



Campus Consultancy

Welcome

Resilience & Growth Mindset

Fed Uni

March 18th, 2021

Facilitator: **Josh Farr**



Are you on [LinkedIn](#)? Please connect with me, I'm here to help!

“

Our mission is to connect and develop the most influential leaders on campus.

”



Campus Consultancy





RSVP to all workshops in this series:

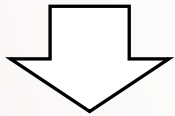
<https://federation.edu.au/current-students/assistance-support-and-services/student-support-services/student-engagement/emotional-intelligence-series>



The mind → body
connection

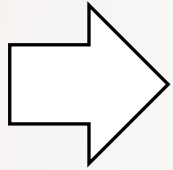
FOUR MAJOR LIFE FORCES

Think



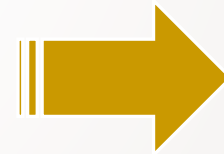
Feel

Look/Listen



Look/Listen
Think
Feel
Do

Do



Results



Reflection questions:

REINFORCE

1. What questions can you ask to increase positivity in your day?
2. Who are the top 3 voices you are learning from this week?
3. Where are you looking to get your information?
4. Who do you need to spend more time with?

REMOVE

1. Where are you using screen time that's not productive?
2. What apps need to go?
3. What apps need to be limited?
4. Who do you need to spend less time with?



The body → mind
connection

“High Power” body language (top row)

vs.

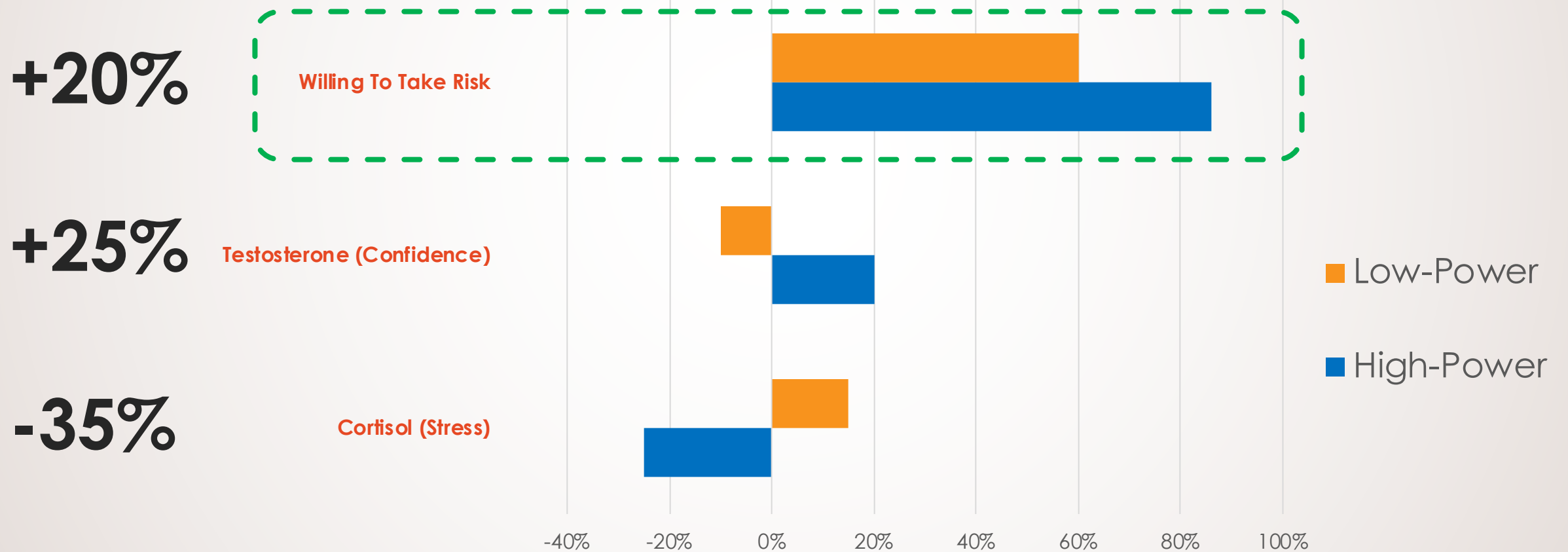
“Low Power” body language (bottom row)

(Images courtesy of Amy Cuddy, Harvard University)



Prime Yourself for Success

Source: Amy Cuddy, TEDGlobal 2012 (51.3m views)





In our body, we must actively manage our energy.

