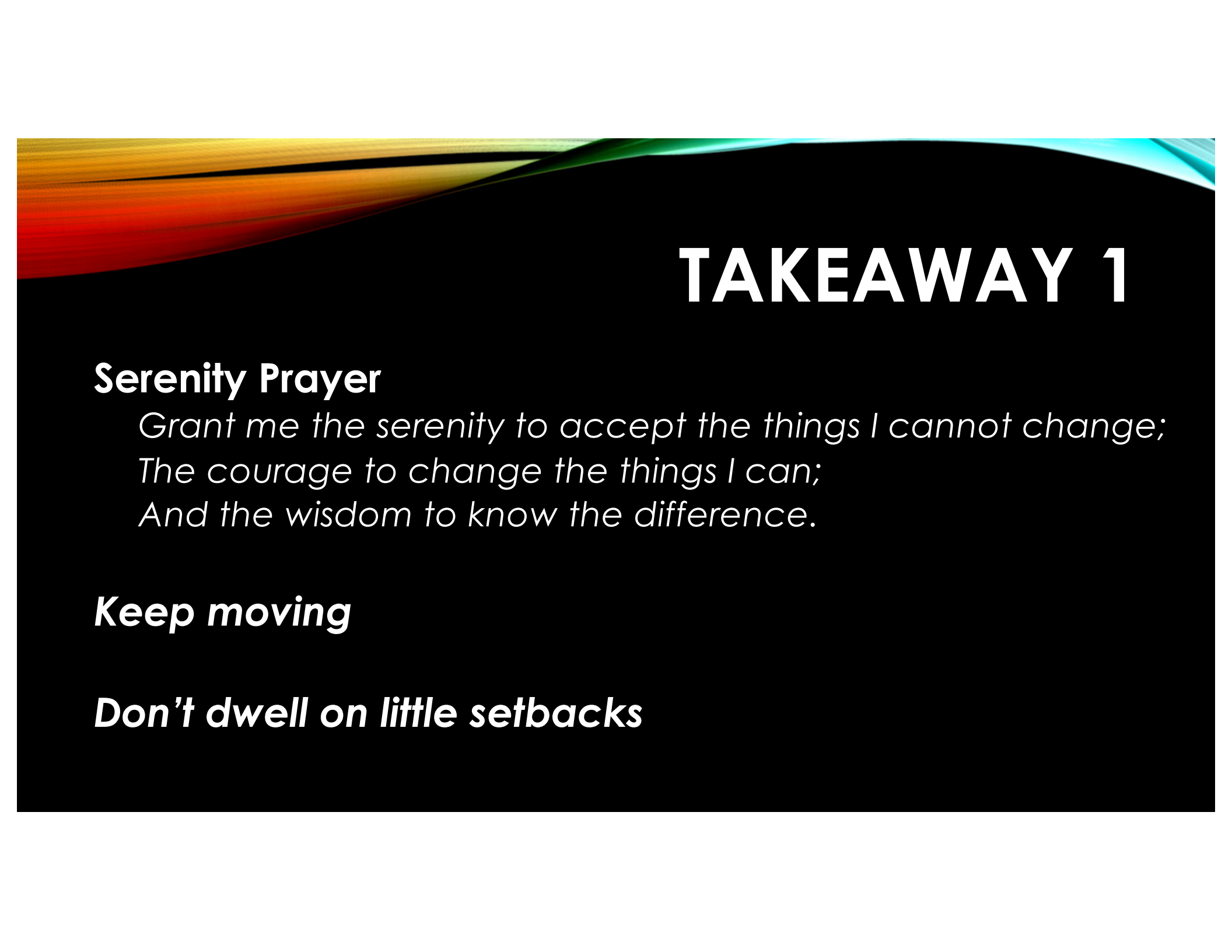




THE SECRET TO RESILIENCE

Marcella Marlowe, Ph.D.



TAKEAWAY 1

Serenity Prayer

*Grant me the serenity to accept the things I cannot change;
The courage to change the things I can;
And the wisdom to know the difference.*

Keep moving

Don't dwell on little setbacks



TAKEAWAY 2

Get help!!!

And breathe.



