

Resilience and Change: Harnessing the Opportunity of the Moment

Dr. MARIE-HÉLÈNE PELLETIER

PhD, MBA, RPsych

Expert Speaker on Leadership Resilience and Burnout

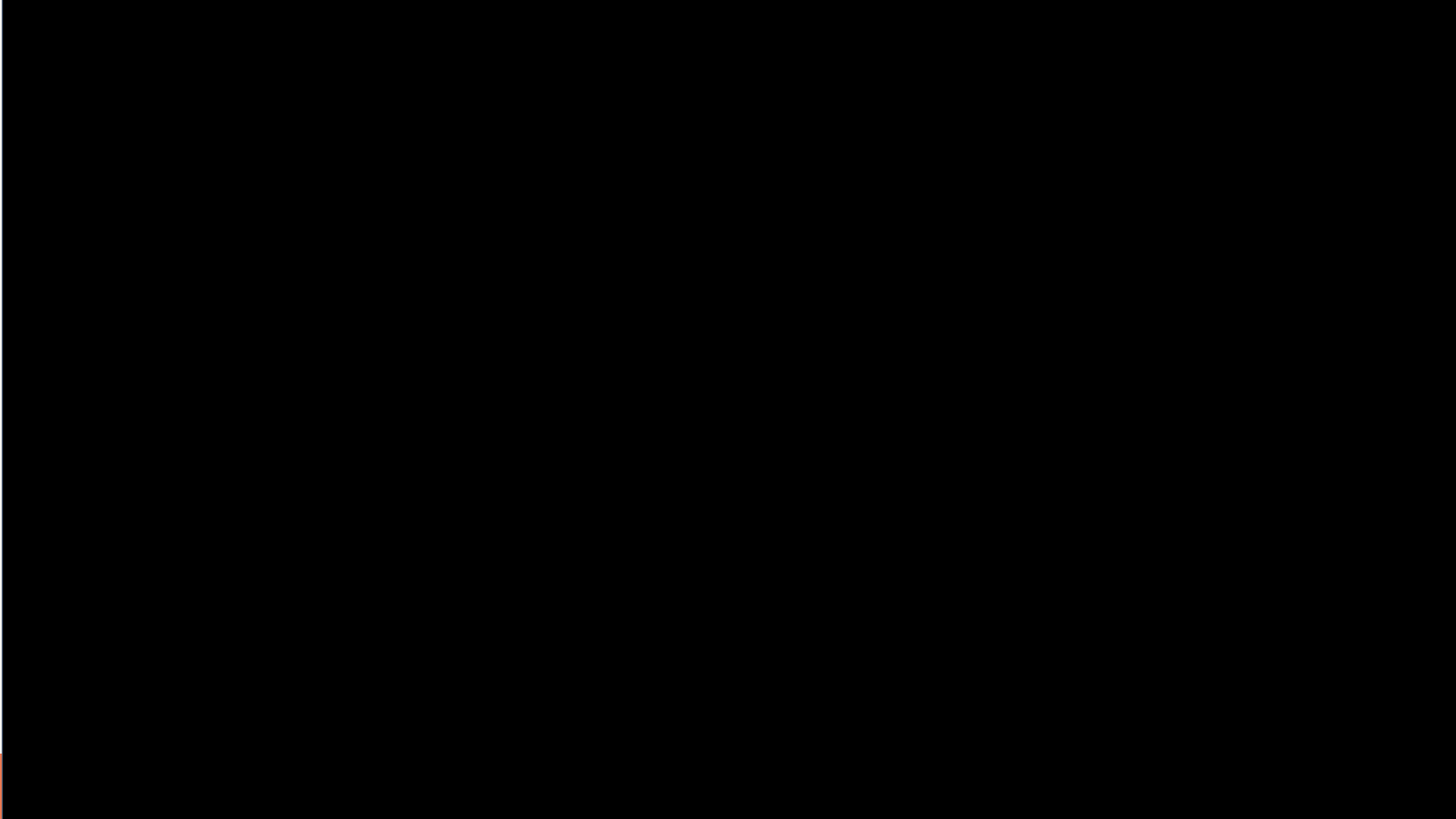


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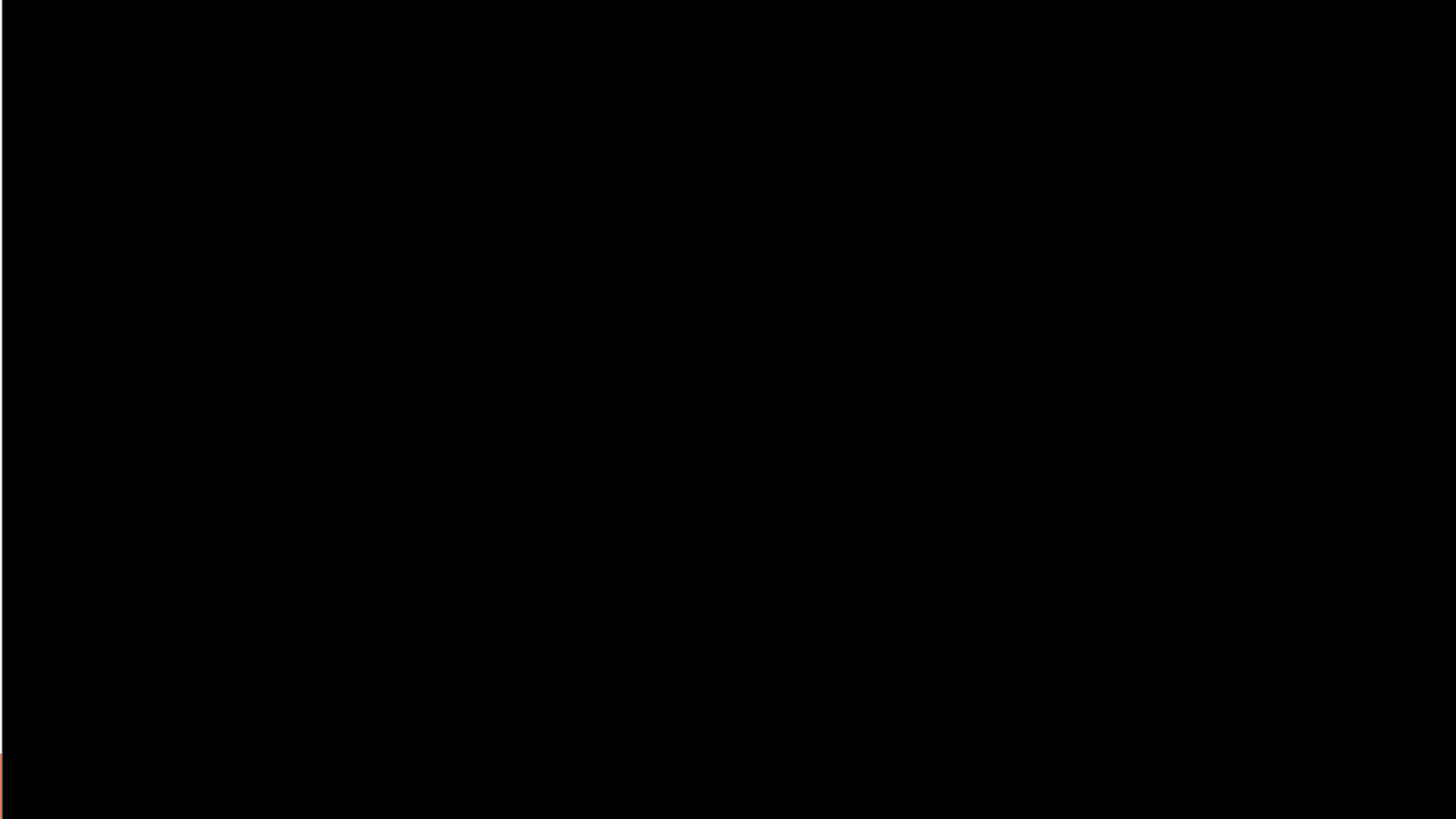
Marie-Helene Pelletier, PhD, MBA







