

Certified



Corporation

From Chaos to Cadence

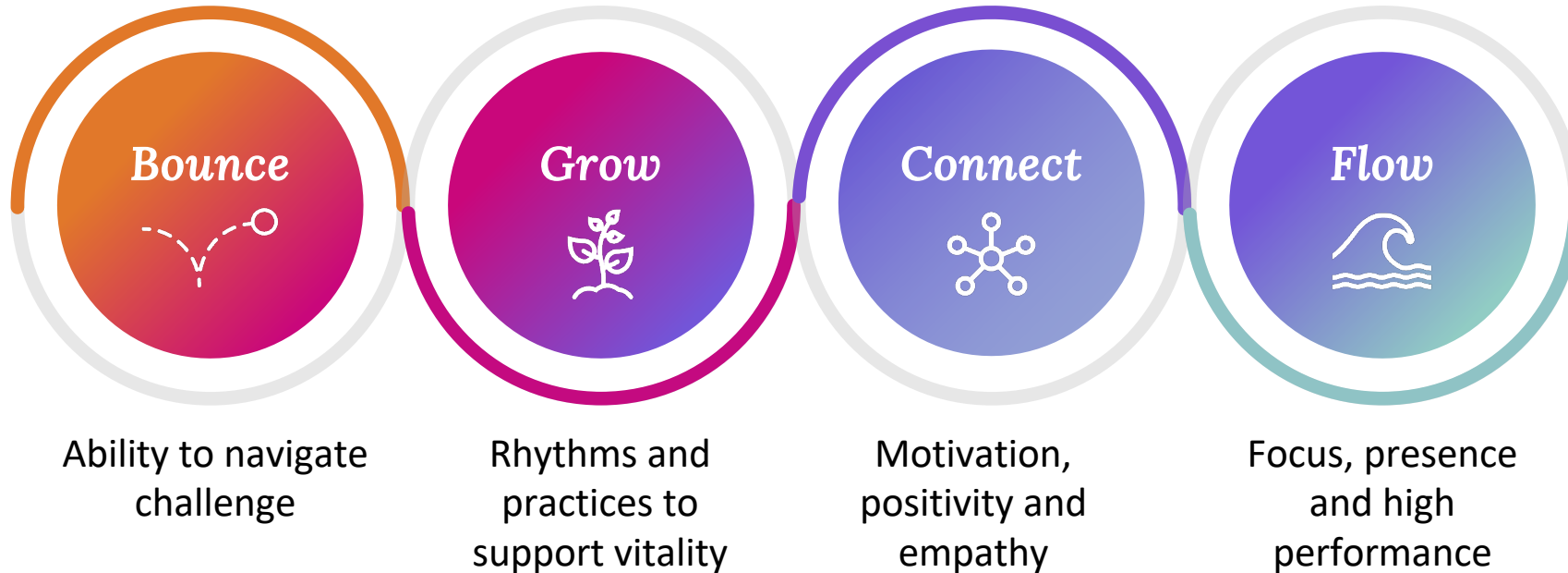
Building Resilience Through Life's Rhythms

 resilience
institute®

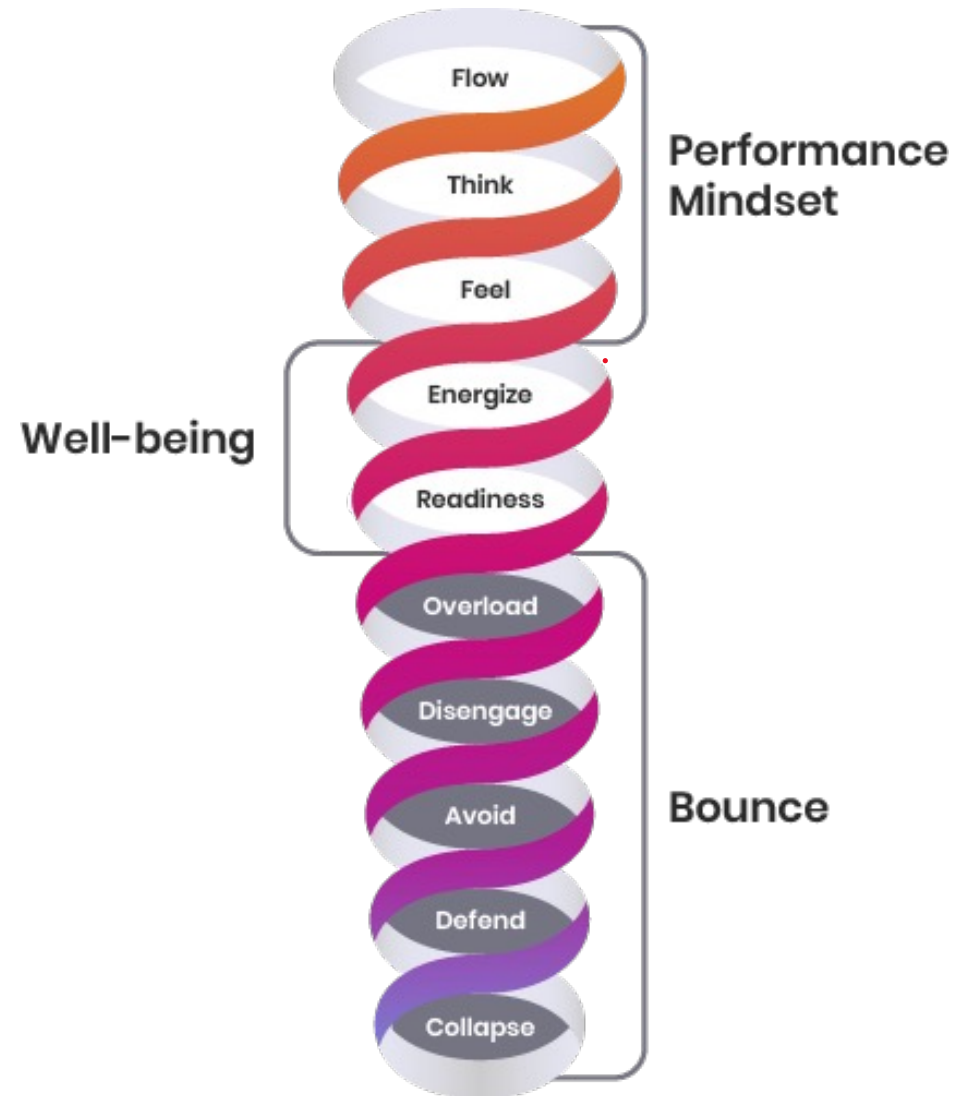
O₁ R₁ D₂ E₁ R₁

C₃ H₄ A₁
O₁ S₁

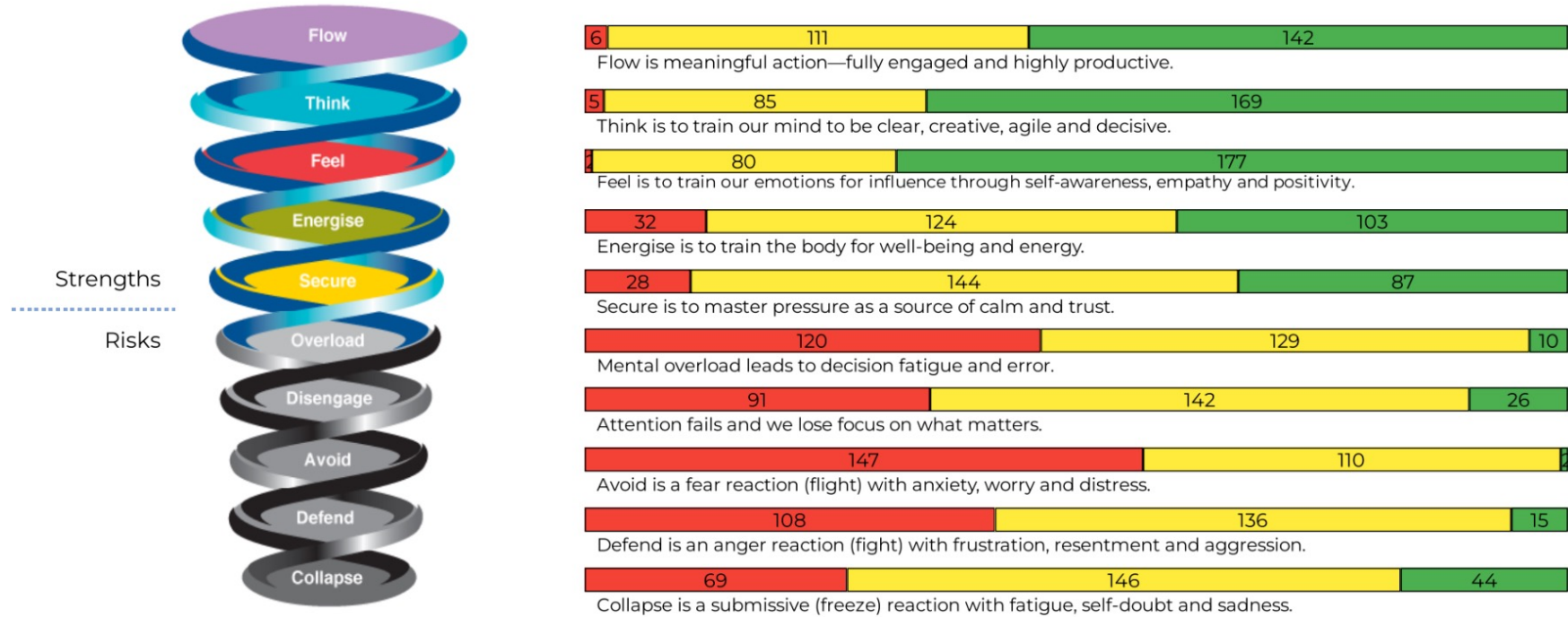
Resilience is a learned ability to...