TAKEAWAY 3

Be honest with yourself about your goals

- Are they possible?
- What's within your control? What's left to chance?
- Are the odds in your favor?

If you let go of a dream, keep an eye out for other windows!



TAKEAWAY 4

Watch for signs, so you can be proactive

Action plan

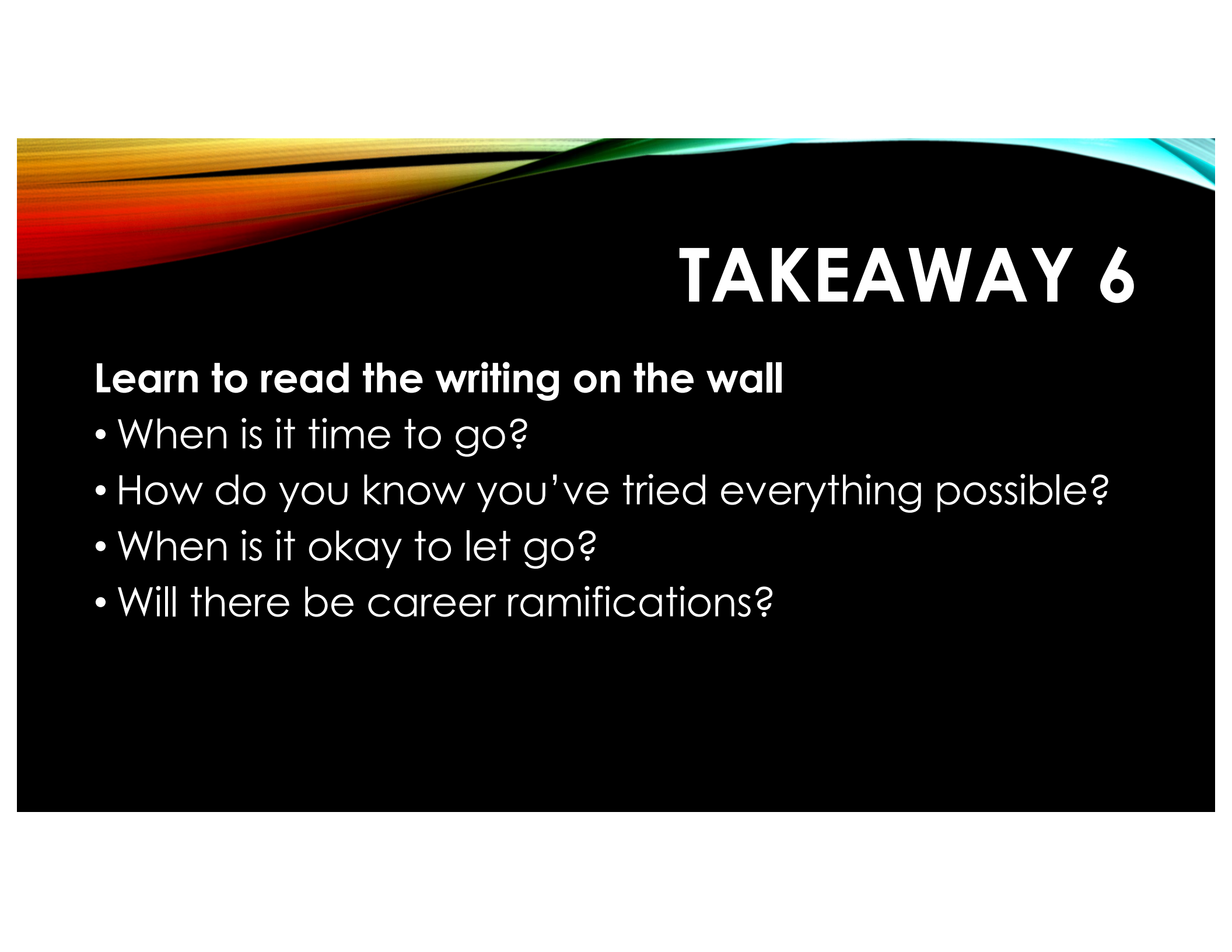
- Exit route?
- Support?
- Other alternatives?