Warning Signs

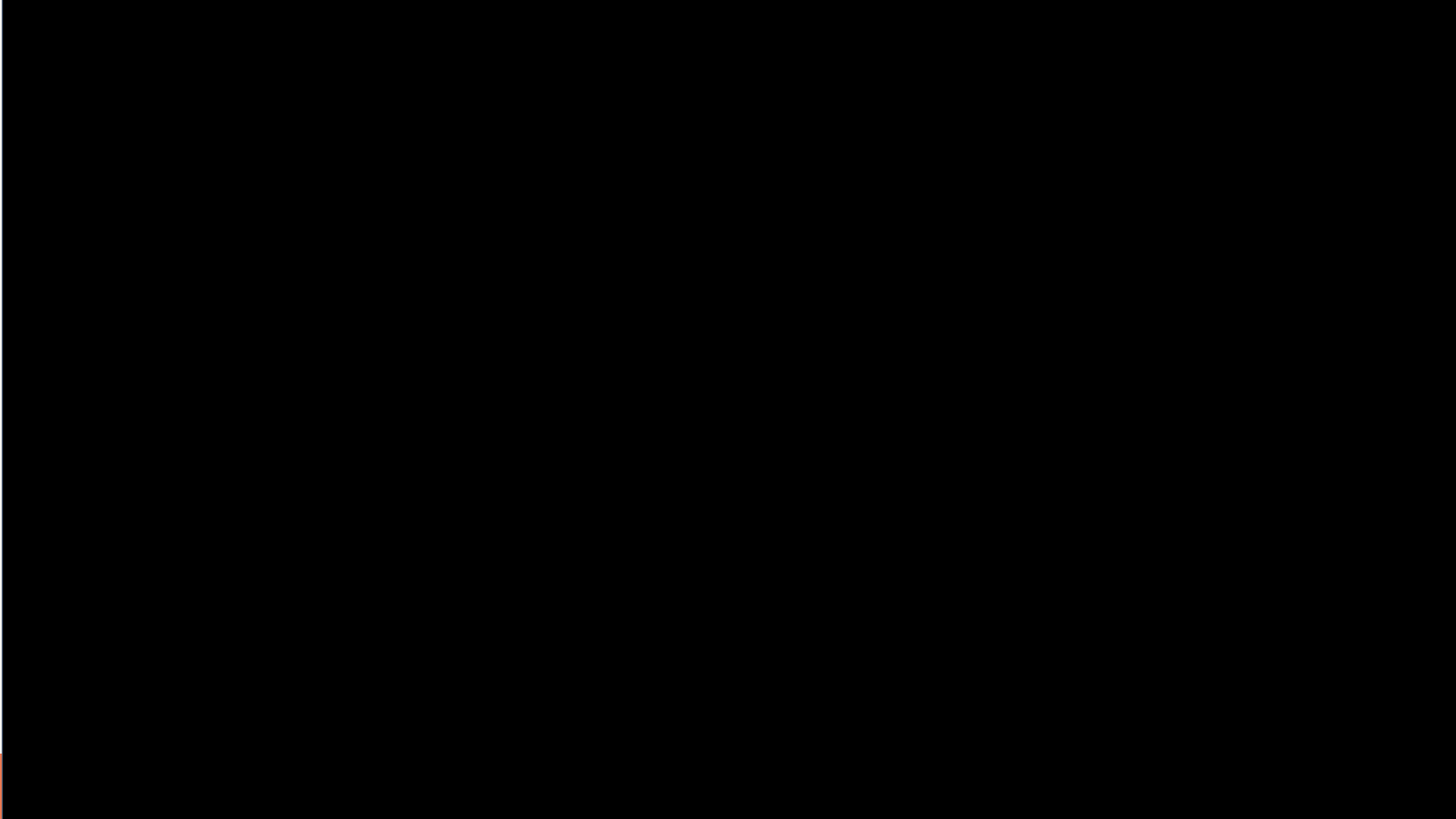


Warning Signs

EXAMPLES:

- Sleep problems
- Impatience, irritability, anger
- Low concentration
- Difficulty making decisions
- Sadness or feel nothing
- Worry, stress, anxiety
- Alcohol, medication, drugs
- Not your usual self







