ones.
- 5. TRUST** that all will be well. I **CAN** do hard things.

Dr. Robyne's **TOOLS** **PSYCHOLOGICAL SAFETY**

1. Be Accountable & Follow Through
2. Be Transparent . Provide Clarity
3. Foster Community
4. Feedback Culture
5. Have Courage to Intervene

HOLDING SPACE FOR OTHERS: *Script*

THREE STEP PROCESS

STEP 1: **ACKNOWLEDGE** *'This is hard, wrong, difficult...'*

STEP 2: **VALIDATE** *'This is upsetting, frustrating, concerning...'*

STEP 3: **3 OFFERS** *Tangible things you can do right now within the scope of your role as a leader.*

EXPECTATION SETTING: *Script*

THREE WAYS TO SHOW UP

OPTION 1: **LISTEN**

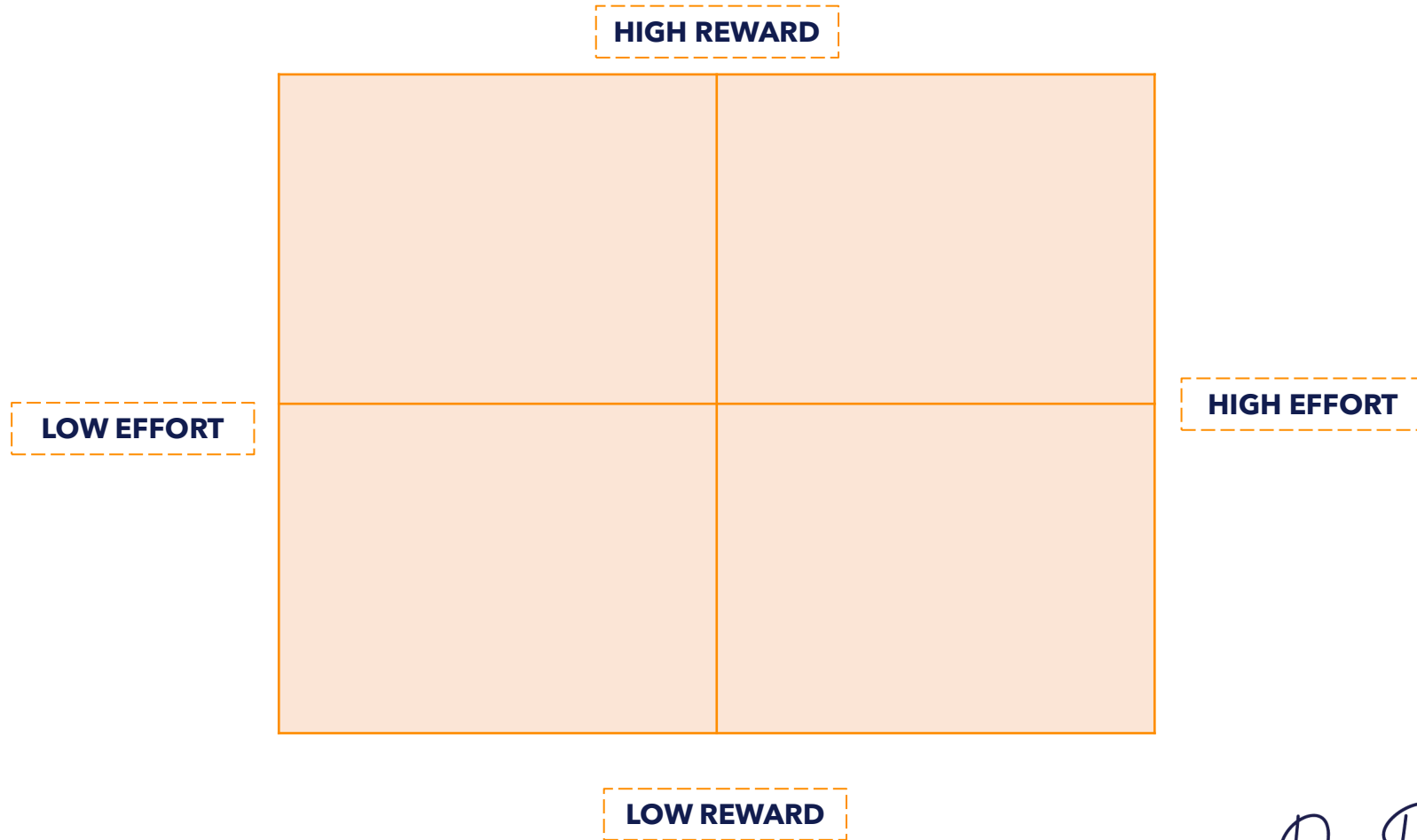
OPTION 2: **ADVISE**

OPTION 3: **INTERVENE**

Dr. Robyne's
WISE PRACTICES
FORCES THAT RECOVER

1. Solitude
2. Connection
3. Nature
4. Music
5. Gratitude

Come Back Rates *Action*



High Performance Habits *Action*

Mono vs. Multi-Tasking

To-Do, To-Be, Not-To-Do Lists

Consistency Over Perfection (2 in a row)

Parkinson's Principle

Best Energy Matching

Have an End Point

Recovery is part of High Performance

Dr. Robyne's
LIGHTHOUSES





I CAN DO *Hard* THINGS™

HIGHWAY HERO

Man saves teen trapped in sinking

Hero praises teen he saved

By DON DUTTON
SPECIAL TO THE STAR

LAKEFIELD — The "heroic" man who rescued Robyn Hanley, 16, of Buckhorn from the swirling Otonabee River said it was Hanley's calm courage that made rescue possible.