Three dimensions of resilience

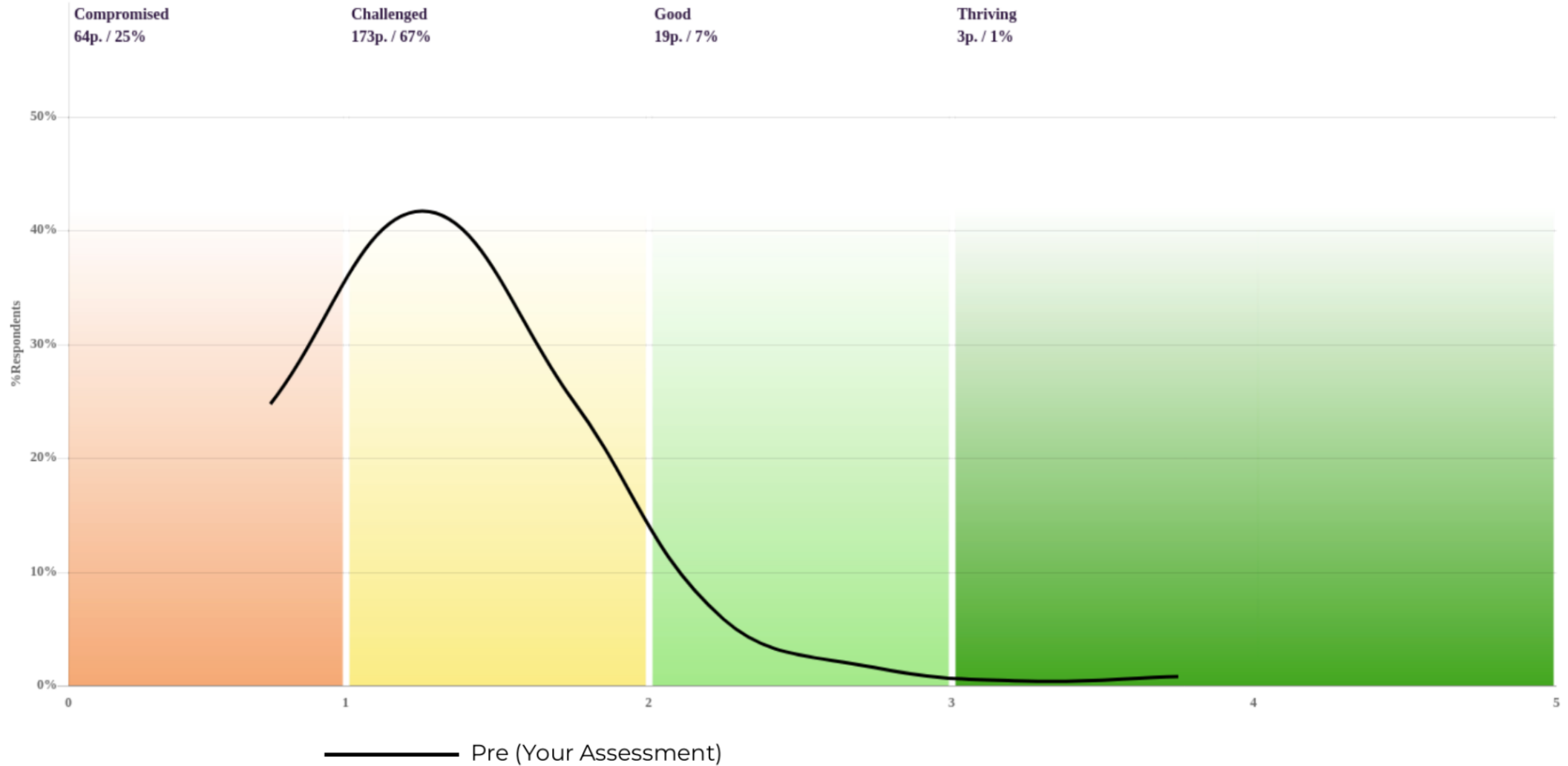


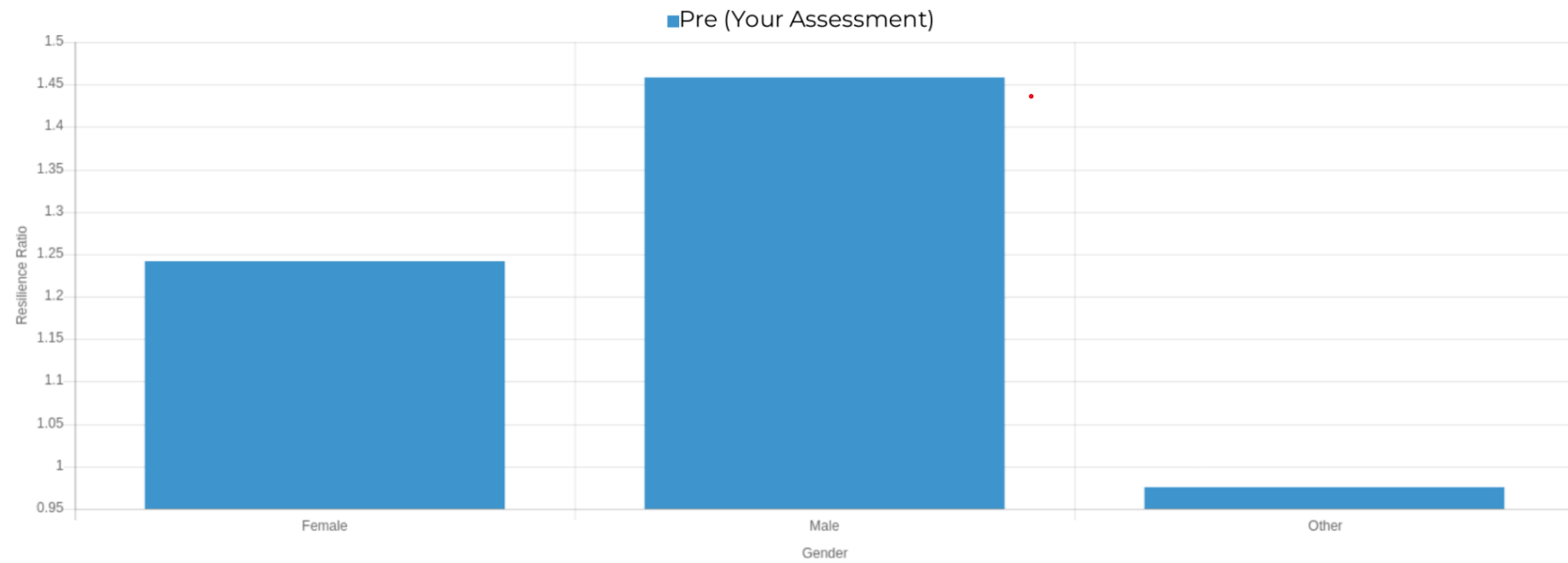
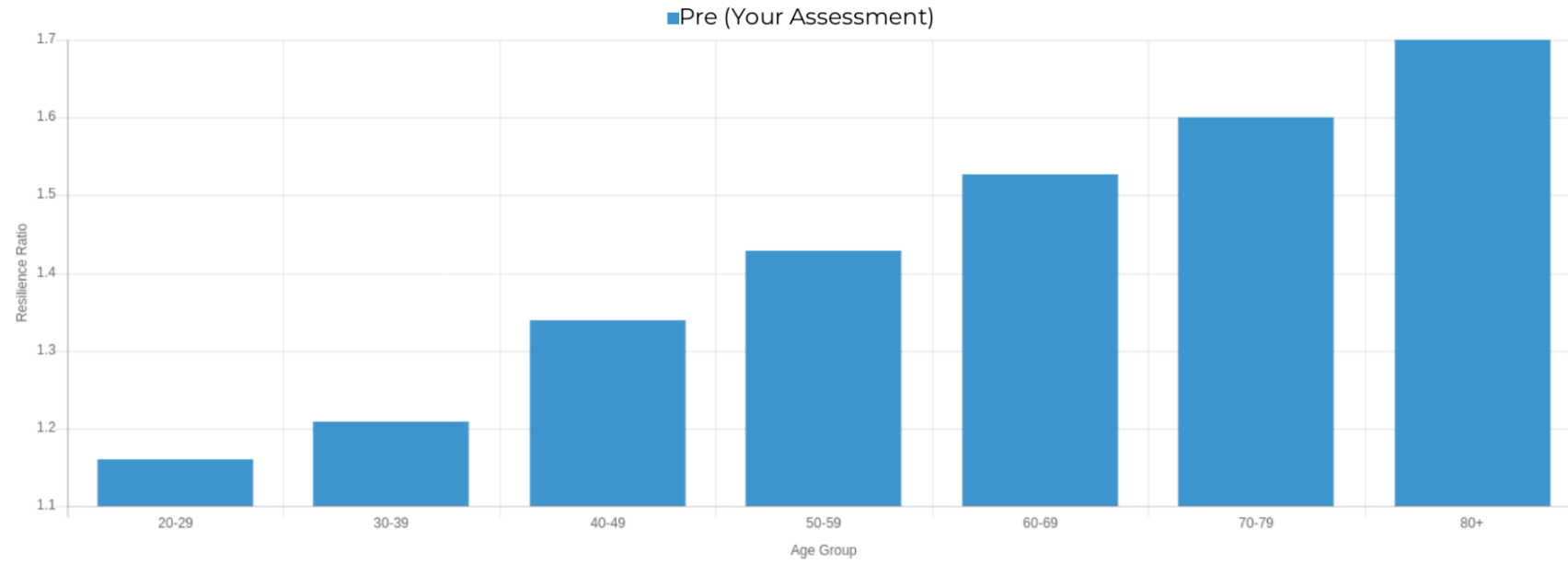
Program: Resilience Diagnostic (v5) | Type: Pre-Program