Boundaries



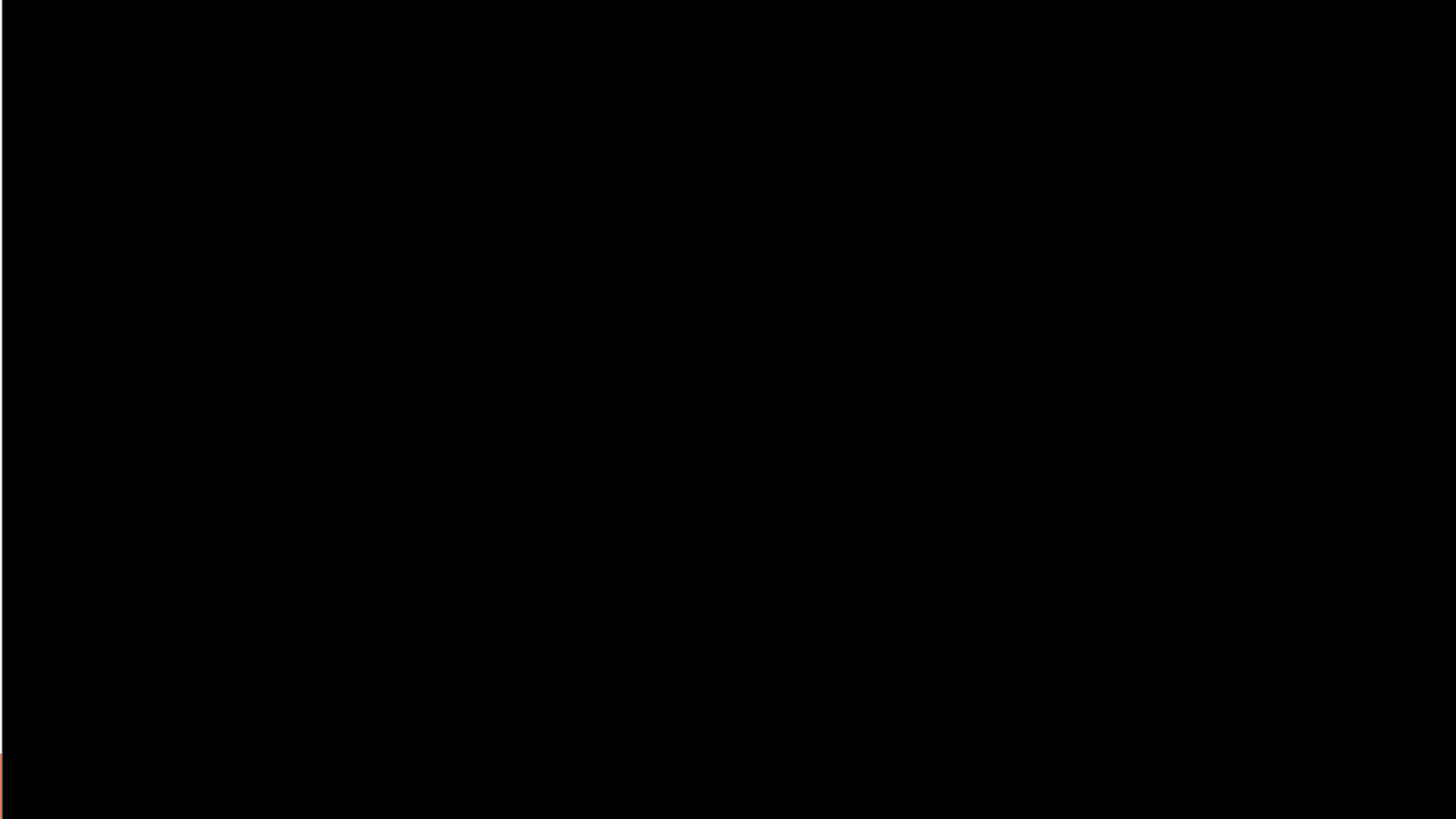
Meditation



Having
Creative
Ideas



Feeling
Grounded

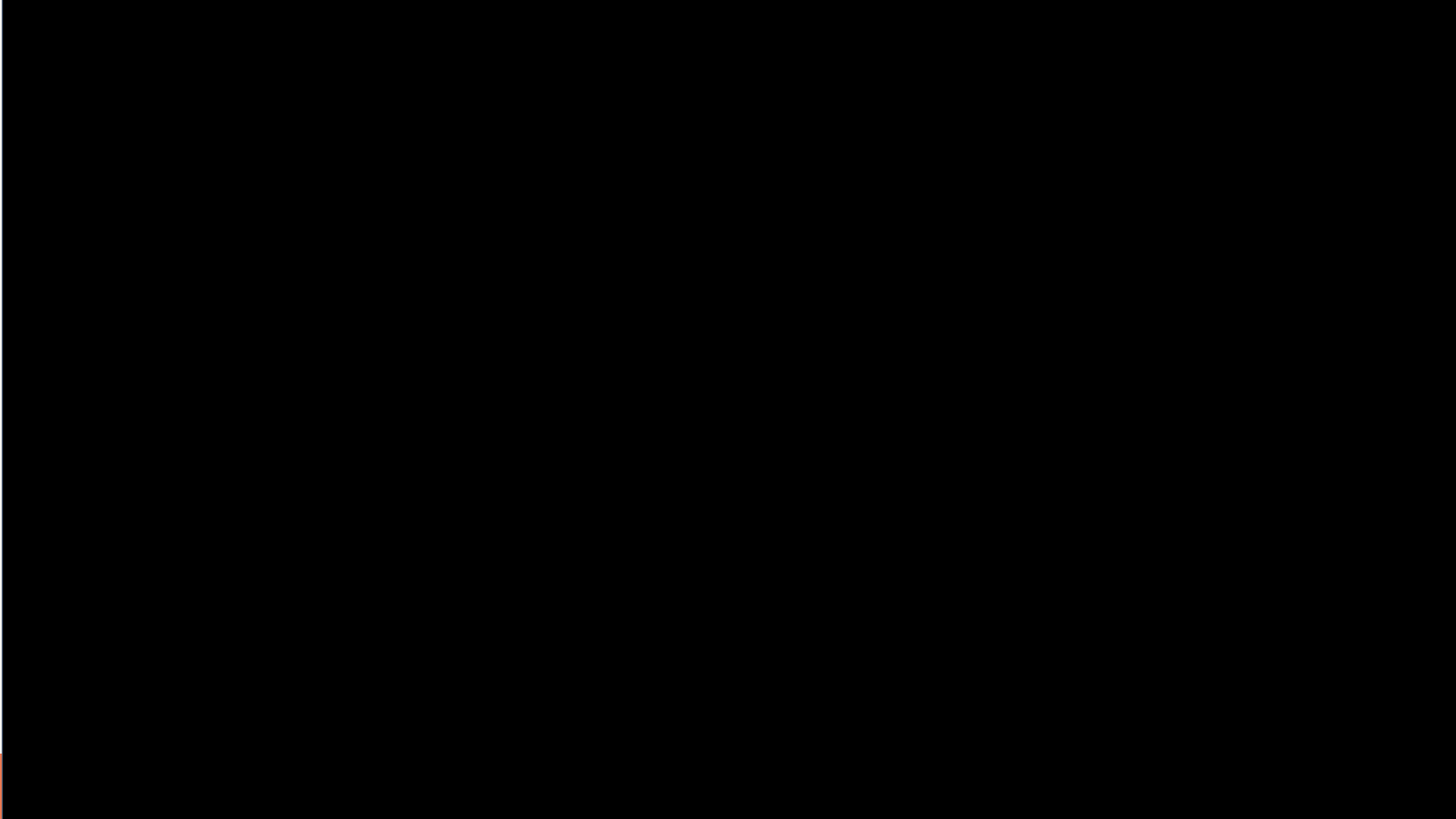


Unhelpful thinking patterns

EXAMPLES:

- All or nothing
- Personalization (my fault)
- Catastrophizing (out of proportion)
- Mental filter (noticing failures)
- Mind reading (know what others think)
- Emotional reasoning (feel therefore reality)
- Labelling (self versus situation)