TAKEAWAY 5

Get to know yourself

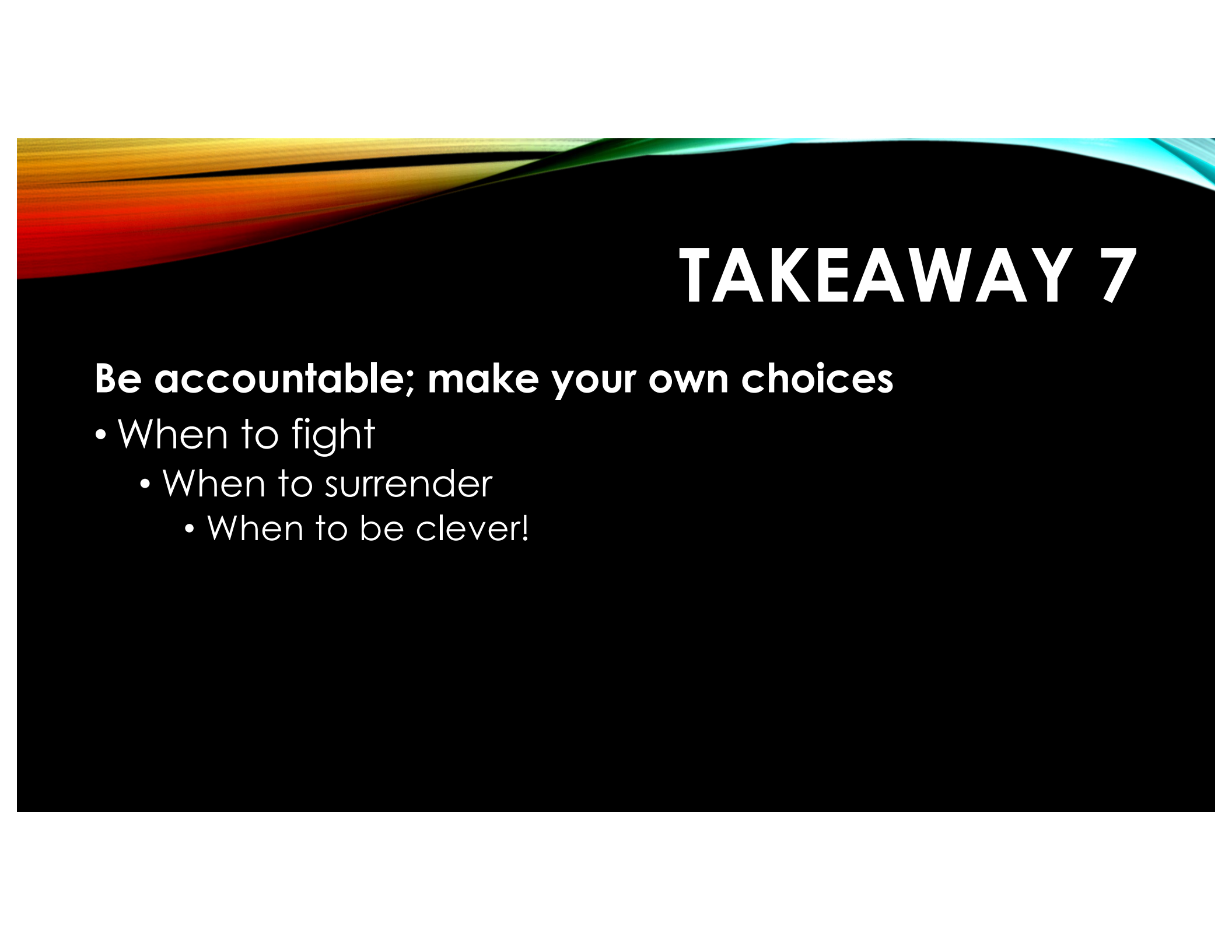
- Who are you and what are your values, professionally speaking?
- Where can you bend? Where can't you bend?
- Where are you a good fit? Where do you belong?



TAKEAWAY 6

Learn to read the writing on the wall

- When is it time to go?
- How do you know you've tried everything possible?
- When is it okay to let go?
- Will there be career ramifications?



TAKEAWAY 7

Be accountable; make your own choices

- When to fight
 - When to surrender
 - When to be clever!



TAKEAWAY 8

Mistakes happen.