**Are you going through it,
or growing through it?**

What are the conditions necessary for resilience?



Growth (through action)

Challenge
(environment)

Potential (in all of us)



Fixed Mindset



Growth Mindset

Group A: **Achievement**



Group B: **Effort**

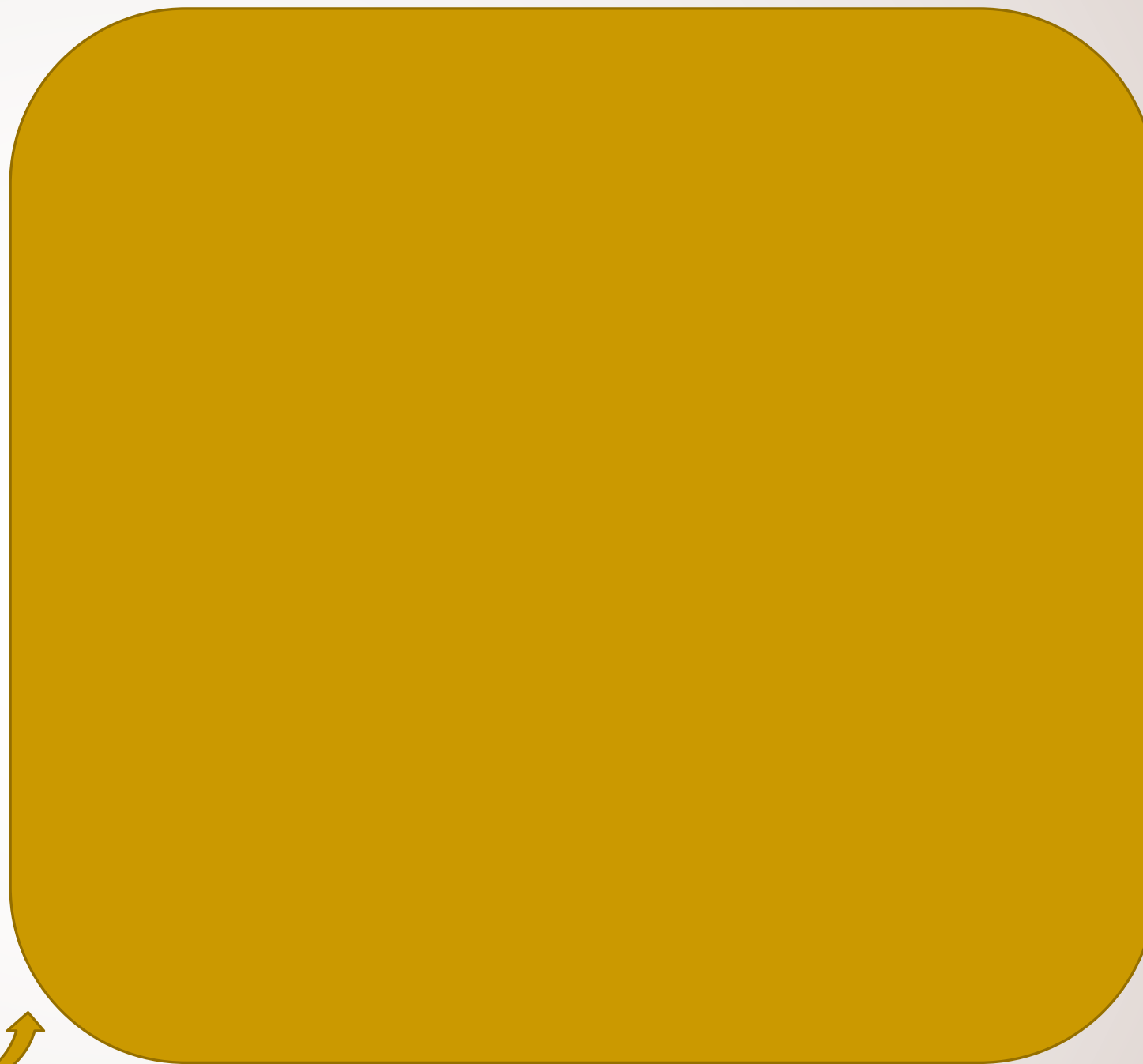


Normal Test

