

5

KEY TRAITS OF RESILIENT PEOPLE

Promoting resilience is Stuart Taylor's core purpose. After a brain cancer diagnosis in 2001 halted his high-flying corporate career, he founded The Resilience Institute Australia, now called Springfox, devoted to helping people and organisations build their resilience. And we need it more than ever, he believes.

Springfox's last Global Resilience Report of 26,099 professionals found that 55 per cent worry excessively, 50 per cent are hyper-vigilant, 45 per cent experience distress symptoms and 35 per cent are unable to relax.

Through his organisation's work, Taylor has identified five key attributes of resilient people:

1. BOUNCING FORWARD

"You hear people say resilience is about bouncing back, but it's a lot more than that," says Taylor. Instead of simply coping, those who "bounce forward" take adversity and reframe it into opportunity.

2. COURAGE

"Resilience builds from stepping out of your comfort zone and having the courage to embrace whatever comes next and emerge from it stronger," says Taylor. "Life is all about change, and without courage we don't learn to live through that. We become a rabbit in the headlights."

3. CONNECTION

Says Taylor: "Resilience is a team sport. Resilient people have strong connections; people around them to offer perspective, tough love if necessary, and compassion."

4. CREATIVITY

"Resilient people are able to apply their talents in new and interesting ways — both to thrive and to contribute to the world," says Taylor.

5. SELF-AWARENESS

"The ability to check in with your thoughts and emotions is fundamental to a resilient person," says Taylor. "It's hard to bounce back if you don't know you need to, or to step out of your comfort zone if you can't see that you're there."