



Unsinkable Spirit™: The Power of Human Resiliency



UNSINKABLE
SPIRIT

1977



Bring on the good life!



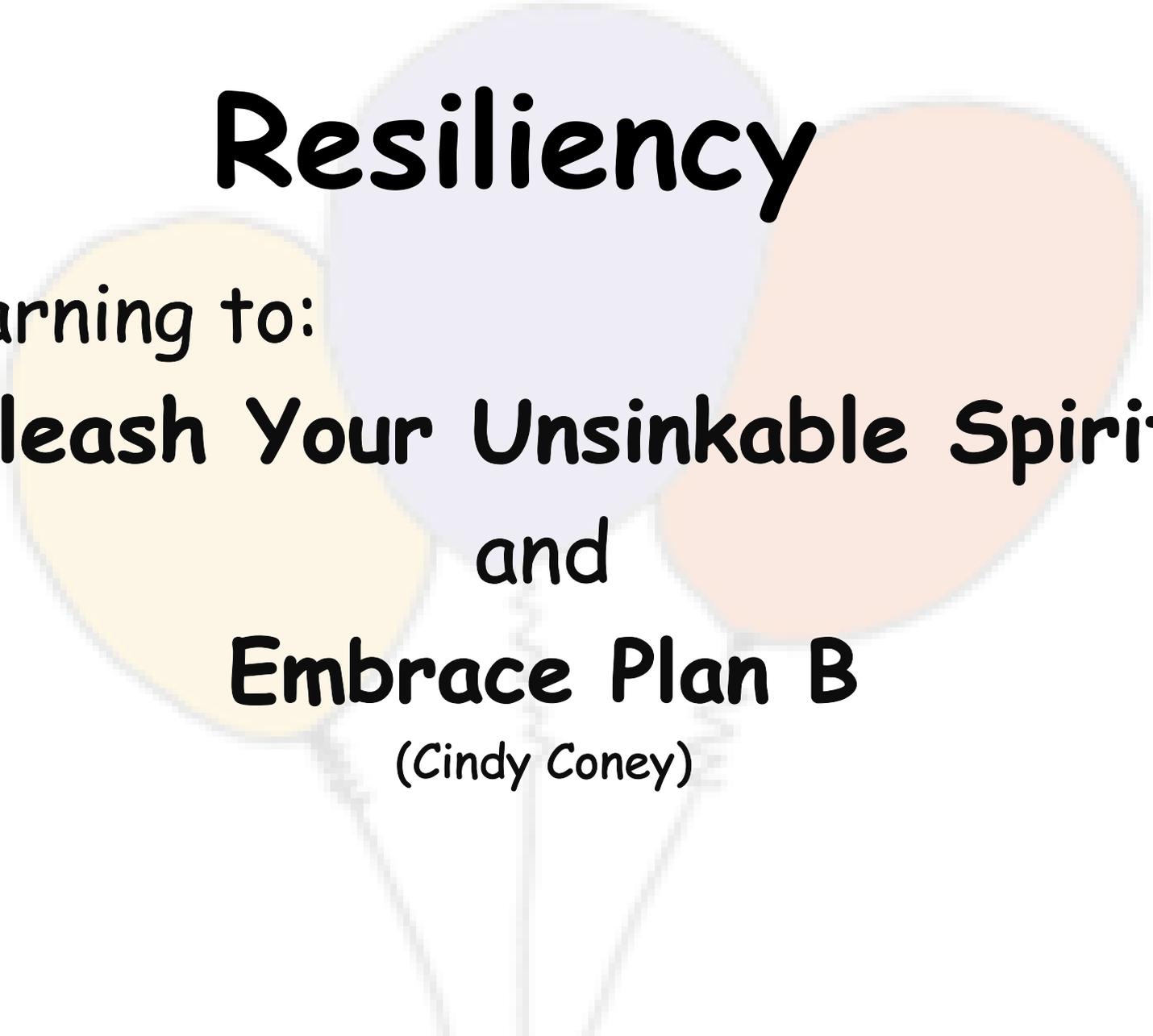
1980



Resiliency

An ability to recover from or
adjust easily to misfortune or
change.

(Merriam-Webster)



Resiliency

Learning to:

Unleash Your Unsinkable Spirit

and

Embrace Plan B

(Cindy Coney)

Choke at Doak



New Orleans



Transition



Ending: Letting go of life as you have known it (Plan A)



Gap: Time to discover what you really want and how to create it



New Normal (Plan B):
Your life once the transition is complete



Optimism Support Hope

Courage

Self-Esteem

Independence

Confidence

Autonomy

Initiative

Connectedness

Motivation

Gratitude

Reasoning

Forgiveness

Playfulness

Problem-

Hope

Hope

Solving

Empathy

Creativity

Belonging

Belief

"20 years of research on self-efficacy has documented that it is the *belief* in one's own power that determines personal life outcomes, no matter whether one actually has power."

