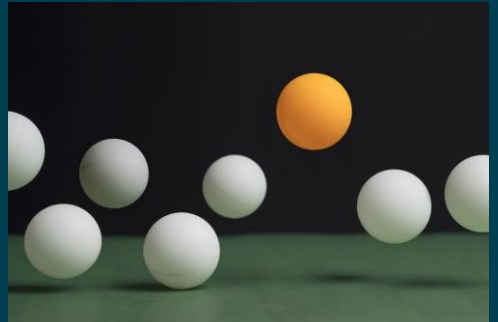


The Bounce Back Blueprint

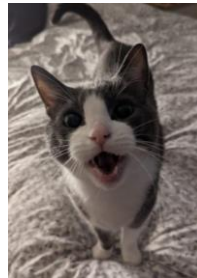


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Rules of engagement

- This is a safe space for you to share and learn together
- Please be open and honest and share your thoughts and experiences
- Be respectful of those that are also open, honest and share their thoughts and experiences
- Ask questions and be curious



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3

Our first exercise: Three things...

I'm going to give you a moment to think of...

One thing that has gone well this week

One thing that has not gone so well

One thing you are going to do differently moving forwards

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Please all stand... you have 10 mins to...

1

Find a partner, or a three for odd numbers, from your table or around you

2

If you don't know each other introduce yourselves

3

Share your three things

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As a reminder...

One thing that has gone well this week

One thing that has not gone so well

One thing you are going to do differently moving forwards

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What did you take away from
that exercise?

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The Power of Reflection

- Self-reflection involves being present with ourselves and intentionally focusing our attention inward to examine our thoughts, feelings, actions, and motivations
- Reflection often links three elements; Cognition, emotion, and behaviour.
- These parts of us are constantly in motion and if you don't give them time to rest and reflect upon what you learned from them it impacts your health, limit your potential and ability to be resilient

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slido

Please download and install the Slido app on all computers you use



What does resilience mean to you?

① Start presenting to display the poll results on this slide.

9

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Resilience

“The ability to bounce back from tough times, or even to triumph in the face of adversity; to display tenacity, but not at the expense of reason.”

Jane Clarke and Dr John Nicholson

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Resilient People

- As well as being able to bounce back from setbacks or difficulties, resilient people know when to change direction
- Resilient people understand self preservation
- Resilient people can adopt a growth mindset, find opportunities to learn from their circumstance and don't fear change

Principles of Growth Mindset vs Fixed Mindset

- Intelligence can be developed. A fixed mindset believes intelligence is static. A growth mindset knows it is not
- Embrace challenges rather than take the easy route
- Persist in the face of setbacks rather than giving up
- See effort as a path to mastery rather than a lack of skill
- Learn from criticism and feedback rather than fear or dismiss it
- Find inspiration in the success of others rather than be threatened by it



slido

Please download and install the Slido app on all computers you use



What skills do you need to help you be resilient at work?

① Start presenting to display the poll results on this slide.

13

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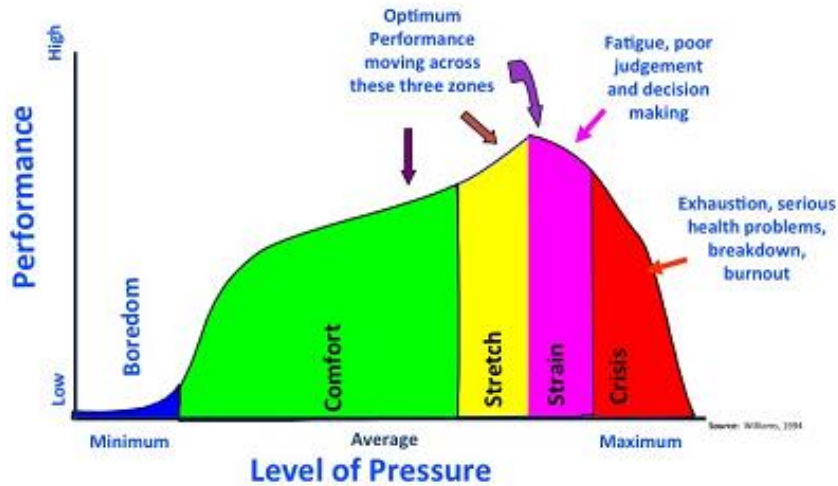
Stress and the power of our thought processes