Impossible Test

Harder than Normal Test

Normal Test



*“The passion for stretching yourself and **sticking to it** (especially) when it's not going well, is the hallmark of the growth mindset.”*

Carol Dweck (Mindset)

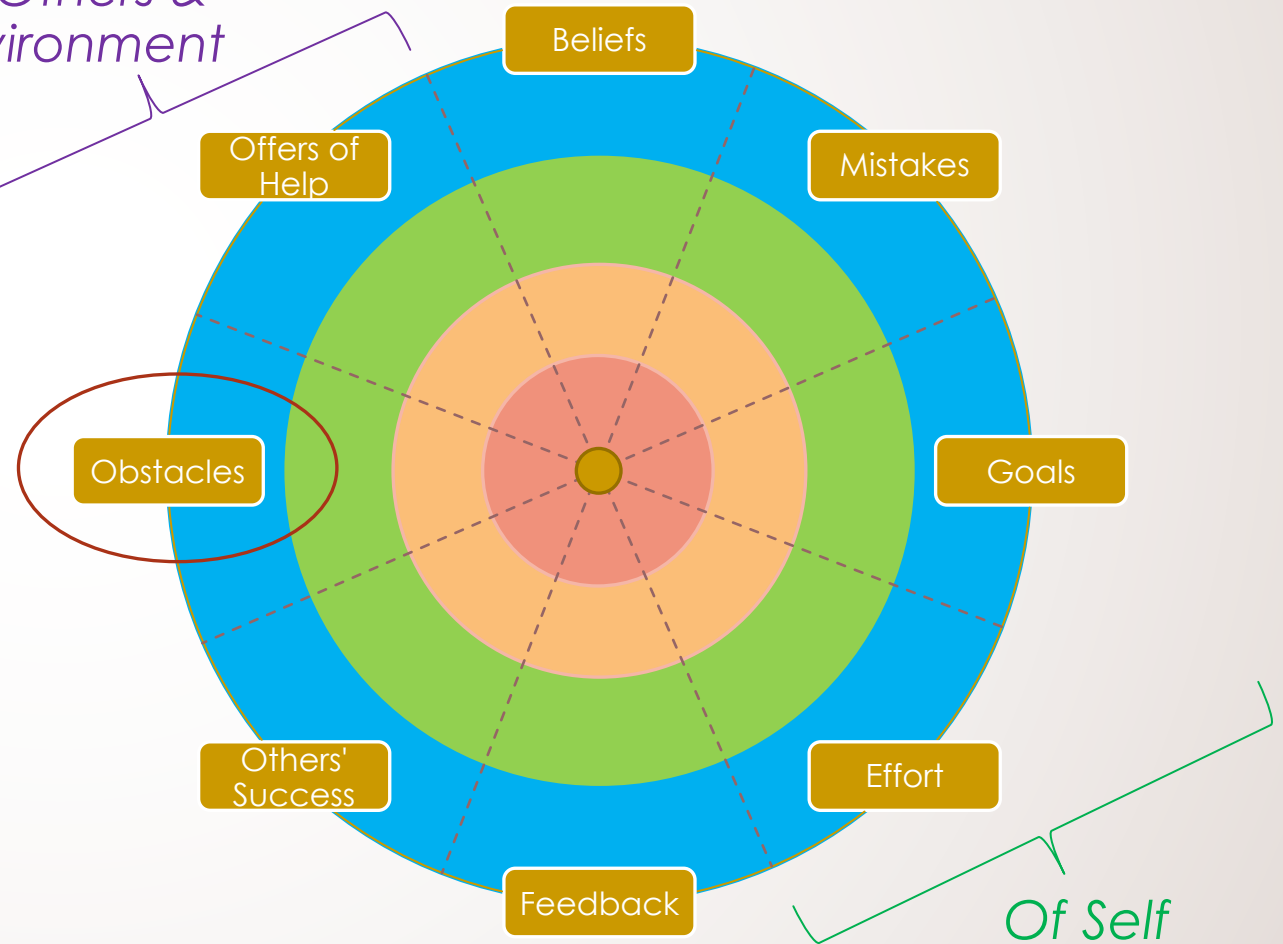
Resilience is possible by **applying** a growth mindset

