Feeling Vulnerable

- Manipulated and betrayed
- Deceit
- Not knowing if you are satisfying everyone’s needs
- Loss of control
- Shunned
- Harassed
- Caregiving
- Traumatized
- Diminishing abilities
- Gets better with practice
- Bullied
- Cutoff
- Overwhelmed
- Not good at asking for/ accepting help
- Job insecurity
- Feeling like not meeting job expectations
- H.R- only supportive
- Alone at work
  - isolation
- Physical reaction
  - shaky and fearful
- Unappreciated
Feeling Resilient

- Found a comfortable safe space
- Stood up for what was right
- Turned an adverse situation into a learning experience
- Never doubted self-worth
- She knew she deserved a better situation and despite naysayers persisted until she got it
- Be optimistic
- Sticking to your guns
- Overcoming doubt
- Both of us trusted a female superior who helped us
- Relief from a bad situation
- Stood up for myself
- Perspective
- Lean on support system
- Daily Grind
  - resilience on a daily basis
- Empowered
- Feeling successful
- Stay the course
- Didn’t quit
- Manageable
  - breaking things down
  - into workable chunks
- Loved ones supported
- Belief in one’s self-respect
- Finding a common ground
- Shrewd
- Injustice and preventing it from happening to others
Resources for Resilience

- Spirituality and faith
- Headspace app
- Acupuncture
- Self Preservation
- Left situation
- Self-care
- Massage and Counselling
- Radical Forgiveness
  - Colin Tipping
- Support System
- H.R
- Ask partners for help
- Exercise with friends
- “Your body language shapes who you are.”
  - Amy Cuddy
- “The Power of Vulnerability.”
  - Brene Brown
- People
- E.A.P.
- Journaling
- Lynda.com
- Future/Learn
  - 6 Week Course
  - Chatrooms
- Headspace App
  - Meditation
- C.E.L.T.