



SKILLSROAD[®]

your career journey starts here

Lesson 5: Resilient Thinking

■ HOW DO YOU COPE WITH SETBACKS?

- Think about how you can improve for next time?
- Focus on how unfair the outcome was?
- Think about how things might have gone differently?
- Think about what you are able to do to change the situation?

THE CIRCLE OF WORRY & CONTROL



■ RESILIENT THINKING SCENARIOS

Scenario One

- You were hoping to get an A for an assignment you submitted – but you got a B. Initially you were really upset and disappointed... How can you change your response to this situation with thoughts and actions that you can control?

■ RESILIENT THINKING SCENARIOS

Scenario Two

- You recently found out that your best friend of the last few years has said some pretty awful stuff about you online. You felt hurt, upset and betrayed when you found out about it. How can you bounce back from this situation in a positive way, using thoughts and actions you can control?

■ RESILIENT THINKING SCENARIOS

Scenario Three

- You applied for a job and got your first job interview. You thought things went pretty well, and walked away feeling confident. Yesterday, you received an email: you didn't get the job. How can you bounce back from this by using thoughts and actions that you can control?

SKILLSROAD[®]

your career journey starts here