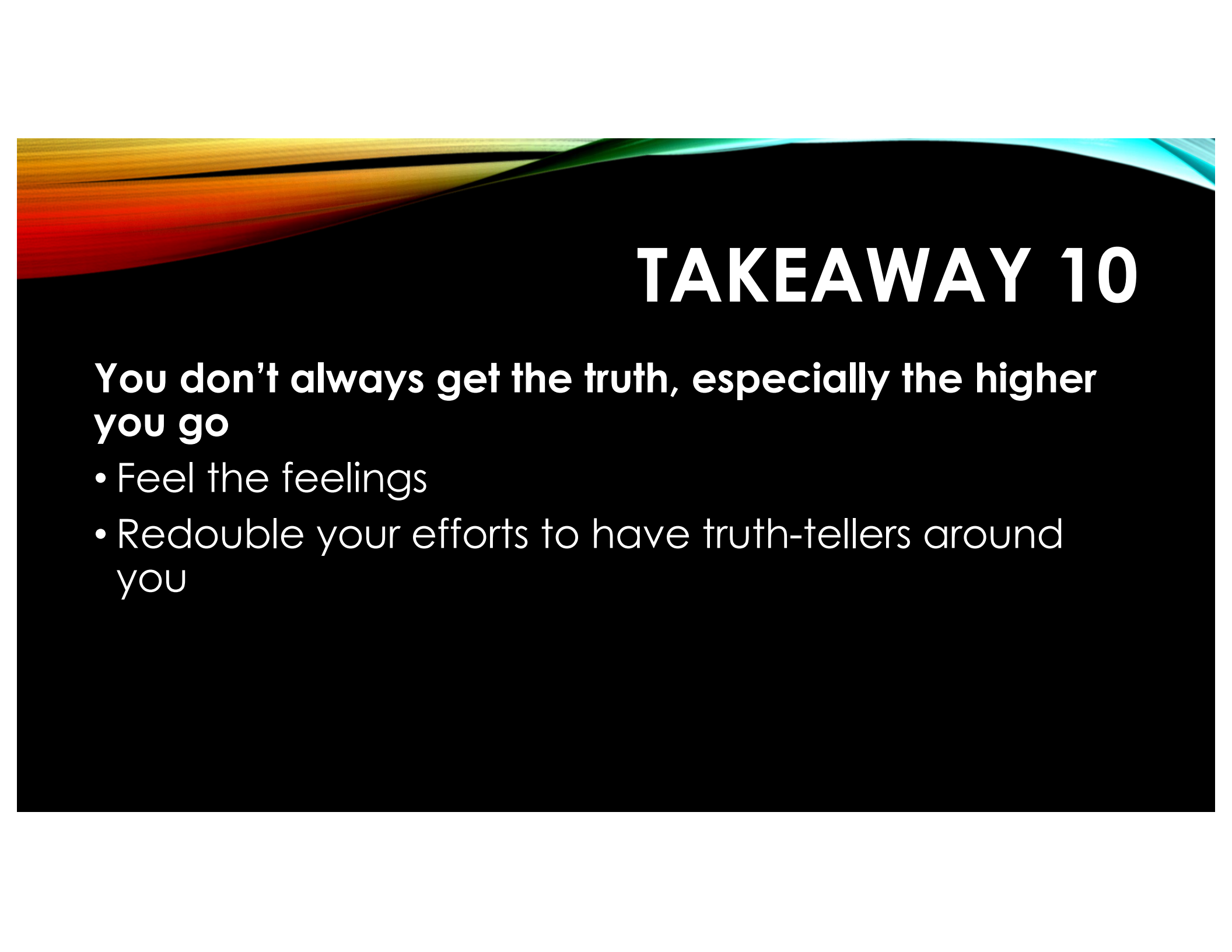
- It's how you handle the mistake that matters
- Swallow your pride
- Do what you need to do



