The Brilliance of Resilience
Growing Through Change
As a Business Analyst…

How often do you get impacted by change?

What are recent changes you’ve undergone?
• Overview
• Challenge
• Resilience
• Growth
• Supporting Others
Life as Usual
Challenge
Resilience
Growth
Challenge
To test the abilities of.
<table>
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Why do we suffer in silence?
Stigma & Judgment
EVERYONE HAS A STORY
The Challenge Story

1. Think of a time when you faced, and **overcame**, change or challenge

2. Write down the story

3. With every sentence, answer the question:

   “And then what happened to me?”
Share your Story
Resilience

The capacity to recover quickly from difficulties; toughness.
• Curiosity
• Asking for help
• Self-talk
Curiosity
Asking for Help
Self-Talk
Change
The Story
1. Go back to the same story you wrote earlier
2. Re-write the story
3. With every sentence, answer the question:

“What did I do next?”
Share your Story
Growth

To come into existence and develop.
What’s different?
Then

Now
Change
The Story
The Growth Story

1. Go back to the same story you wrote earlier
2. Re-write the story a third time
3. With every sentence, answer the question:

“What did I Learn?”
Share your Story
How can this help me as a BA?
Fostering Resilience In Teams
Challenge

• No Judgement
• Crush Stigma
• Listen for Negative Self-Talk
Resilience

• Ask if Help is Wanted
• Ask Open-Ended Questions
• Embrace Being Human
Growth

Facilitate Reflection on:

• New Ideas
• Shifted Perspective
• New Choices
• Old Limitations
A gift for you…

• Resilience Learning Resources
• A set of 8 Neuroscience Icebreakers

1. Go to:
www.kiwilive.com

2. Enter the keyword:
BRAIN
Please reach out with any questions!

608-514-1645 / jacy@jacyimilkowski.com