- Bandura

Expect the Best

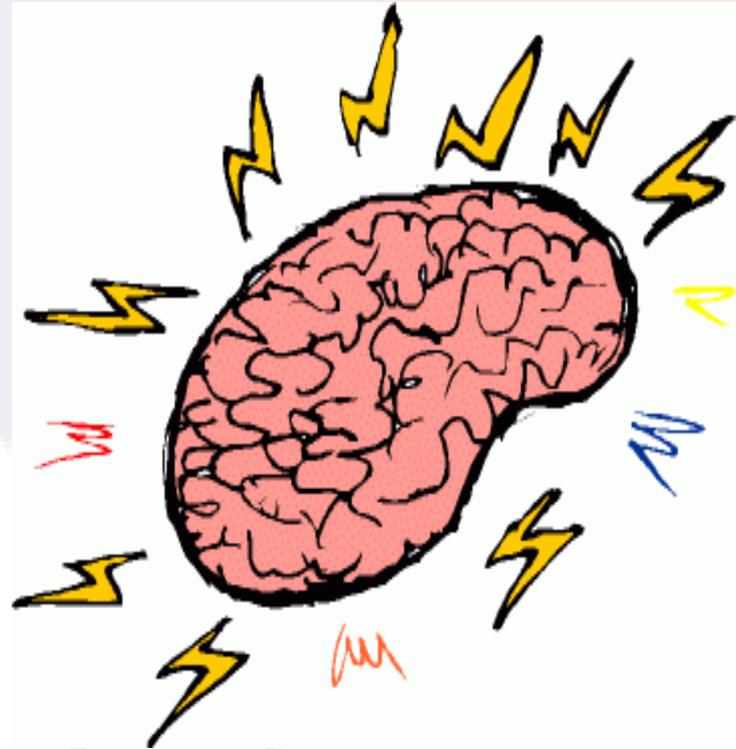


Optimism



Our Frontal Lobe

Human beings are the only animals who think about the future the way that we do.





Future
Events
Appearing
Real

Voices in your head



Voices in your head



Not helpful.

Support



for Support Givers



- Offer empathy not sympathy
- Acknowledge the fear
- Listen with your heart
- Remind us that we are lovable even when we feel unlovable.

Hope

- We have the ability to set realistic goals
- We are able to figure out how to achieve those goals; including the flexibility, persistence and the ability to tolerate disappointment and try again
- We believe in ourselves.
 - From the work of C.R. Snyder

Hope

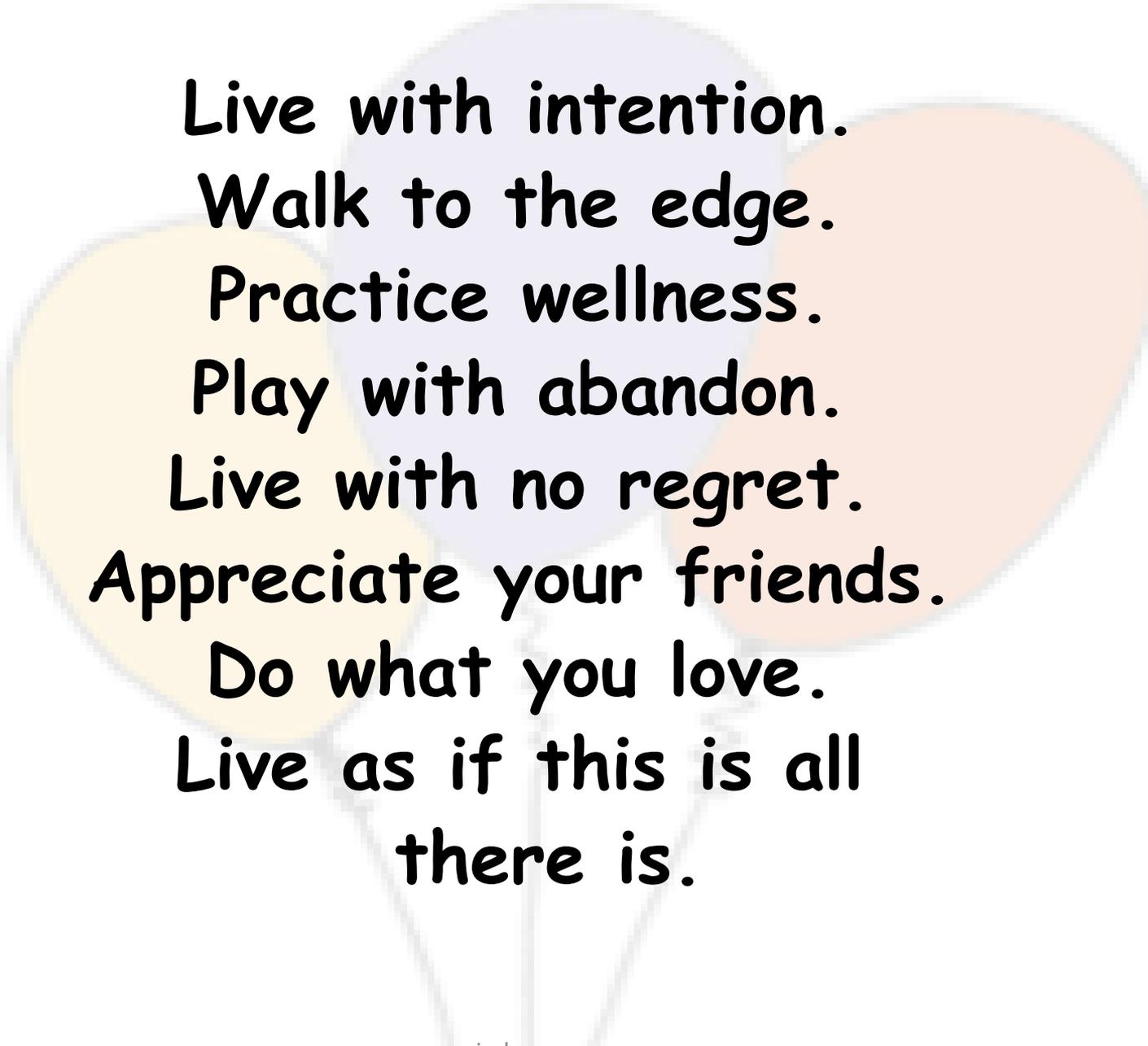
"Hope is faith
holding out its
hand in the
dark."

- George Iles



Not Yet





**Live with intention.
Walk to the edge.
Practice wellness.
Play with abandon.
Live with no regret.
Appreciate your friends.
Do what you love.
Live as if this is all
there is.**



Thank you!

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