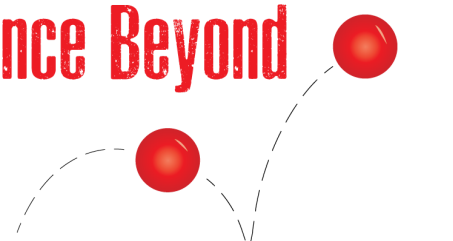




Don't Just Bounce Back, Bounce Beyond



Have you faced a setback?

If you have been fortunate enough not to have faced any sort of adversity, then you don't know how resilient you may or may not be. Career paths have obstacles, there is no doubt. People lose jobs, suffer layoffs and get transferred or demoted for unfair or political reasons. A setback can also be a loss of credibility for an error or a mistake in judgment or not making a smart move in the political climate of your organization. Oh, let me not list the ways! Sometimes, even when you do everything right, there are factors beyond your control that can leave you in a mess. For some, adversity and discouragement comes with simply not meeting goals, which can be disheartening at times for anyone.

You've heard the phrase, "bounce back". It refers to one's resilience and implies getting back to where you were (or some equal level) before the setback occurred. When a setback occurs, what will be your goal? Will it be to "get back to where you were", or will it be to take advantage of what you can learn from the process to go higher than



**Resilience is very different
than being numb.
Resilience means you
experience, you feel,
you fail, you hurt, you fall.
But, you keep going.**

-Yasmin Mogahed



SHE WAS UNSTOPPABLE
not because she did not have
FAILURES OR DOUBTS
but
because she continued on
DESPITE THEM

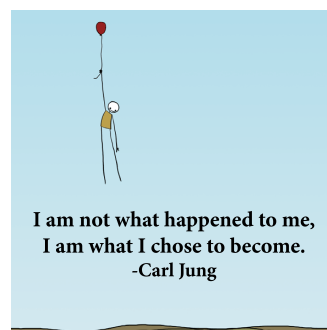
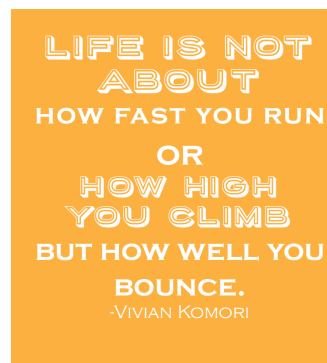
where you were before?

One definition of resilience is the capacity to rise above adversity and forge lasting strengths in the process.

Hopefully, your career and your work will always be on an upward trajectory, but if and when you face some adversity, how will you construe it? Your level of resilience depends upon your perception and how you construe an event. In his book *Learned Optimism*, University of Pennsylvania Psychologist Martin Seligman, talks about the three filters through which people construe events. By consciously choosing to look at the event through the positive aspect of each of these filters, you can, in his words, “learn optimism”!

- A. From internal to external** – From, “It’s all my fault and I can’t do anything right” to “There were multiple factors in addition to what I could have done better.”
- B. From permanent to impermanent** – From, “Things are never going to change and it’s always going to be like this” to “It’s not the way I want it now, but it’s temporary and things will get better.”
- C. From pervasive to specific** – From “It’s going to undermine every aspect of my life”, to “This is one piece of my life that isn’t great right now, but there’s still a lot I have to be grateful for.”

I can name names and tell stories of colleagues, friends and clients who have suffered involuntary career or job changes who were, at first, upset, devastated, nervous, scared, resentful and the list goes on. However, in each one of the stories, the individuals eventually shared with me what they learned as a result of their setback and how they ended up in a better place than if they had not been forced out of their previous position. The lessons learned along the way are often not evident at the time, but a year or two down the road, the lessons and learnings become clearer and new skills and perspectives emerge that can serve you well. Sometimes involuntary changes or setbacks actually



provide a different direction that opens up new opportunities not previously contemplated or explored. In some cases, people don't realize they have become stale or stuck and are grateful for being able to come alive again in a new role.

There is one person I know who stands out among all others for his resilience. He has suffered set-back after set-back throughout his life and yet each time bounces beyond with a smile on his face and even more self-confidence. He has amazed me time after time and I've thought deeply about what he does that enables him to keep bouncing higher and be happy through it all. There are two important observations worth sharing. First, he doesn't waste time looking back. He let's go of whatever happened without spending any energy on resentment or blame. Second, he focuses all his energy on forging forward with self-confidence and wastes no energy on self-doubt. Those two strengths serve him well and have earned him great admiration from so many.

Resilience is a dynamic process. You can bounce back to the line of where you were before, but to bounce beyond requires a few more skills. You can live below that line and hope to bounce back, or you can live above the line and use your resilience to propel you further beyond.

Live above the line – bounce beyond!

8. Lead and Make it Happen
7. Find Solutions
6. "Own It"
5. Acknowledge Reality

-
4. Wait & Hope

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3. "I Can't" – Make Excuses
2. Blame Others
1. Be Unaware/Unconscious

Live below the line and hope to bounce back...

How you view it is how you pursue it!

Be resilient. When you hit a wall, tunnel under, crawl over or walk around. Look for new doors to open, consider options and opportunities that you may have previously shied away from. There are many opportunities. You are not limited. You do not need to be defined by the past. Stay open and what lies ahead may pleasantly surprise you. You may find excitement and fulfillment where you hadn't thought to look before.

Whatever your setback or disappointment or challenge, rise above, live above the line in your reactions and bounce beyond!

Build your resilience:

- Step away from it for a little while
- Get some fresh air and exercise
- Interview others who have bounced beyond
- Inventory your skills and strengths
- Get out there and network
- Ask others what they see as your strengths
- Make a list of your accomplishments
- Daydream
- Get wild and imagine your dream job
- Spend time with positive friends
- Problem-solve
- Brainstorm ways to remove your obstacles
- Ask others for help
- Envision yourself where you want to be

If you are looking for that new direction, or need to challenge your perspective to create new opportunities, use my scheduling software for a complimentary coaching session. See the link below:

<https://JoyKacik.youcanbook.me>

Try it on for size. Coaching is a gift you give yourself. Coaching is all about helping you bounce beyond to seize your dreams and goals. I'm here to help. Contact me.

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