

Resilience and A Positive Mind-Set

Effective Communication



Have you ever been impressed by an athlete and their determination to succeed, even when something has gotten in their way? We're here to show you how to keep going when things get tough.

We know that it can be hard to stay focused when you're faced with a challenge. But we'll help you do just that. It'll take a mixture of self-reflection and resilience which means recognising how we behave in certain situations and what we can do to stay positive.

Self-Reflection

Think about a difficult situation you've been in – how did you deal with it? Remembering times like these is called self-reflection. It helps us become more aware of how we react to things, teaches us to learn from our mistakes and allows us to focus on what we do well. And to do that, we need to stay in touch with our feelings, be honest with ourselves and listen to other people's points of view.

Self-awareness is the key to self-confidence. It's all about knowing who you really are; your likes and dislikes, behaviours and needs.

Resilience

Just as important as self-reflection is resilience – the ability to cope in the face of tough situations. Whether it's an interview, an exam or a presentation, you can build on your resilience by focusing on the task in hand, making the most of your existing skills and trying to stay confident even when you don't feel it.

We've come up with a few hints and tips that will help you to develop your character, react more positively to challenges and really achieve something.

1. Keep positive – A positive mental attitude is very important. That's because positive thoughts lead to a positive attitude and positive results too. Resilient people always find a silver lining. So try to see the potential in every challenge that comes your way.

2. **Set (realistic) goals** – Make sure you plan ahead, think clearly about what you want to achieve and break tasks down into smaller chunks.
3. **Accept change** – By staying flexible, you'll begin to see changes as opportunities, not threats.
4. **Learn from your mistakes** – Think about situations you've been in, remember your thoughts and feelings at the time and think about how you could have reacted more positively.
5. **Develop your problem solving skills** – Come up with a list of ways to solve a dilemma and team up with friends, family and teachers to decide on the best one. That way you're learning together.
6. **Create your own future** – You're the boss of your own life. So believe in yourself and have confidence in what you're capable of.
7. **Be constructive** – Make the most of your knowledge, skills and personal qualities. Keep building on these and continue to reflect on what you learn.
8. **Try not to worry** – Through positive thinking you will achieve more. Make sure you get plenty of rest – don't burn yourself out.

Don't forget that challenges are normal; they happen to all of us no matter how old we get. Make sure that when you do meet a challenge, you think your actions and learn from them. Knowing when you need to be more resilient and working through it positively is what's important.

To find out more about how you can develop your resilience, **visit:**

The Princes Trust: www.princes-trust.org.uk

Careers Exploration including film clips: www.careersbox.co.uk

The National Careers Service website: www.nationalcareersservice.direct.gov.uk (England)

Careers Wales website: www.careerswales.com (Wales)

Careers in Scotland website: www.myworldofwork.co.uk (Scotland)