Growth Mindset Self-Assessment

Inspired by the work of Carol Dweck & the synthesis of James Anderson

1. What is an obstacle you're facing?
2. How could this obstacle help you grow or develop?
3. What specific skills could you acquire by overcoming this obstacle?
4. Who could help you overcome this obstacle?
5. What do you need to do **today** overcome this obstacle in your life?


Of Others & Environment



A still from the movie Toy Story showing Woody and Buzz Lightyear. Woody is on the left, looking slightly nervous. Buzz is on the right, wearing his green and purple space suit and holding a purple lollipop. He has a determined and encouraging expression. The background is a simple room with a door and some yellow confetti on the floor.

BE HOPEFUL.

YOU CAN DO THIS!



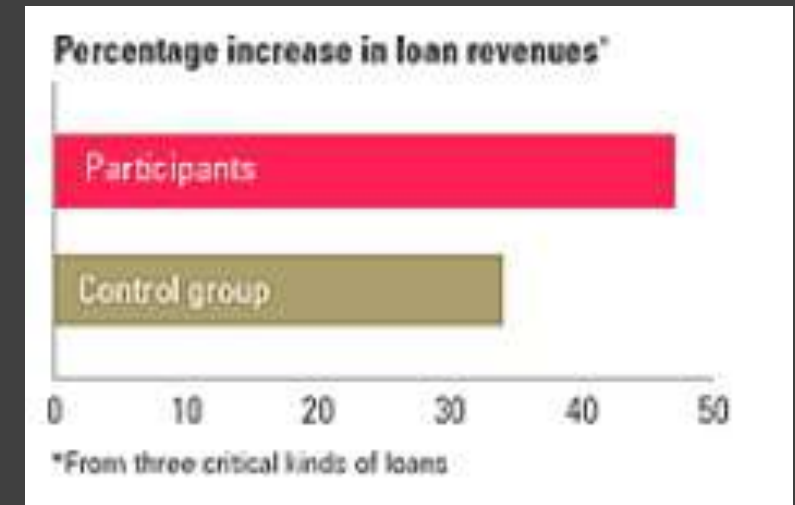
Resilience is
energy
management

2006 study by Tony Schwartz & Catherine McCarthy

- **106 employees** at 12 regional banks in New Jersey
- **4 modules**, 1 energy type per month
- Each participant assigned a **peer-mentor**