Strengths v5 Total	128	131	
Risks v5 Total	108	142	9
Risk Total	64		
Resilience Ratio	1.36		
Total Participants	259		

Distribution







Top Strengths v5

	Factor	Category	Score
1.	Curiosity	Feel	4.28
2.	Altruism	Flow	4.14
3.	Metacognition	Think	4.13
4.	Creativity	Think	4.07
5.	Positivity	Feel	3.98
6.	Social fitness	Feel	3.87
7.	Safety	Secure	3.83
8.	Flow	Flow	3.82
9.	Nature-relatedness	Energise	3.79
10.	Decisiveness	Think	3.76

Lowest Risks v5

	Factor	Category	Score
1.	Sadness	Collapse	2.32
2.	Job confusion	Overload	2.35
3.	Anhedonia	Collapse	2.40
4.	Hostility	Defend	2.52
5.	Envy	Defend	2.58
6.	Procrastination	Disengage	2.59
7.	Loneliness	Collapse	2.60
8.	Forgetfulness	Disengage	2.65
9.	Self-doubt	Collapse	2.67
10.	Boredom	Disengage	2.71

Areas to focus on



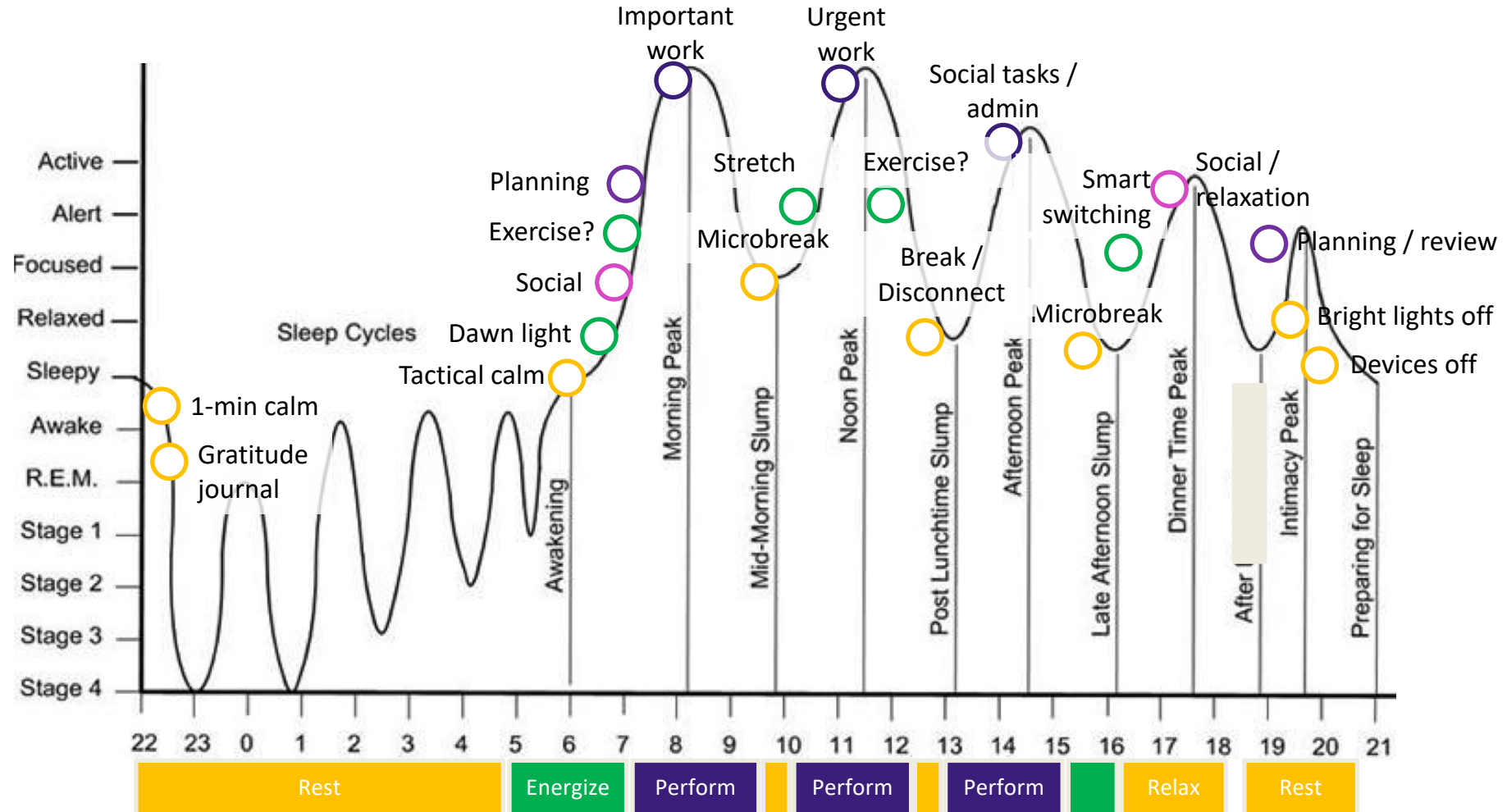
Low Strengths v5


	Factor	Category	Score
1.	Rhythm	Secure	3.02
2.	Sleep quality	Energise	3.17
3.	Tactical calm	Secure	3.19
4.	Fitness	Energise	3.22
5.	Health awareness	Energise	3.27
6.	Bounce	Secure	3.39
7.	Purpose	Flow	3.42
8.	Fulfilment	Flow	3.53
9.	Nutrition	Energise	3.54
10.	Contemplation	Secure	3.59

High Risks v5

	Factor	Category	Score
1.	Multitasking	Overload	3.88
2.	Worry	Avoid	3.49
3.	Avoidance	Avoid	3.44
4.	Hypervigilance	Avoid	3.32
5.	Rumination	Defend	3.23
6.	Judgemental	Defend	3.20
7.	Intensity	Overload	3.03
8.	Distress	Avoid	3.03
9.	Overload	Overload	2.98
10.	Frustration	Defend	2.96

Ultradian Rhythm: Practices





Flow

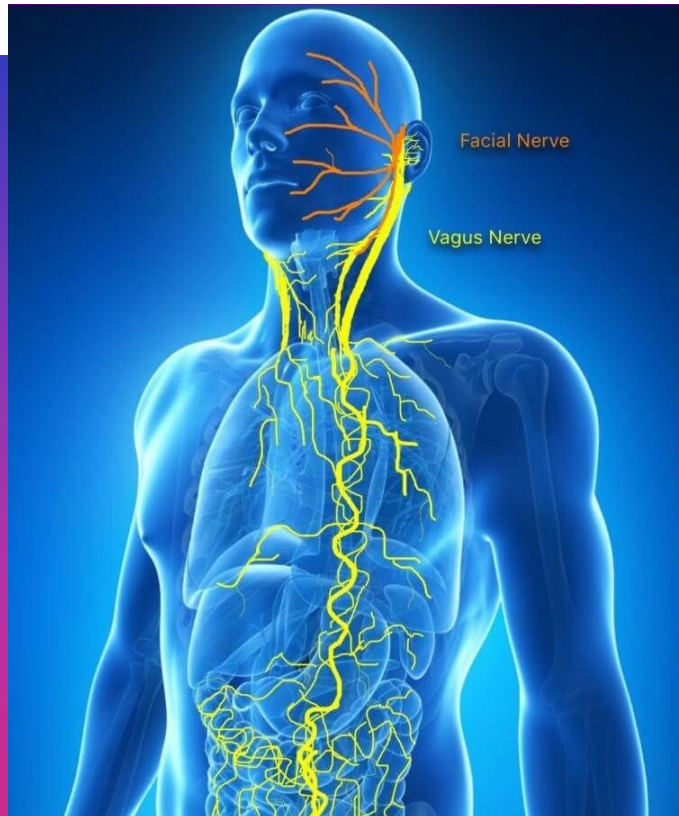
Think

Feel

Energize

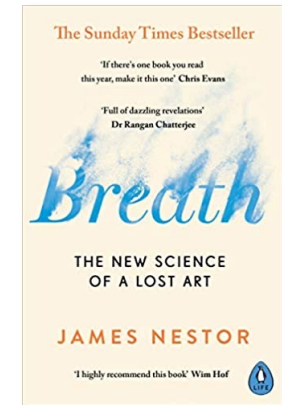
Readiness

BIO-HACK STRESS



Breathe out when stressed out

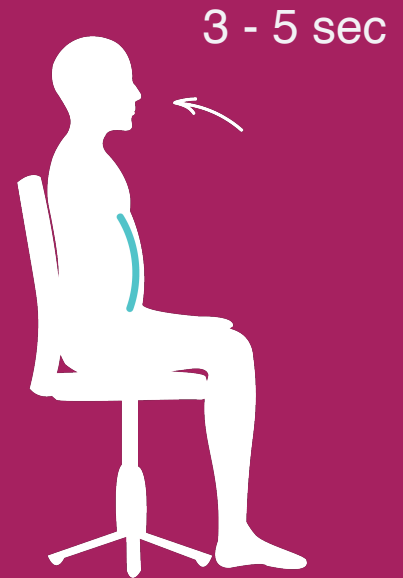
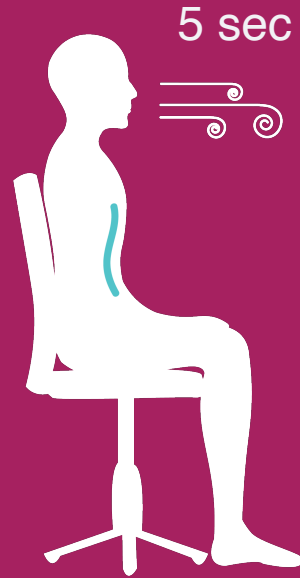
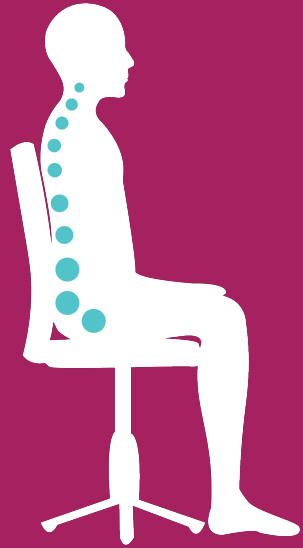
Exhale 6 seconds
... Inhale 4 seconds ...