TAKEAWAY 9

Trust yourself and the process

- Don't rush it



TAKEAWAY 10

You don't always get the truth, especially the higher you go

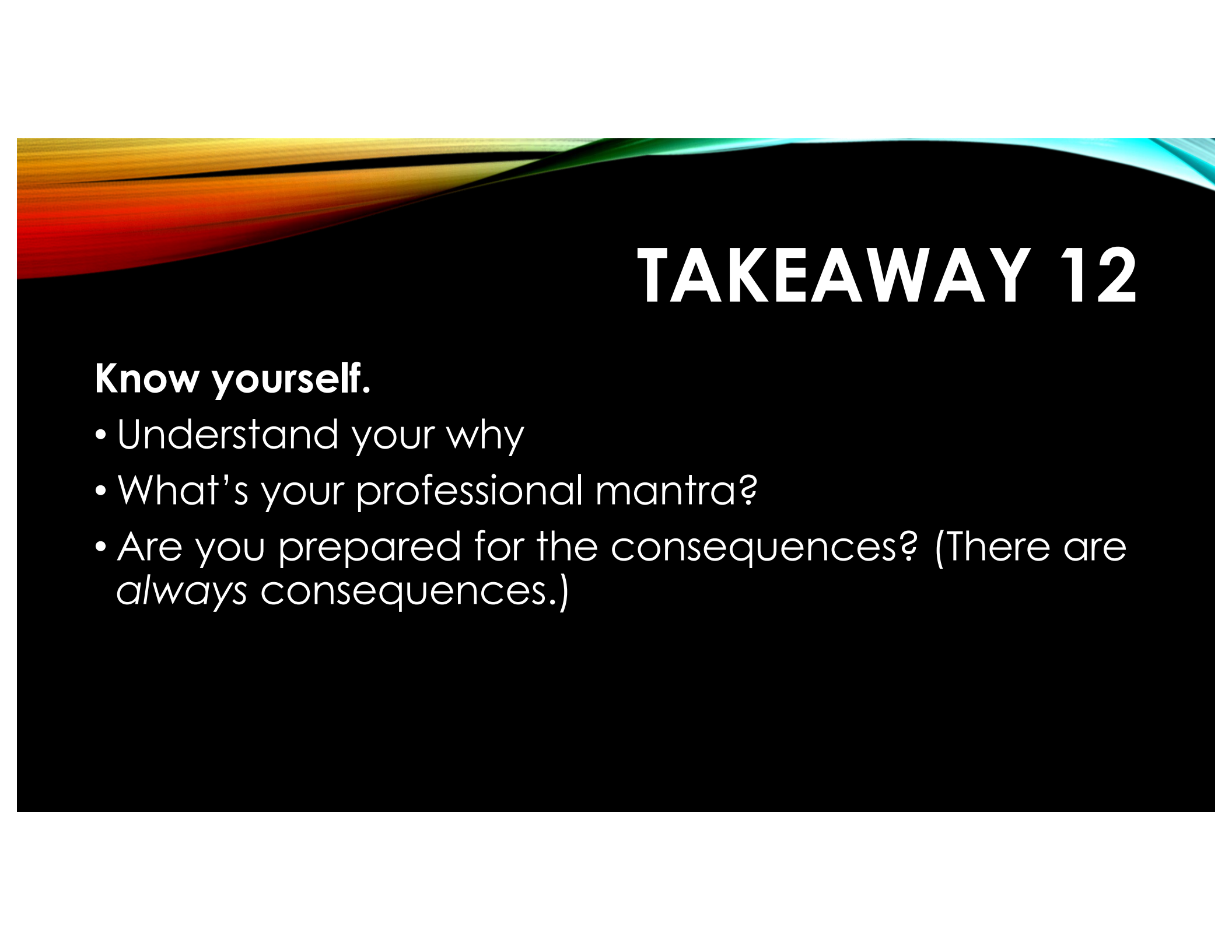
- Feel the feelings
- Redouble your efforts to have truth-tellers around you



TAKEAWAY 11

The only way forward... is through.

- Feel the feelings. Again.
- Hold your head up
- Look towards the long term and be the better person; people will remember



TAKEAWAY 12

Know yourself.

- Understand your why
- What's your professional mantra?
- Are you prepared for the consequences? (There are *always* consequences.)



TAKEAWAY 13

Remember that you know yourself

- What hills are worth dying on?
- What hills can you let go of?
- Which choice will you eventually regret more?