- There is a fine line between being busy and being stressed
- The biochemistry and processing in the brain changes when we **believe** we are stressed
- Stress is when more is being asked of you than the resources that you **think** you have to be able to cope
- We have more resources and coping mechanism that we give ourselves credit for



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Fight, flight or freeze response

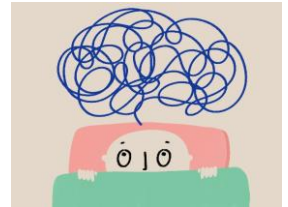
- Adrenaline is secreted from the kidneys
- Cortisol, your body's main stress hormone, works with certain parts of your brain to control your mood, motivation, and fear and provides bursts of energy
- The heart rate suddenly beats faster, we might feel faint but because our heart rate has gone up it's nearly impossible to faint
- Breath rate and blood pressure increase and might feel lightheaded, but because our heart rate has gone up it's nearly impossible to faint
- Blood sugar is released into the bloodstream
- Hearing and sight enhance



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Catastrophizing

- We have the capacity to give more worry to things than it deserves
- When our resilience is low it is easy to go to the extreme end of thinking to catastrophizing
- We have around 60,000 thoughts a day and around 20,000 on average are negative in some way
- If we are in a good place mentally and we feel resilient, we should be able to apply logic and rationalize our thinking and why our catastrophic thoughts are not true or valid



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Lucy Hone – Three secrets of resilient people

Resilient
people get
that shit
happens

Resilient
people are
good at
choosing
where they
put their
attention

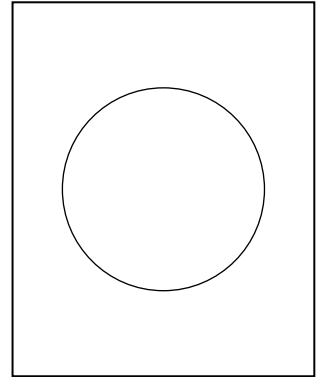
Resilient
people ask
themselves,
“is what I am
doing helping
or harming
me?”

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Covey's Habit 1 – Be Proactive Step One

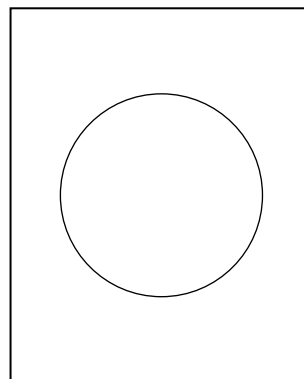
- On your tables there are sheets of plain paper, you need one each
- Please draw a large circle with space around the outside and the inside
- In the space around the outside of the circle I would like you to brain dump everything that is of concern to you and taking up space in your brain right now



How did you find the brain
 dumping exercise?

Covey's Habit 1 – Be Proactive Step Two

- Take a mental step back and look at what you have written around the edges of the circle
- Cross out and move to within the circle anything that you can influence, control or do something about



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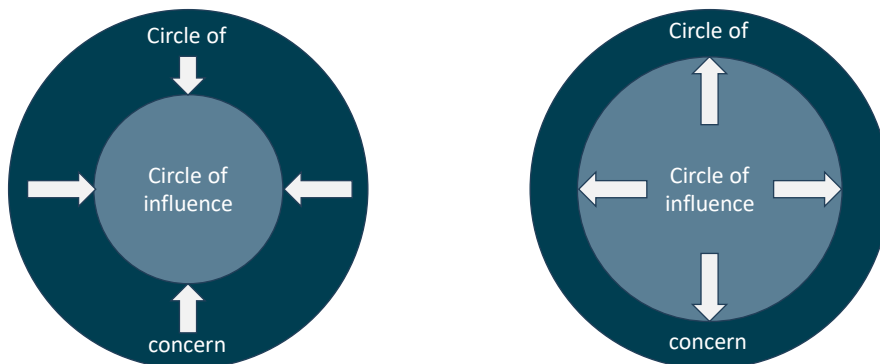
21

What did you notice or take away from step two?