EXPERIMENT!

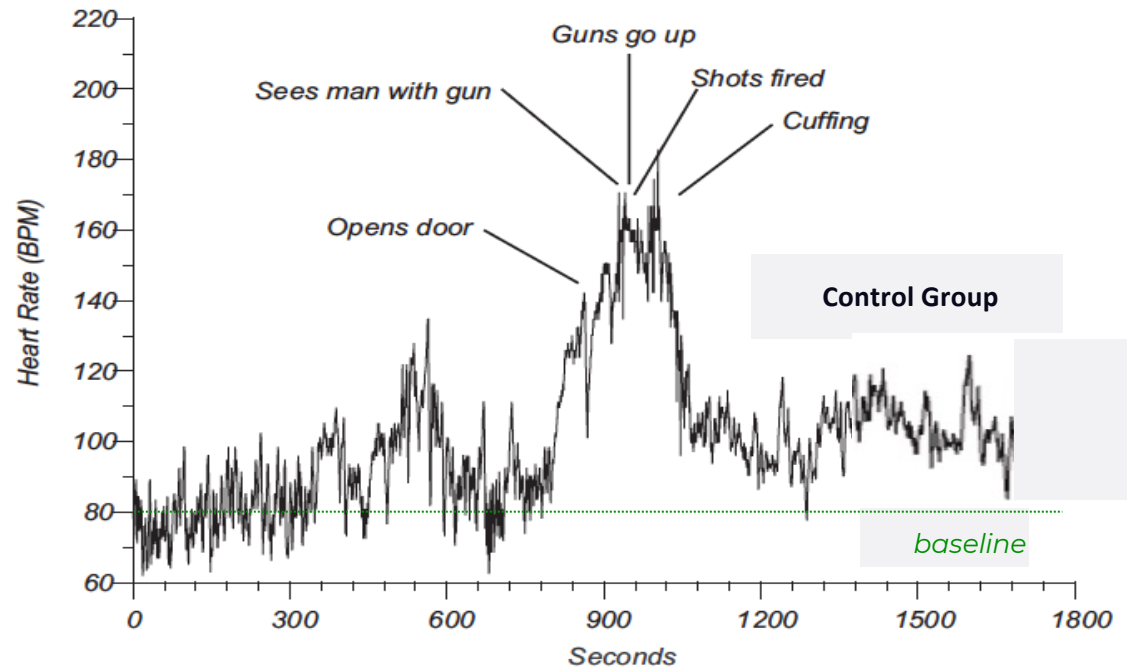


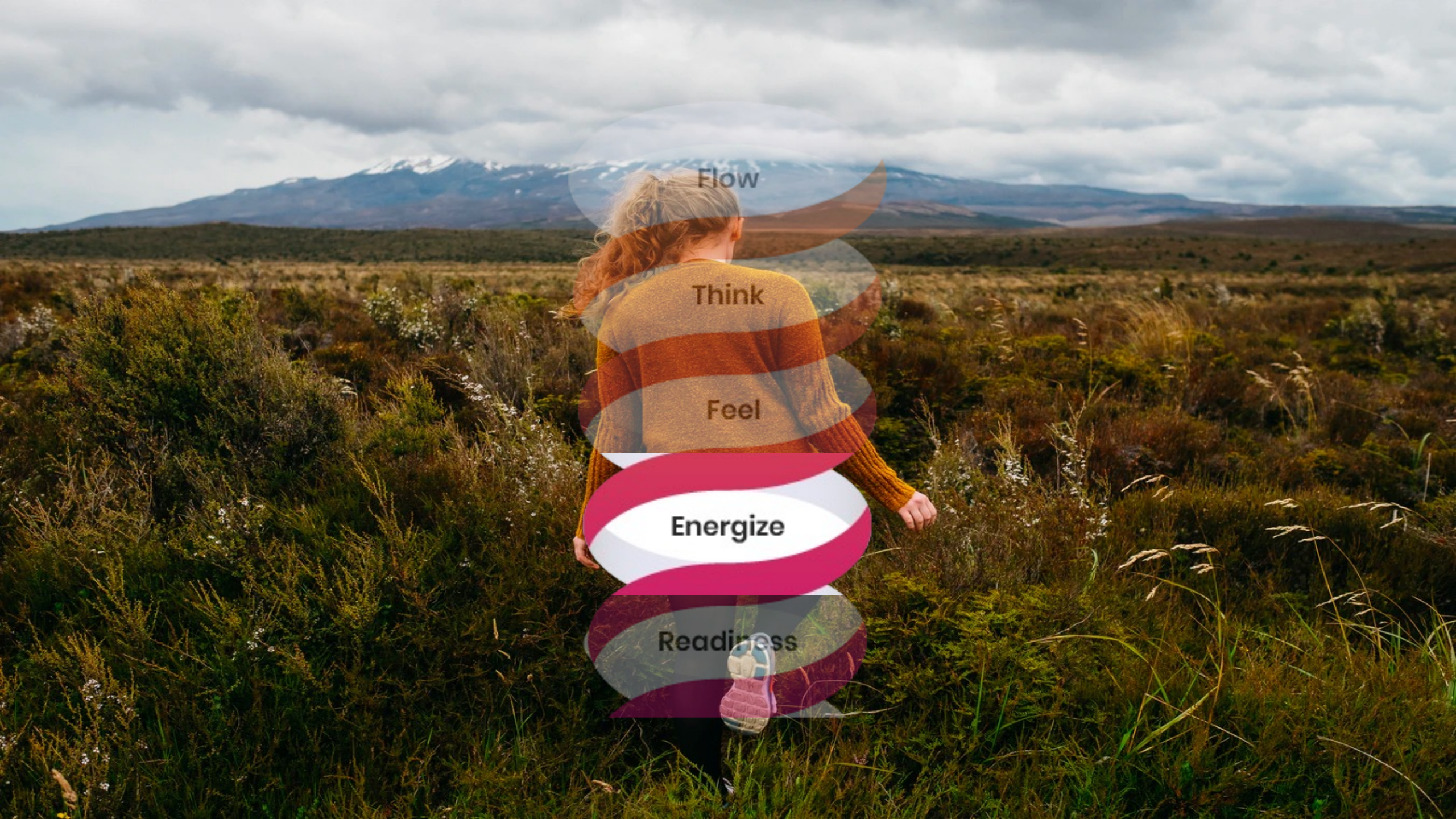
Tactical calm



Bio-HACK STRESS

How police officers respond to simulated violent cases





Flow

Think

Feel

Energize

Readiness



LET'S TALK ABOUT SLEEP



WHAT DO YOU MOST OFTEN DO BEFORE BEDTIME?

- A. Relaxation exercise
- B. Reading/Journaling
- C. On screens
- D. Connect with my partner





