

Thriving Under Pressure

Training encompasses the three components of psychological resilience and stress hardiness, namely: 1) commitment, 2) challenge, and 3) control.

COMMITMENT

Learning Outcome:

The development of a higher purpose beyond the immediate stressor by remembering the initial “why” and vision of the individual and institution. E.g., Students are our reason.

People who feel a sense of commitment have a sense of involvement in something larger than themselves. They are committed to a purpose and a greater good and are working toward something they believe in.

Suggested Curriculum:

5 Whys Exercise
5 Steps to Thriving and Growth
Embracing Change – Moving Forward
North Star Vision and Purpose

CHALLENGE

Learning Outcome:

The ability to pivot and adapt when something does not go as planned. When we face a challenge head-on, we choose to see it as an opportunity to learn and grow. This is the essence of [thriving under pressure](#). By focusing on what is right, before examining what is wrong, we can be transformed by failures, limitations, and constraints.

Challenge is the ability to see setbacks as opportunities for growth, change, and innovation.

Suggested Curriculum:

Failure as Feedback
Optimism Bootcamp
The Motivated Mindset
Cultivating Mental Health Daily
Three Ways to Bounce Forward
Staying Motivated During Challenging Times

CONTROL

Learning Outcome: The concentration of effort and attention on what is within one’s sphere of influence (attitude, energy, hard work) results in a sense of control and empowerment versus victim of external, uncontrollable circumstances.

Locus of Control is the belief in one's ability to impact and influence life events.

Suggested Curriculum:

Five Ways to Focus Better
Energy Awareness and Time Management
The Stories We Tell Ourselves
Emotional CPR (Catch – Pause – Repair)
Put a Time Limit on Negativity.