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Circles of Concern and Influence



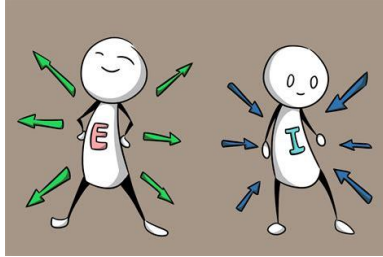
Cognitive principle

- This is the belief that the interpretation of our thought directly effects our mood. And our mood directly effects our behaviour
- We need to identify how we are talking to ourselves and how we can change or influence this



Extroversion vs Introversion energy

- Tend to act before thinking
- Prefer to act quickly
- Talks things through
- Expressive when interacting
- Gains energy from interactions
- Have a breadth of interests

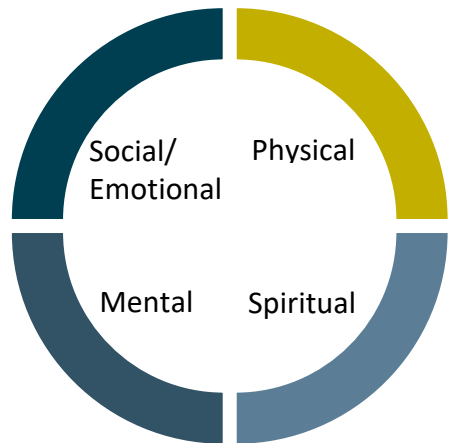


- Tend to think before acting
- Prefer to spend time in reflection
- Thinks things through
- More contained when interacting
- Gains energy from concentration
- Have a depth of interests

Physical renewal

Exercise, nutrition, and stress management

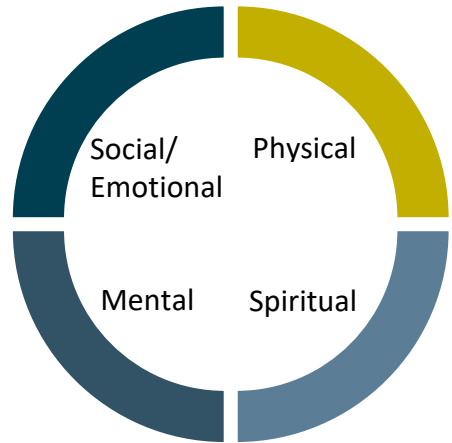
- Thinking about your day to day, what impacts your physical health?
- What could you do to improve your physical health?



Spiritual renewal

Value clarification and commitment, study, and meditation

- Thinking about your day to day, what impacts your spiritual health?
- What could you do to improve your spiritual health?



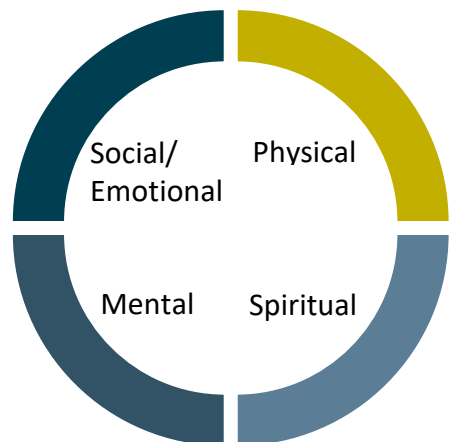
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Mental renewal

Reading, visualising, planning, and writing

- Thinking about your day to day, what impacts your mental health?
- What could you do to improve your mental health?



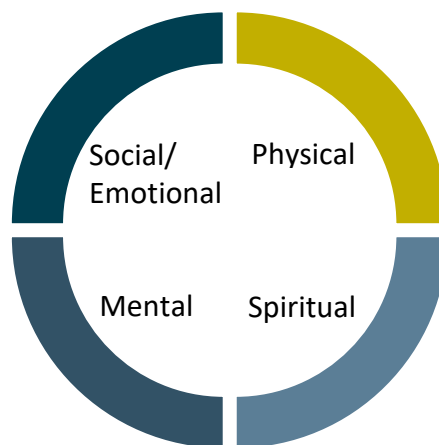
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Social/Emotional renewal

Service, empathy, synergy, and intrinsic security

- Thinking about your day to day, what impacts your social/emotional health?
- What could you do to improve your social/emotional health?



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Final thoughts

In the spirit of what we have discussed...

- I would invite you to reflect what you are taking away from this session
- And any actions you are going to take



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The words "Thank you" are written in a black, elegant cursive font. The text is surrounded by several overlapping circles in various colors, including yellow, blue, pink, green, and orange, creating a vibrant and celebratory feel.

Resources

The three secrets of resilient people

https://www.ted.com/talks/lucy_hone_the_three_secrets_of_resilient_people

The Magic of not giving a F***

https://www.youtube.com/watch?v=GwRzjFQa_Og

If you would like more information on any of the topics discussed, please feel free to contact me through the details below.

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07928691658



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