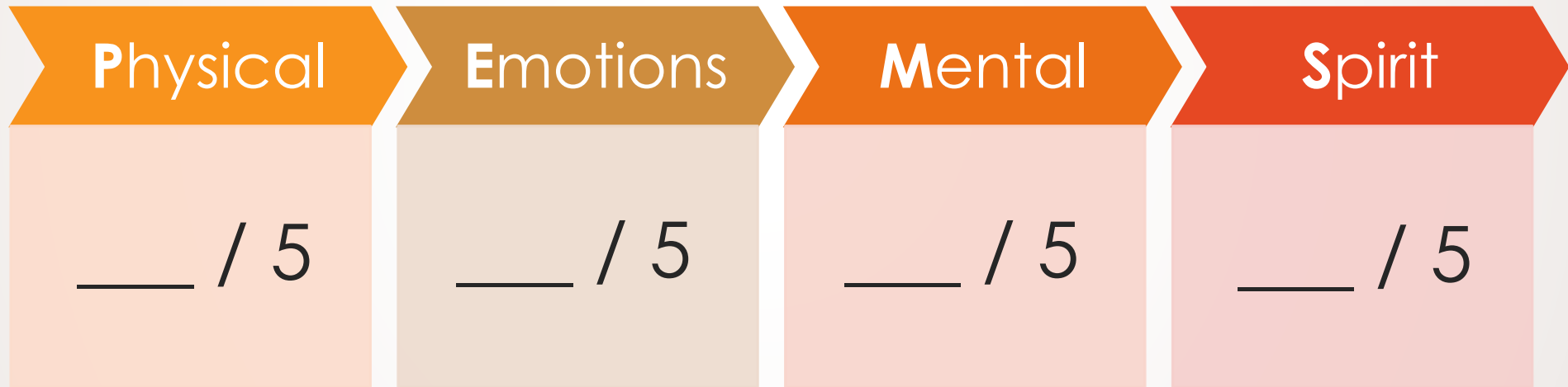
Results:

- 68% reported **better relationships** with customers
- 71% reported **increased productivity**
- Both main **sales KPIs increased**



Source: *Harvard Business Review* October 2007,
"Manage Your Energy, Not Your Time" by Tony Schwartz & Catherine McCarthy

What are the four 'buckets' of energy?



A great article here:

<https://chopra.com/articles/daily-practices-for-spiritual-mental-emotional-and-physical-well-being>

Ideas from
Fed Uni students & staff

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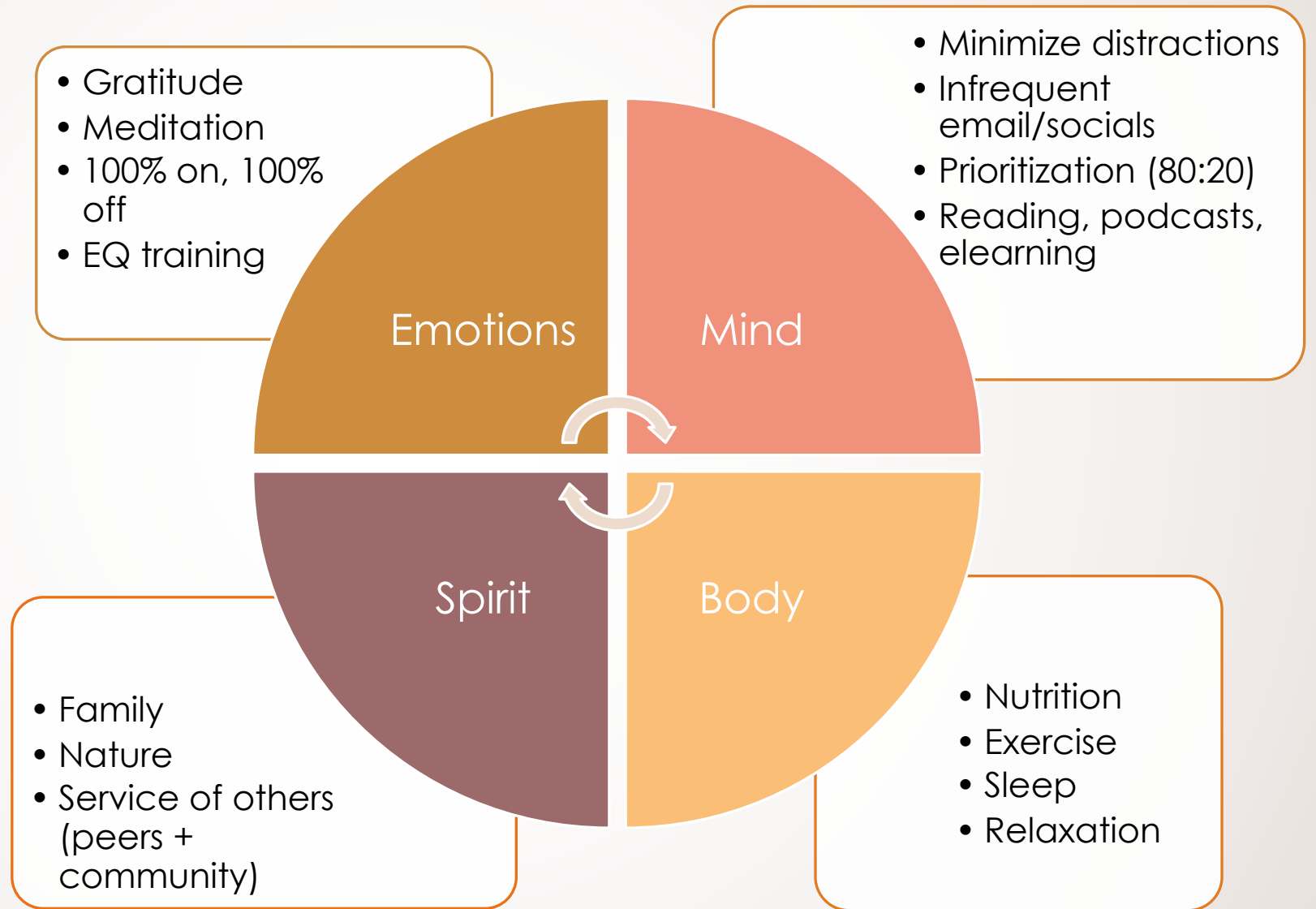
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#TreatYoSelf