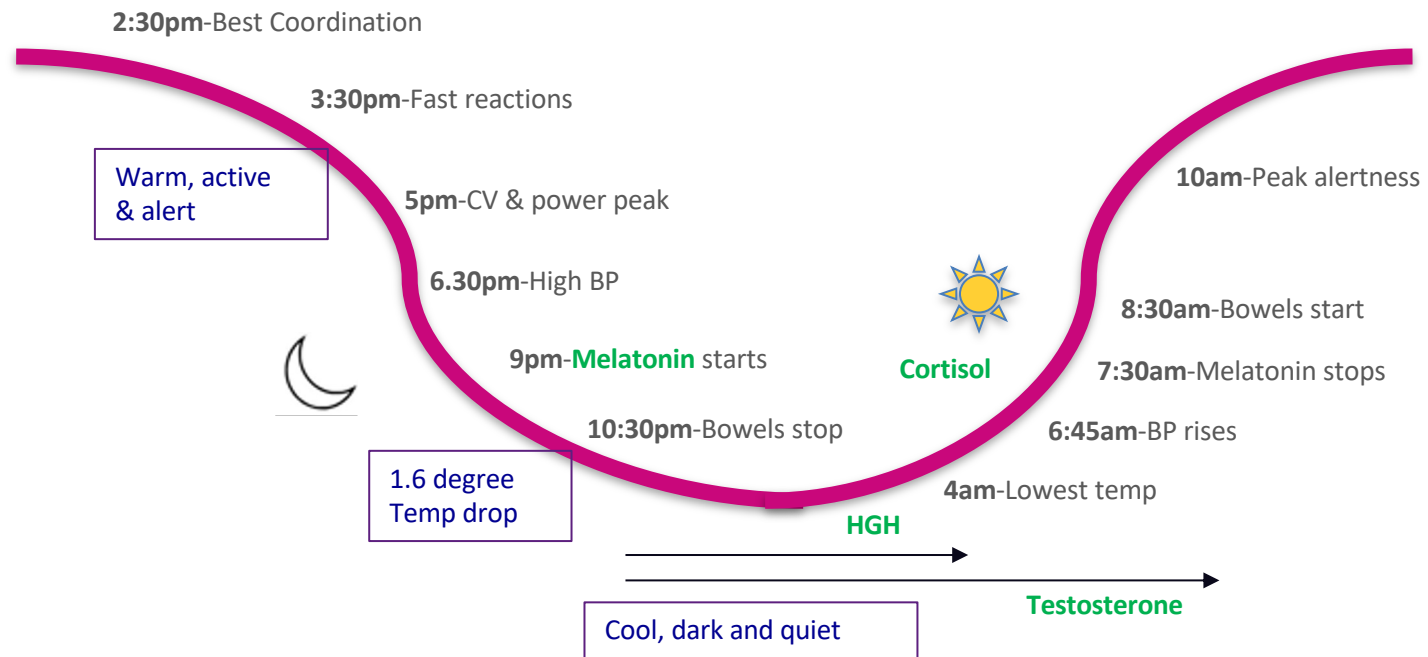
SLEEP

1 hour on screens before
bedtime postpones by 3
hours the peak release of
melatonin.

Matthew Walker -
Neuroscientist

BIOLOGY OF SLEEP

CIRCADIAN 24hr plus...





PRIORITISE SLEEP



Mental capacities affected by sleep

Types of leadership behavior associated with high-quality leadership¹

- Attention
- Concentration



Results orientation

- Creativity
- Development of insight
- Pattern recognition



Solving problems

- Learning and memory
- Decision making



Seeking different perspectives

- Emotional reactions
- Socioemotional processing
- Developing trusted relationships



Supporting others

¹Based on a McKinsey study of 81 organizations and 189,000 people around the world. For more, see Claudio Feser, Fernanda Mayol, and Ramesh Srinivasan, “Decoding leadership: What really matters,” *McKinsey Quarterly*, January 2015, mckinsey.com.

Source: McKinsey analysis and synthesis of neuroscience research. See article for additional citations.

| Power up



HIGH POWER POSE



STANDING, WIDE STANCE

ARMS RAISED IN A "V"
ABOVE THE HEAD



HANDS ON HIPS

ARMS CROSSED
BEHIND THE HEAD,
SITTING OR STANDING



LOW POWER POSE

SITTING WITH HANDS
FOLDED IN THE LAP



ARMS CROSSED
OVER THE CHEST



ONE ARM ACROSS THE
BODY IN A SELF HUG



HUNCHING



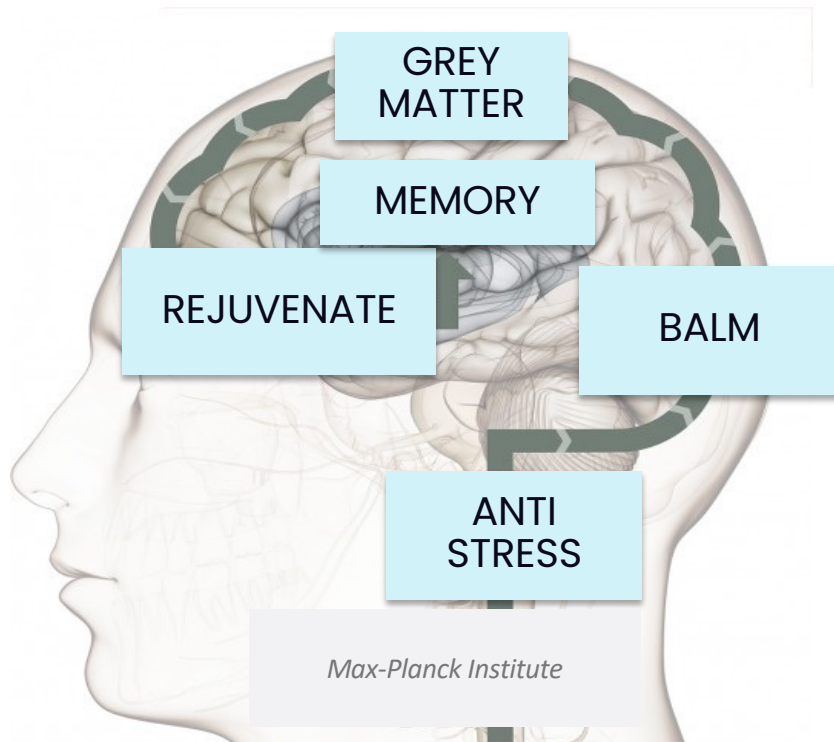
EXERCISE



Source: Max-Planck Institute

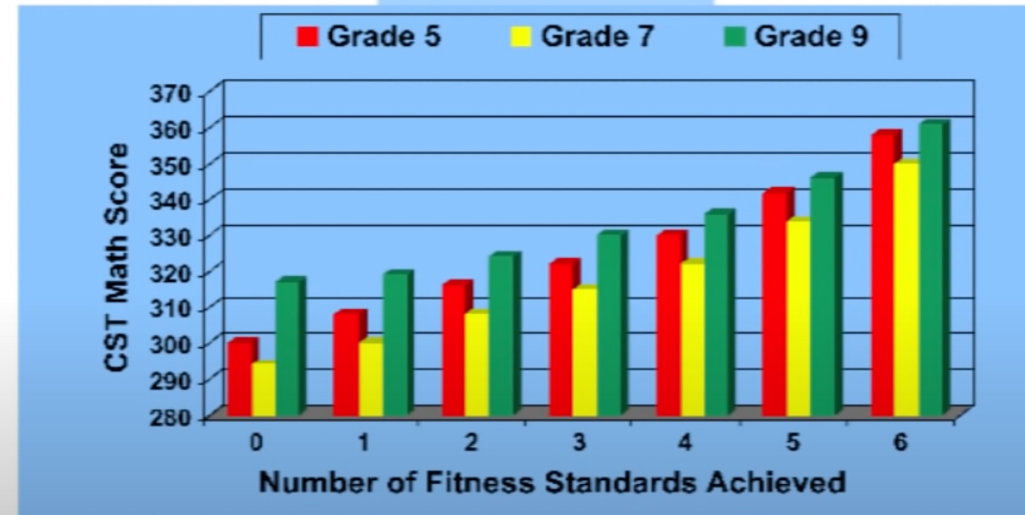
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HOW PHYSICAL ACTIVITY IMPACTS THE BRAIN



2004 Scores in Math by Number of Fitness Standards

Grade 5 – 371,198 Students
 Grade 7 – 366,278 Students
 Grade 9 – 63,028 Students**



*California Standards Test

** Grade 9 Students who took CST geometry

Source: California Physical Fitness Test, 2004 Results, Calif. Dept. of Ed., April 2005





The human body does not perform optimally when maintaining static postures for prolonged periods of time.

Stanford University, EHS

Lifestyle hazards

Smoking (HR 1.95)

Physical inactivity (HR 1.72)

Sitting (HR 1.33)

Short/long sleep (HR 1.31)

Poor diet (HR 1.11)

Long sleep + inactivity (HR 2.68)

Sitting + inactivity (HR 2.42)

Inactivity + sitting + long sleep (HR 4.23)

Smoking + alcohol + short sleep (HR 4.68)



RESEARCH ARTICLE

Traditional and Emerging Lifestyle Risk Behaviors and All-Cause Mortality in Middle-Aged and Older Adults: Evidence from a Large Population-Based Australian Cohort

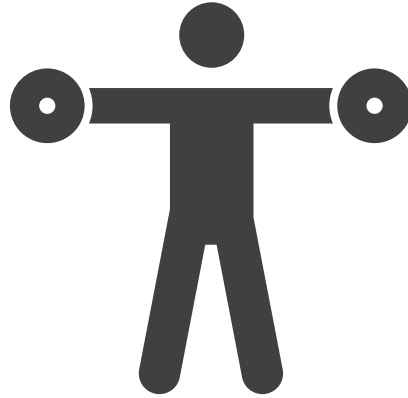
Ding Ding^{1,2*}, Kris Rogers^{1,3}, Hidde van der Ploeg^{1,4}, Emmanuel Stamatakis^{2,5}, Adrian E. Bauman^{1,2}

1 Prevention Research Collaboration, Sydney School of Public Health, University of Sydney, Camperdown, New South Wales, Australia, **2** Charles Perkins Centre, University of Sydney, Camperdown, New South Wales, Australia, **3** George Institute for Global Health, Sydney, New South Wales, Australia, **4** Department of Public and Occupational Health, EMGO Institute for Health and Care Research, VU University Medical Centre, Amsterdam, the Netherlands, **5** Exercise and Sports Science, Faculty of Health Sciences, University of Sydney, Camperdown, New South Wales, Australia

