

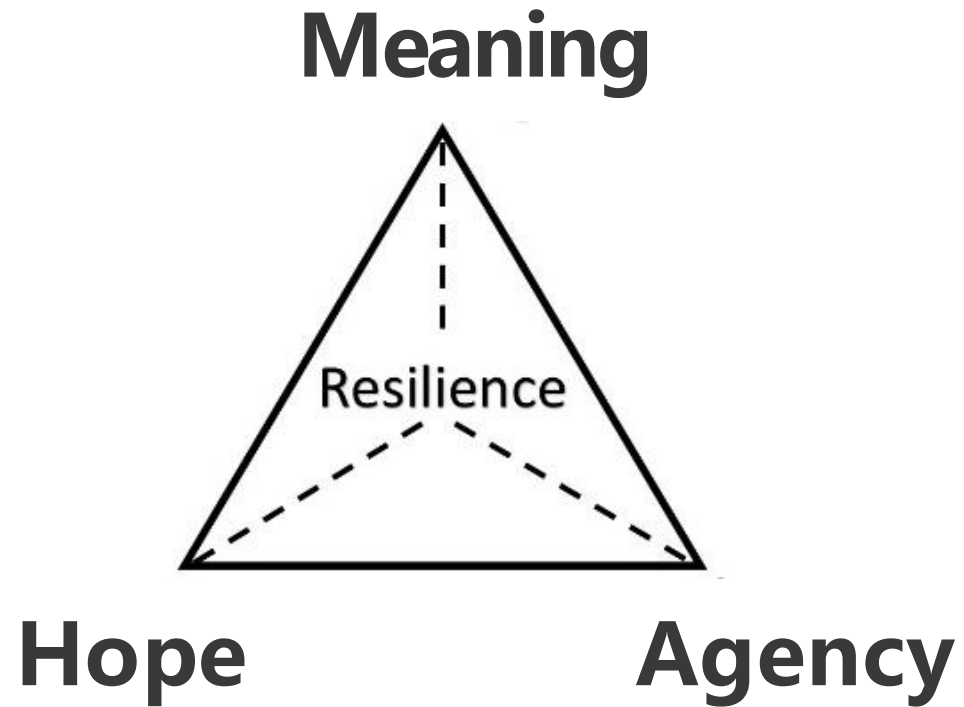
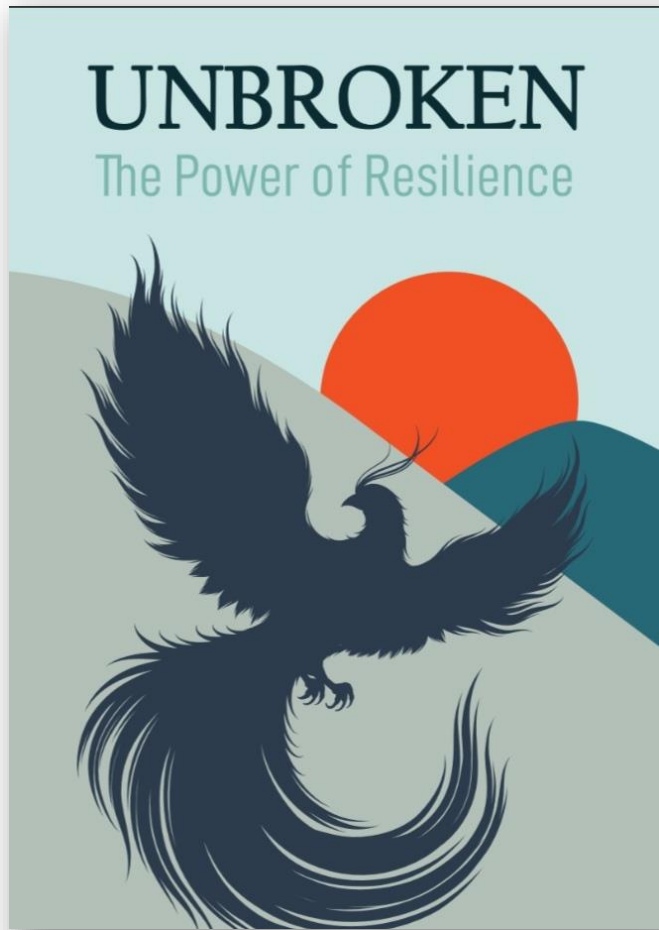
Unbroken

The Power of Resilience

Pressure Power and Purpose: Building Resilience in a High-Pressure World

25 March 2026

What is **Resilience**?