Joseph Todd, 34, said that, although Hanley was clinging precariously to the edge of the river ice and in danger of being swept away, she repeatedly



DRAMA ON ICE: Joseph Todd, 34, pulled Robyn Hanley, 16, from a frozen river after crawling across thin ice in the dark.

length of light tow chain.

"When I slid the chain from her I slid the chain across the ice a couple of times until she caught it."

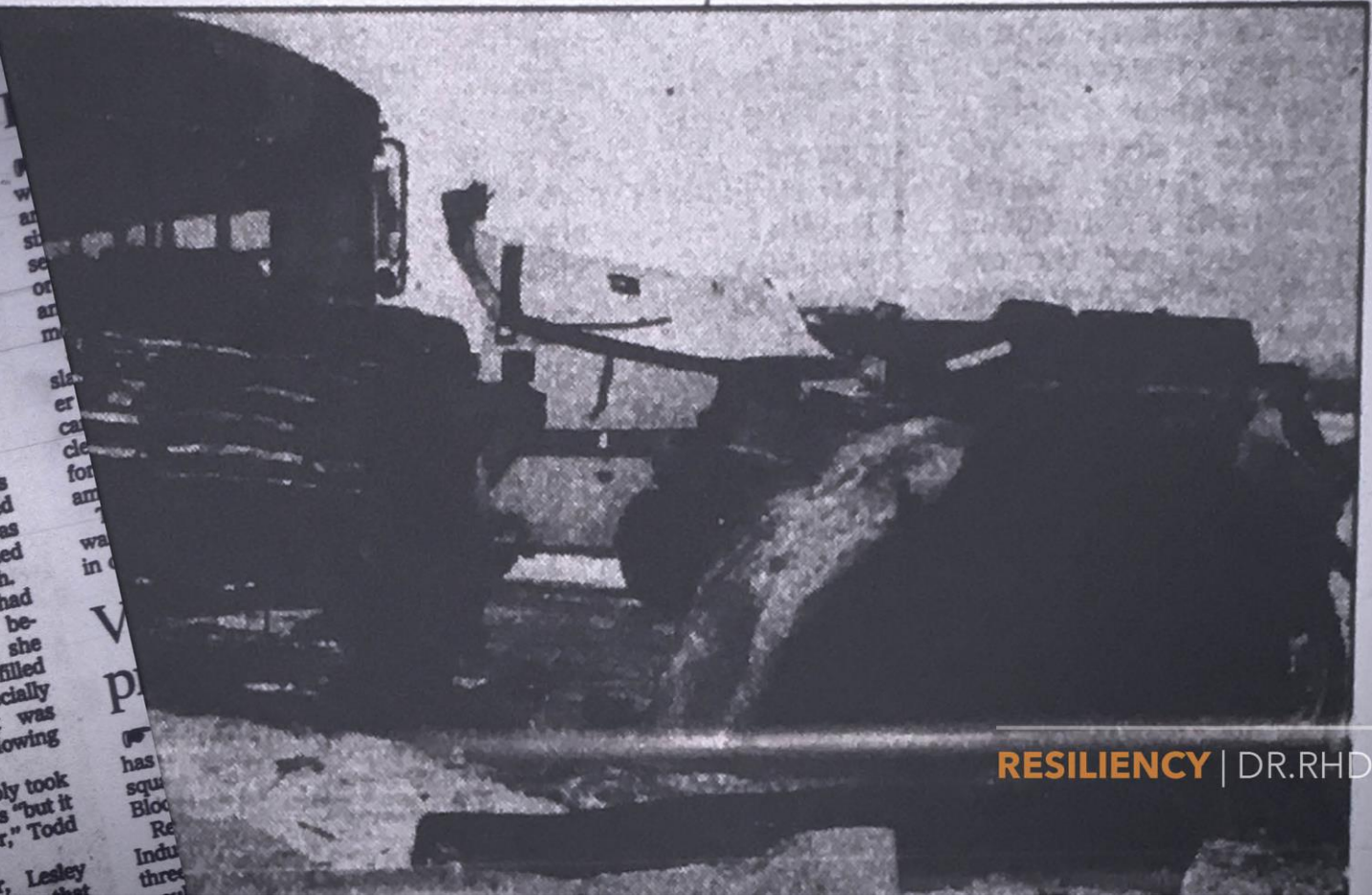
"I had the boards crossed under me in an X to spread out my weight and the foam gave me a grip on the wet ice; she wrapped the chain around her wrist and I told her to hang on and kick her feet."

Working in the glow of a flashlight he laid on the ice, she came

Interprovincial Auto Glass shop in Cobourg, insisted that Hanley's courage was the big factor. She remained calm in the face of death.

He said he knew he had to try to save the girl because it was unlikely she could hang in the ice-filled water for long, especially because the current was swift and wind was blowing waves on to the ice.

The rescue probably took three or four minutes "but it seemed like an hour," Todd



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Todd

RESILIENCY | DR.RHD



WE CAN DO *Great* **THINGS**



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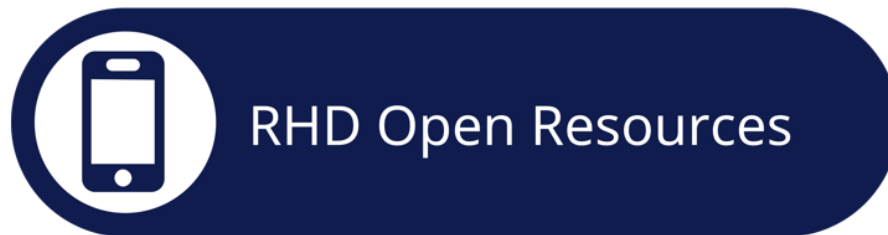
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ASK ME ANYTHING!

Thank you | Merci | Miigwech