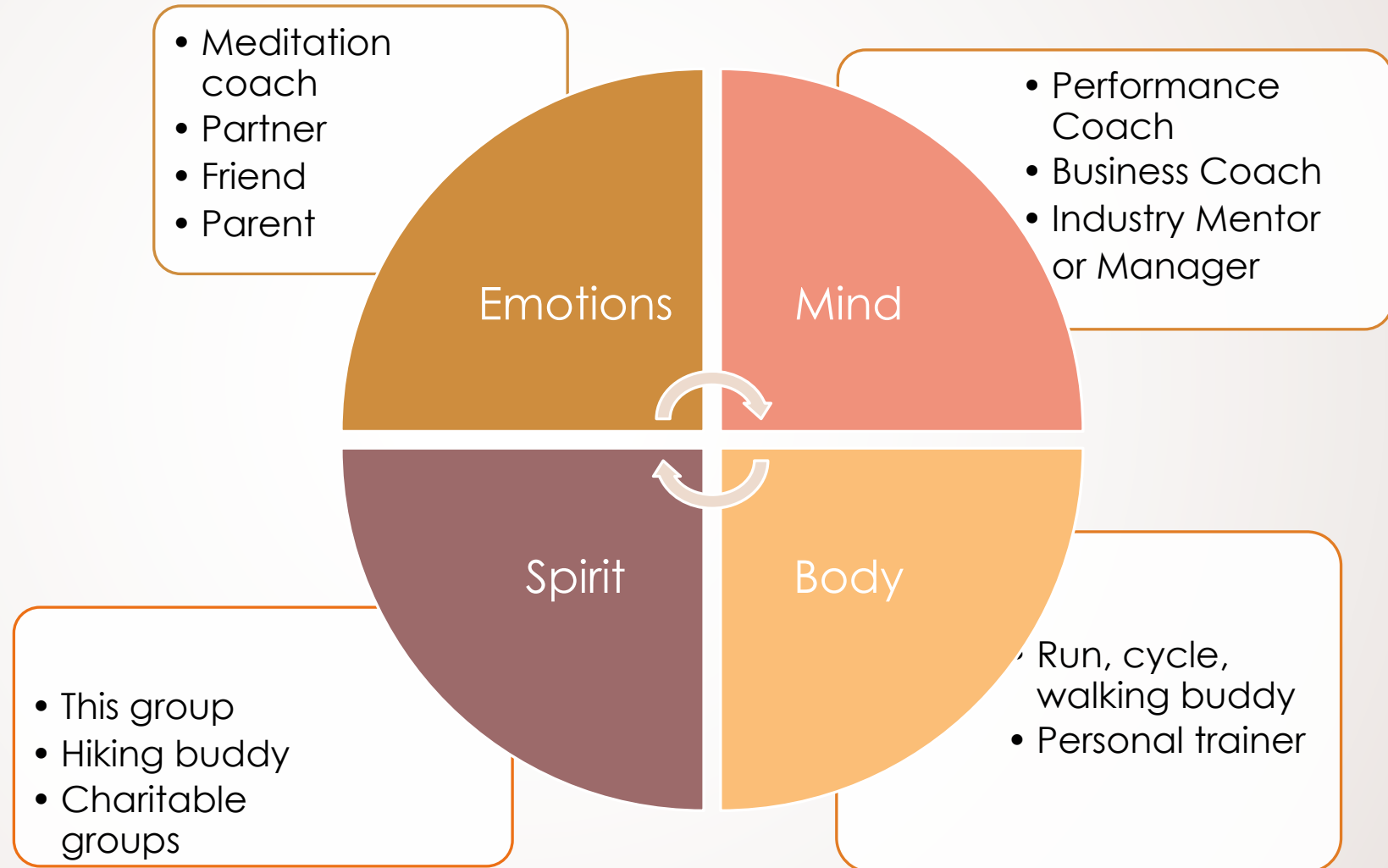
What can we do **ourselves** to improve?