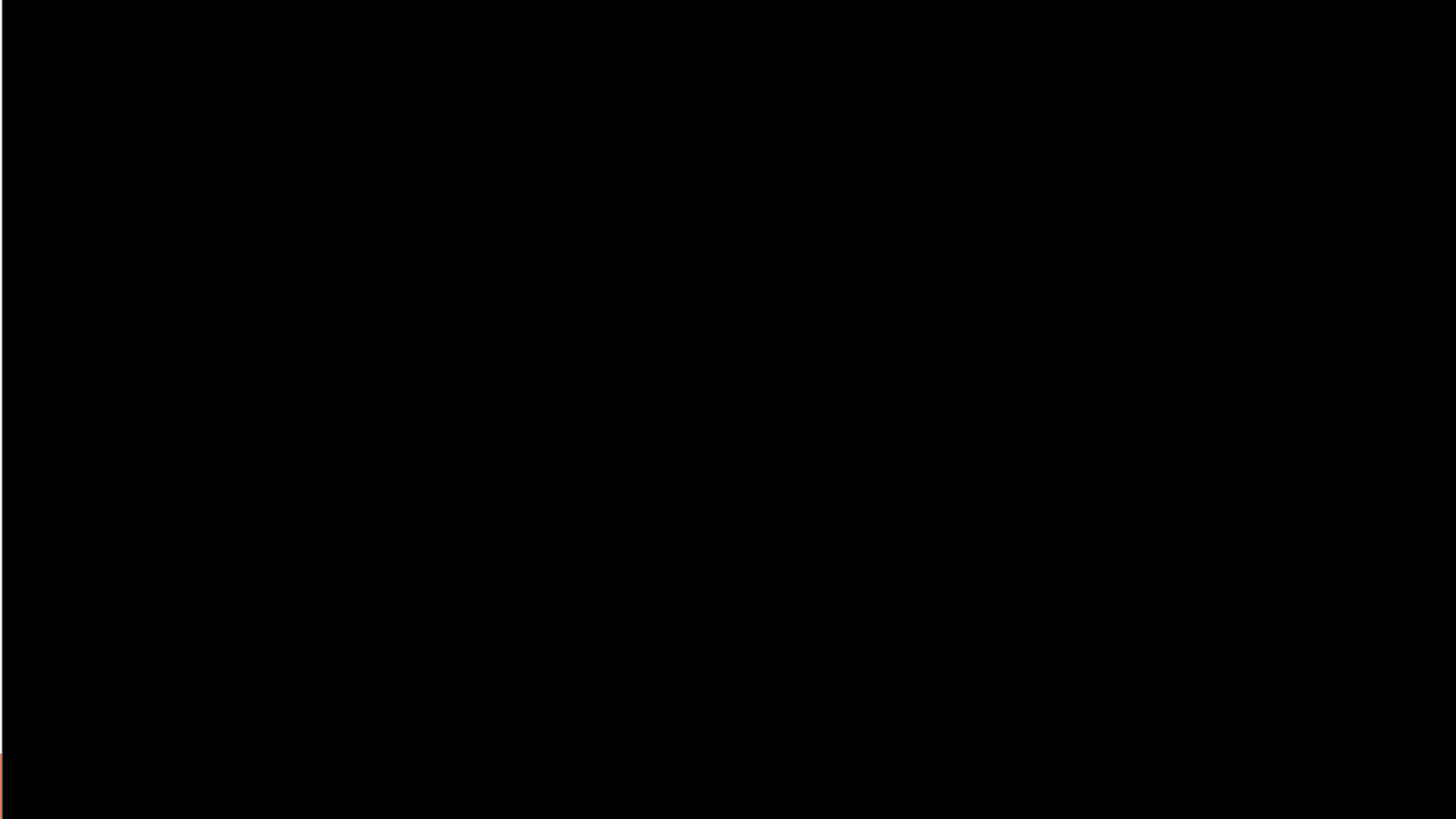




Summary of Strategies

- Self-assessment
 - Feelings and warning signs
- Self-Management
 - Exercise, nutrition, sleep and relationships, and priming
 - Growth mindset and evidence-based thinking
 - Compassion, civility and respect, and psychological safety
- Resources







Thank you



drmarie-helene.com



Marie-Helene Pelletier, PhD, MBA