TAKEAWAY 14

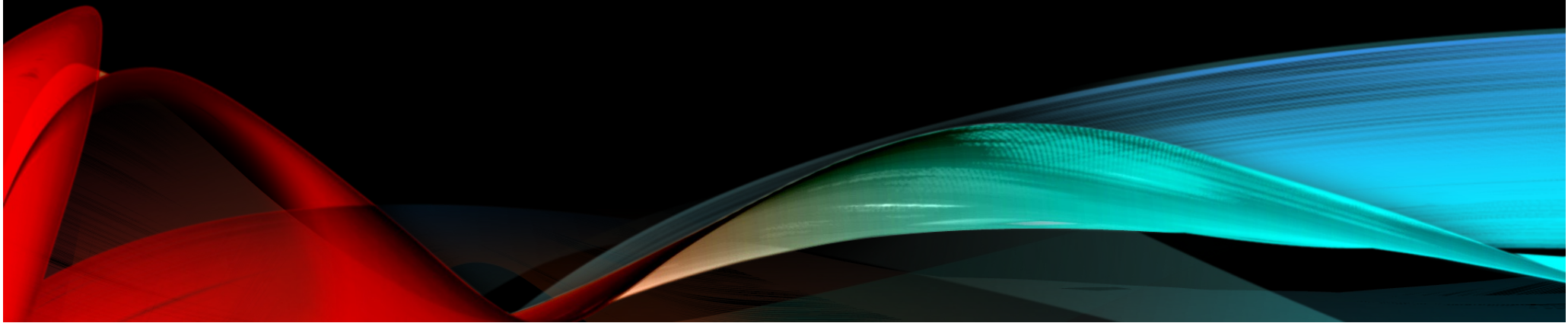
Be open to the Journey!

- Show up
- Do your part
- Keep discovering yourself



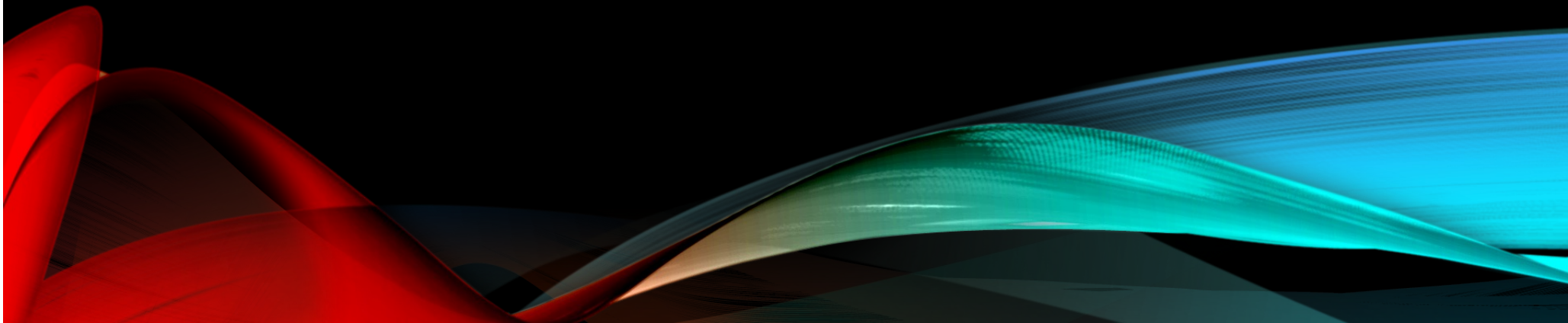
SO, WHAT'S THE SECRET TO
RESILIENCE?

THERE IS NO SECRET.



IT'S JUST A SERIES OF CHOICES WE MAKE EVERY DAY

- To put one foot in front of the other and keep moving forward
- To keep learning and growing
- To get to know ourselves, our capabilities, and our boundaries better
- To be gentle with ourselves, while still being accountable
- To find our people, let them in, and reach out for help



The background features a central black rectangular area. Above and below this area are flowing, wavy bands of color. The top band transitions from yellow on the left to green on the right. The bottom band is more complex, with red on the left, transitioning through orange and yellow to a bright blue on the right. The waves have a sense of motion and depth, with some areas appearing more saturated than others.

THANK YOU!