* melody.ding@sydney.edu.au



| Exercise: five forms of fitness





Flow

Think

Feel

Energize

Readiness

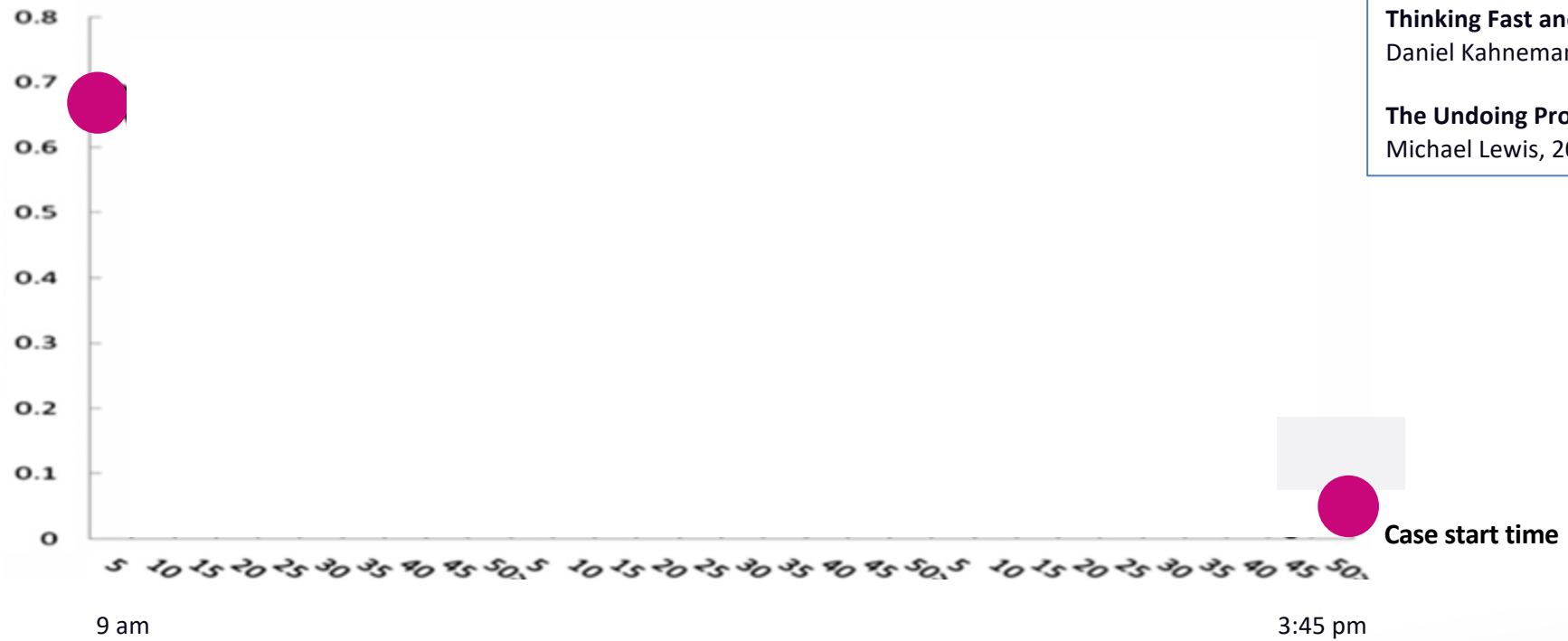
DOES YOUR ENERGY LEVEL INFLUENCE YOUR DECISIONS?

- A. Not really
- B. Sometimes
- C. Most probably



JUDGES AND PAROLE GRANTING

Proportion of prisoners paroled



Willpower,
Baumeister, Tierney, 2011

Thinking Fast and Slow,
Daniel Kahneman, 2011

The Undoing Project
Michael Lewis, 2016



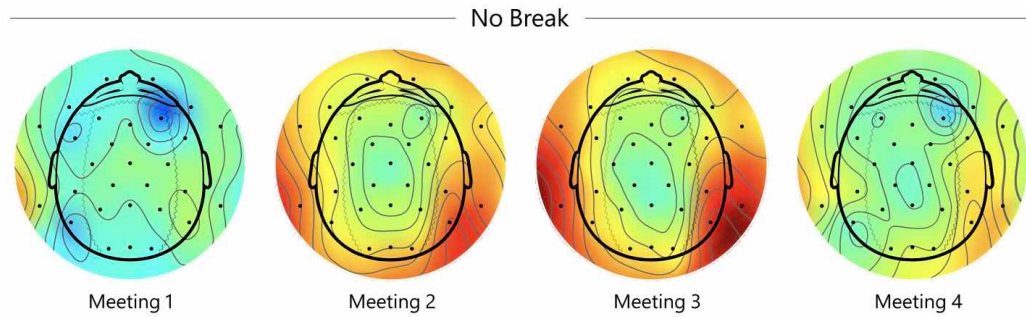
Source : Shai Danziger, Jonathan Levav and Liora Avnaim-Pesso, PNAS, February, 2011 based on 1,100 cases over one year

RECHARGE LIKE AN ATHLETE

Encourage (micro) breaks
between calls and at
lunch time



THE COST OF BACK TO BACK CALLS



An EEG cap to monitor electrical activity in the brain



Average beta activity across research subjects during four meetings



Source: Microsoft Human Factor Lab, 2021

“A person's creative output increased by an average of 60% when walking”

Oppezzo & Schwartz, Stanford University, 2014, “Give your ideas some legs”

“All truly great thoughts are conceived by walking”

Friedrich Nietzsche

HOW OFTEN DO YOU HAVE ENERGIZING INTERACTIONS?



- A. More than once a day
- B. Once a day
- C. Once a week
- D. Less than once a week

CONNECTION REACH OUT TO OTHERS

Social connectedness protects and promotes mental health.

Perkins et al., 2015





Which activity gives
you energy?


WHEN WAS THE LAST TIME YOU PRACTICED THAT ACTIVITY?



- A. Yesterday
- B. Last week
- C. Last month
- D. I can't even remember

| Natural Rhythms – Connect





Flow

Think

Feel

Energize

Readiness

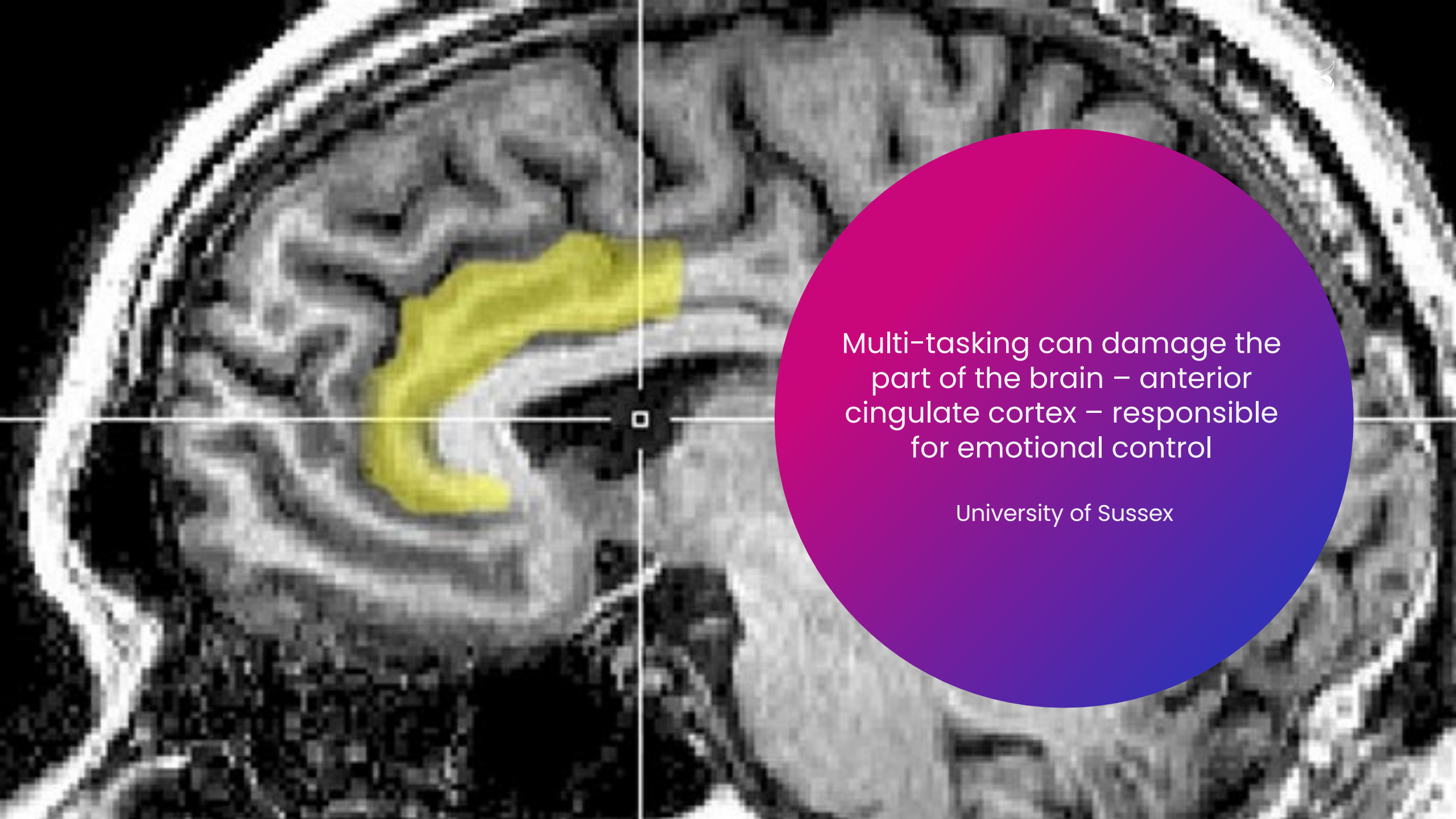
| The Rhythm of Attention



| The downward spiral – Warning signs



Intensity, complexity, multitasking, confusion



Multi-tasking can damage the part of the brain – anterior cingulate cortex – responsible for emotional control