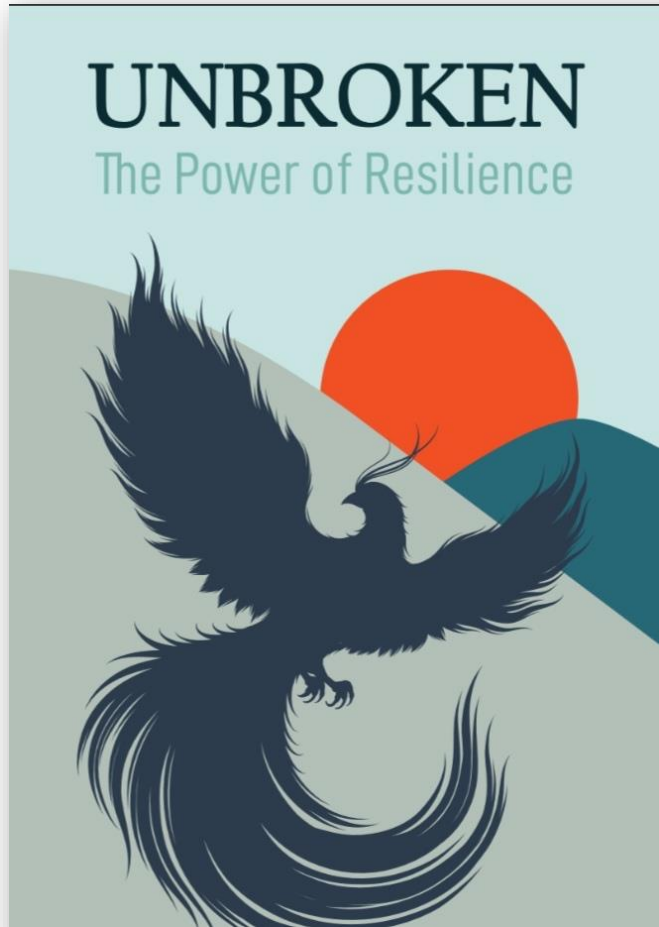




Viktor **Frankl**

Meaning

“Those who have a
‘why’ to live can bear
with almost any **‘how.’**”



Four strategies to achieve resilient leadership

- 1 Growth Mindset
- 2 Learned Optimism
- 3 Delayed Gratification
- 4 Locus of Control



Carol **Dweck**

Strategy 1

Fixed v **Growth**
Mindset

"

Fixed Mindset vs Growth Mindset

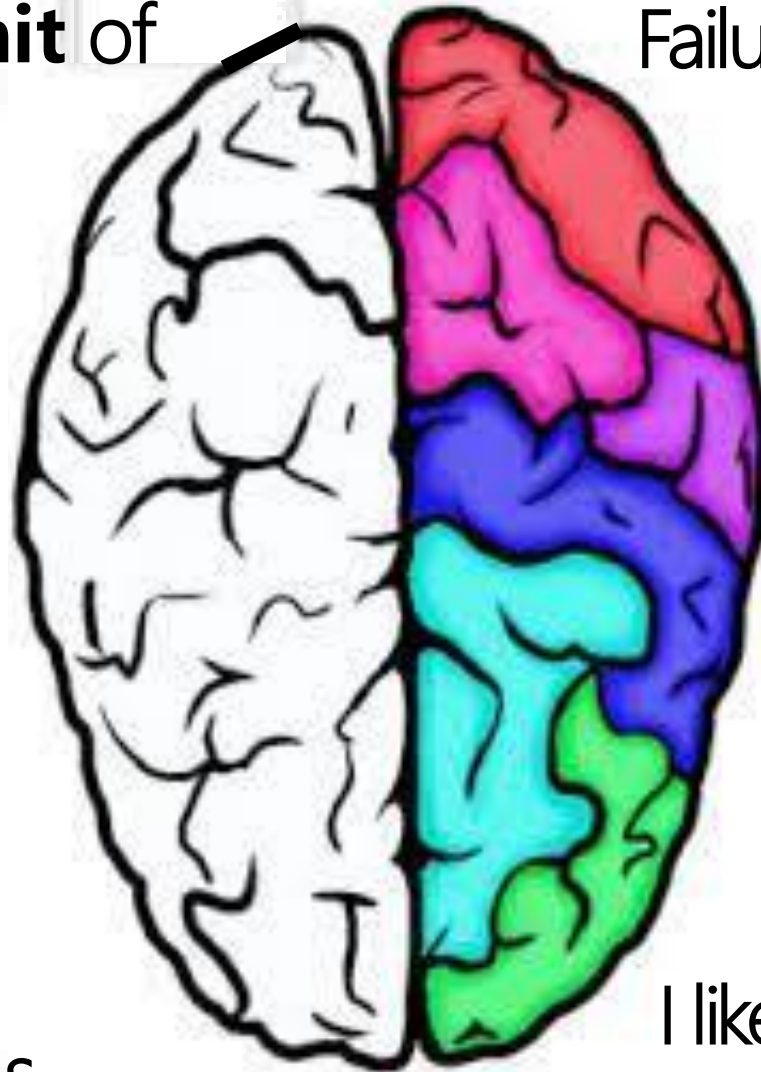
Failure is the **limit** of my abilities.

I'm either good at it **or I'm not**

I **don't like** challenges

Jealous of the success of others

I **stick** with old methods



Failure is an **opportunity** to grow

I **can learn** to do anything I want

Challenges **help me** to grow

I'm **inspired** by the success of others

I like to try **new things**



Martin **Seligman**

Strategy 2

Learned **Optimism**

Learned **Helplessness**



The **ABCDE** model of Learned **Optimism**

Adversity Identify the negative event you are facing.

Beliefs Document your beliefs during/immediately after adversity.

Consequences Note behaviour that resulted from your thoughts.

Disputation Challenge negative beliefs using facts and evidence.

Energisation Renew sense of hope using disputed beliefs.



Walter **Mischel**

Strategy 3
Delayed **Gratification**



The Marshmallow Test

Making decisions that align with **long-term values** and **aspirations**.



Julian **Rotter**

Strategy 4
Locus of **Control**

Locus of Control

Internal

Belief: I make things happen

Characteristics:

- Better overall wellbeing
- Higher achievers
- Believe their actions matter.

External

Belief: Things happen to me

Characteristics:

Difficulties in behavioral change.