Build a **System of Support**

Who can we **go to for support,** encouragement & accountability?





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Master Principles of Resilience



1. You have **made it through everything** you have been faced with until today!

2. Set goals. These *produce* motivation and positive emotion.

3. Don't seek approval from others. Do things for yourself.

4. Take ownership over your attitude and emotions. **You have control over your quality of life.**



5. Think realistically about time and effort - It takes time to learn.

6. View challenges as opportunities. **Keep trying.**

7. Take risks in the company of others.

8. Seek constructive criticism and feedback.



9. Keep your eyes and ears open. Are other people an *example* or a *warning*? Learn from their mistakes.

10. Value the process over the end results.

11. Provide regular opportunities for reflection.



12. Reserve the right to change your mind.



Books

Mindset, by Carol Dweck

Leaders Eat Last & Start With Why, by Simon Sinek

The 7 Habits of Highly Effective People, by Stephen Covey

Daring Greatly, by Brené Brown

Good to Great, by Jim Collins

LinchPin, by Seth Godin

Radical Acceptance, by Tara Brach

The Effective Executive, by Peter Drucker

Hope In The Dark, by Rebecca Solnit

TED Talks

[Amy Cuddy](#) (Body Language)

[Anika Molesworth](#) (Being The Change)

[Simon Sinek](#) (Golden Circle)

[Dan Pallotta](#) (Charity Reframed)

[Rita Pierson](#) (Education)

[Angela Duckworth](#) (Grit)

[Tim Ferriss](#) (Fear Setting)

[Susan Cain](#) (Introverts)

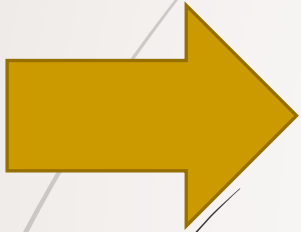
[Drew Dudley](#) (Small Acts of Leaders)

[Brené Brown](#) (Vulnerability)

... and **me** [Josh Farr](#) (Leadership)



Please fill in the survey:



<https://docs.google.com/forms/d/e/1FAIpQLScPbxQpx8kify1Q5omnClwqU1d2biOxjV4tRT6iwH62XbGQDw/viewform>

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