University of Sussex

STAY ON THE TASK



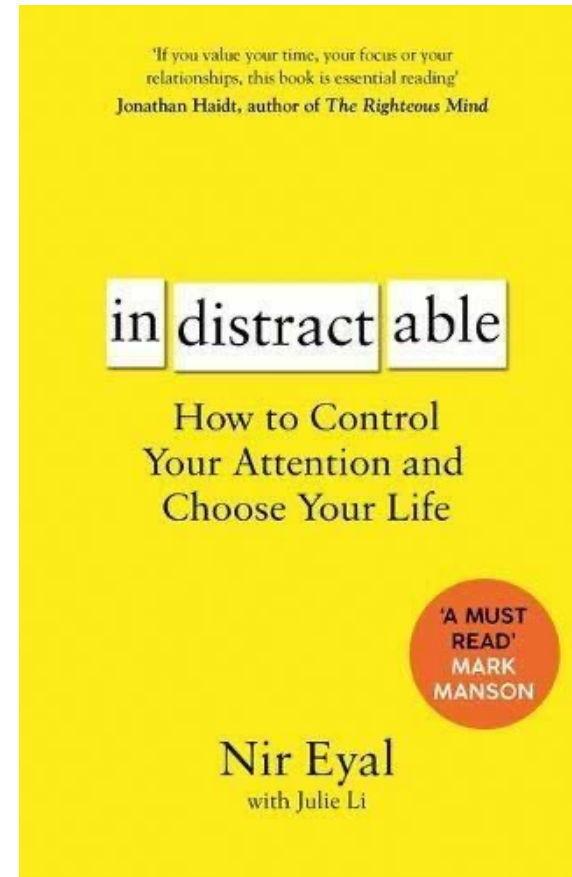
Monotask on important work



BLOCK IT OR LOSE IT

Block a Deep Work session
1x/day

Strategic vs Reactive

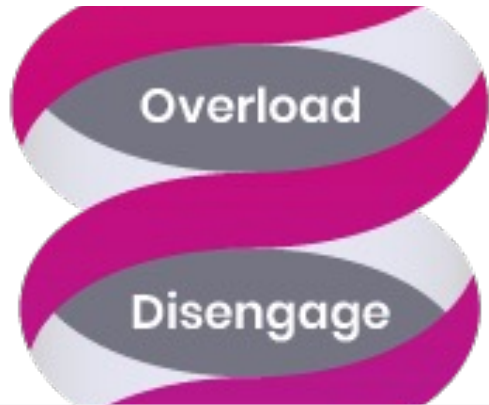


| The downward spiral



Intensity, complexity, multitasking, confusion

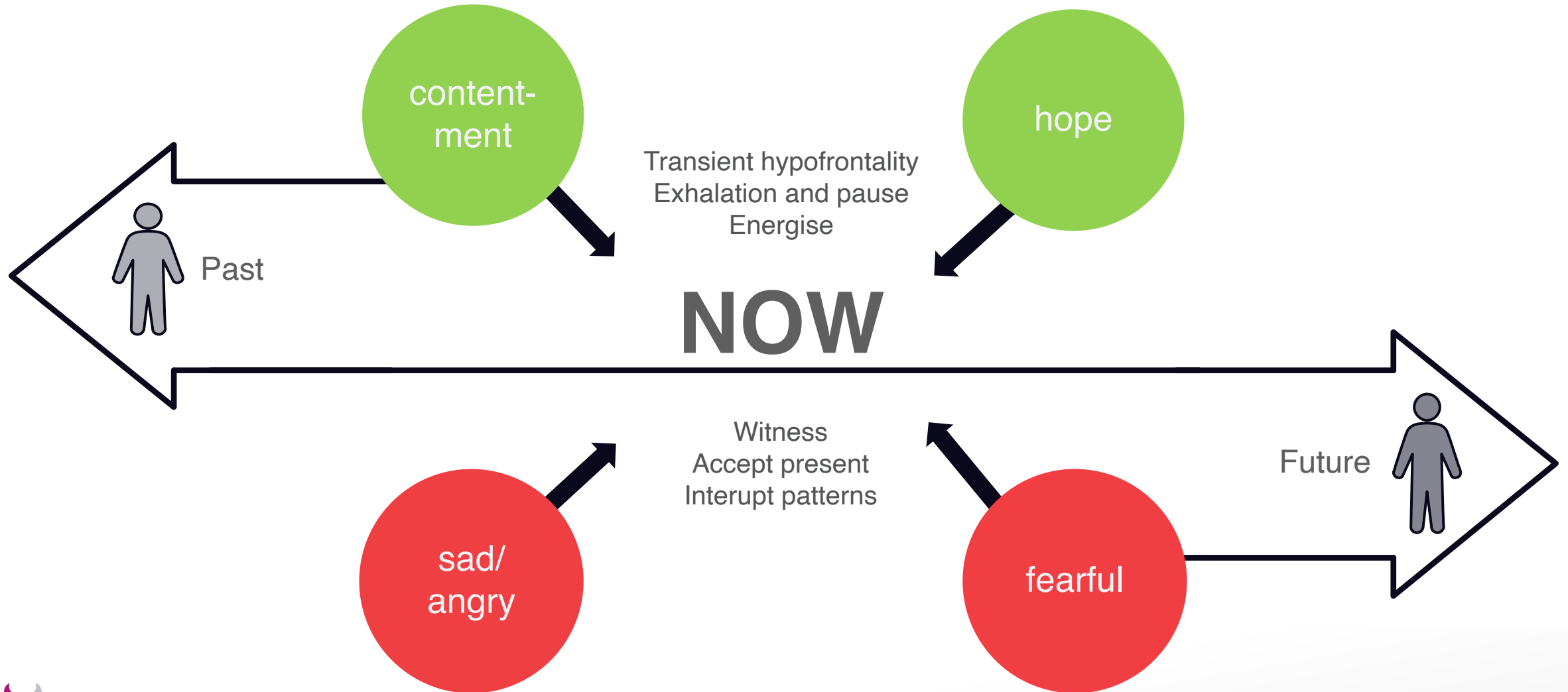
| The downward spiral



Intensity, complexity, multitasking, confusion

Loss of attention, boredom, distraction

| Attention control



Flow

Think

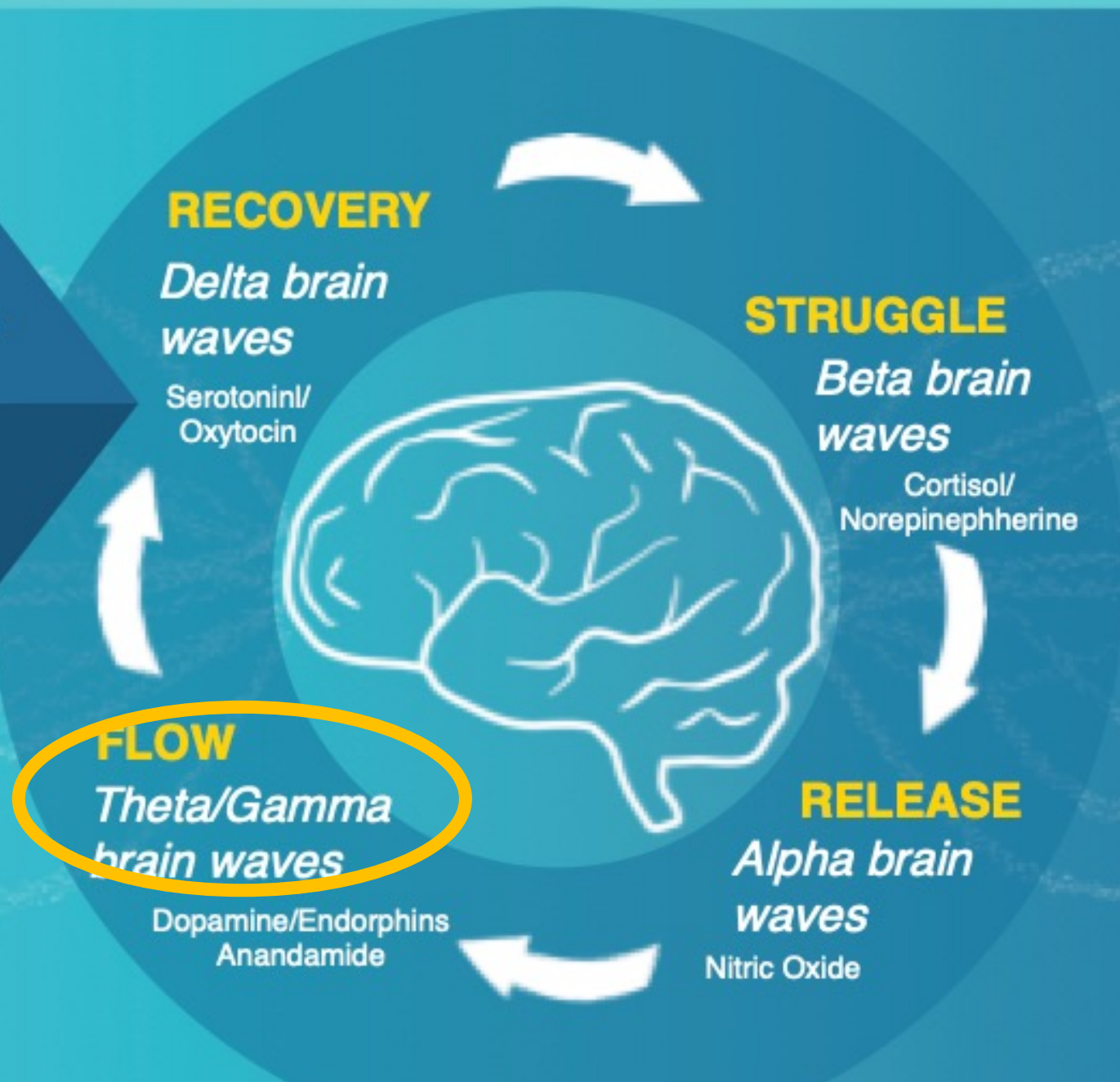


Energize

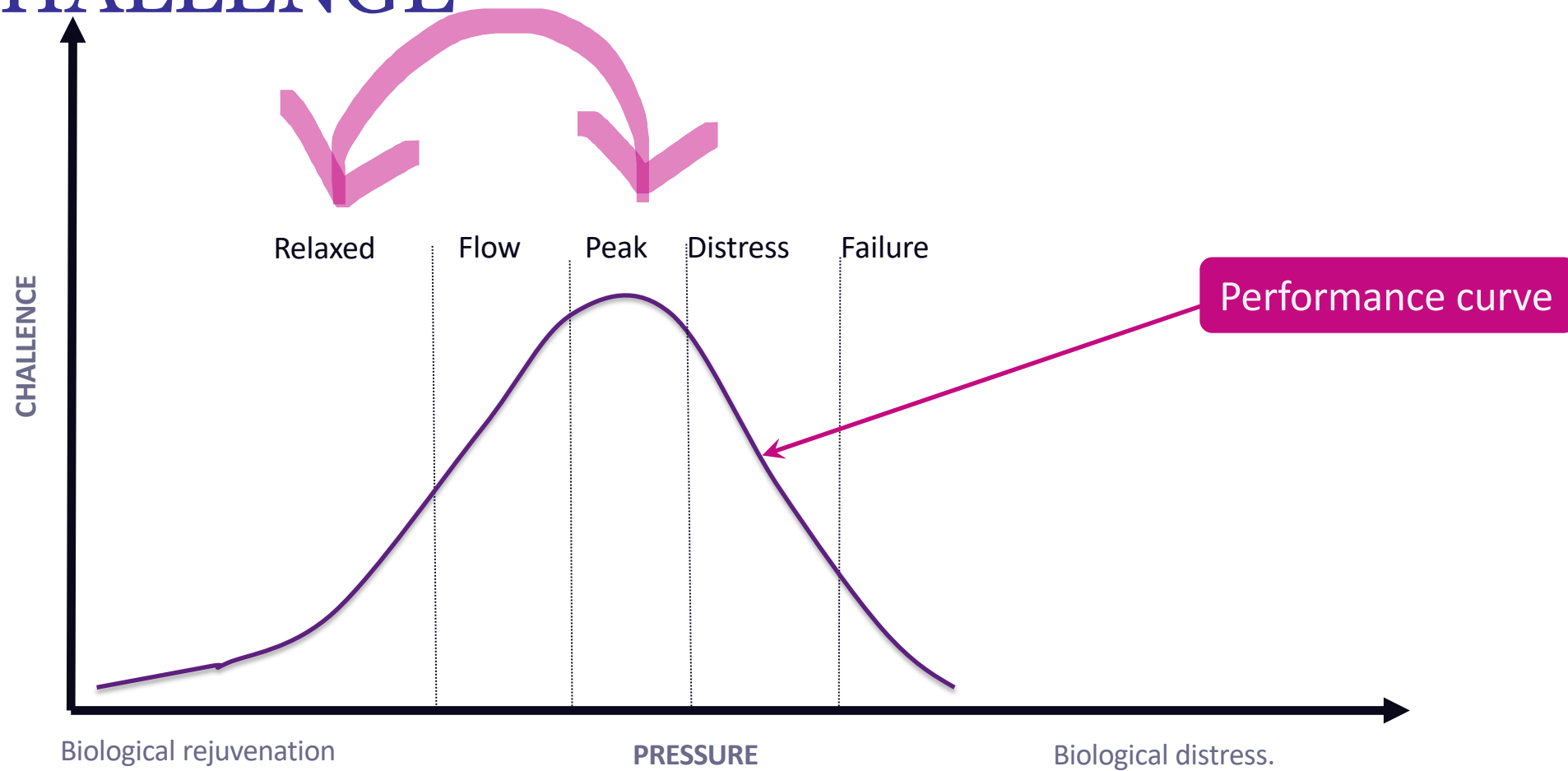
Readiness

1. A professional in flow can be 500% more productive.
2. Flow can double team productivity.

McKinsey Quarterly, Jan 2013



RESPONSE TO CHALLENGE



From: Lt. Col. David Grossman, On Combat, 2009

FLOW



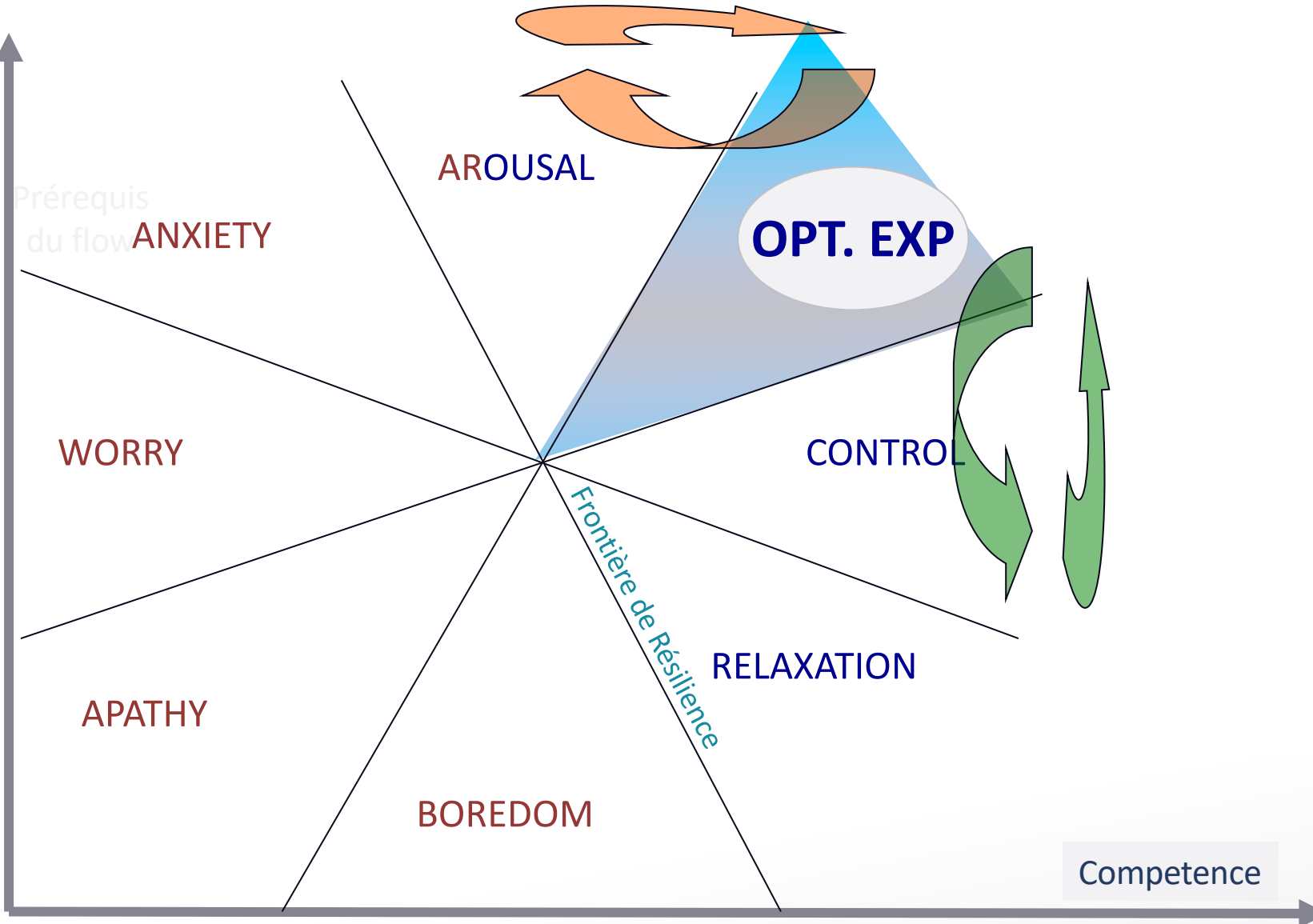
1. Goals are clear
2. Competence and challenge are high and matched
3. Feedback is immediate
4. Concentration deepens
5. In the present
6. Control is no problem
7. Sense of time is altered
8. Loss of ego

Autotelic experience



FLOW

Challenge



Prérequis
du flow

AROUSAL

OPT. EXP

WORRY

CONTROL

Frontière de Résilience

RELAXATION

APATHY

BOREDOM

Competence

Source: Mihaly Csikszentmihalyi, *Good Business*, 2003



FLOW



Multiple benefits of FLOW:

- **Productivity** +500% (Study by McKinsey and Co.)
- **Creativity** +400 to 700% (Study by Flow Genome Project)
- **Learning capacity** +490% (Study by the US Military – Steven Kotler)





How can we build
supportive
rhythms for
ourselves and our
teams?

| Take the assessment



<https://resilience.guide/start/2024GRSCAW>



| Let's connect on LinkedIn



declan.scott@resiliencei.com

<https://www.linkedin.com/in/declanscott>

