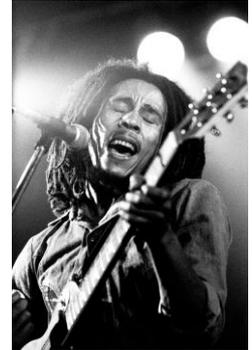


# GETTING BACK UP AGAIN

## 1 What is your favourite song lyric about getting back up again?

You can get quite a few setbacks when you start a job so it's important to think about how you are going to gain the strength to "get back up again" and have a positive attitude. Sometimes songs can help.



***"You never know how strong you are until being strong is your only choice"*** Bob Marley

There's an important word which describes this 'bouncing back' and positive attitude, it's called **Resilience**.



There is an old Japanese saying used by many martial artists to represent an indomitable spirit. The saying is "Nana-Korobi, Ya-Oki" which translates

***"Fall down seven times, get up eight"***

Does this make sense to you?

How have you had to show resilience?

## 2 WHAT MAKES US RESILIENT?

How resilient are you in your personal life?

**WHAT'S YOUR CHALLENGE**



<b><i>How good are you at</i></b>	<b>5</b> Very good	<b>4</b> Quite good	<b>3</b> Could do better	<b>2</b> Not brilliant	<b>1</b> Need help
Handling set-backs and rejection					
Learning from mistakes					
Coping positively with criticism					
Handling uncertainty and change					
Showing emotional grit					
Persevering when things look like they are going wrong					
Not panicking when things start to go wrong					

Tick what applies most to you

### 3 Bouncing back at work

The good news is that although it's hard to resilient there are ways in which we can all get better at it. One way is by reflecting on how we are resilient in our own personal life and then applying the principles in work situations.

How can we apply these techniques from home to work?

Resilience in my social life	Relevancy in work
Being able to stay strong when things are going wrong at home.	
Knowing who to turn to for help and advice.	
Accepting situations which cannot be changed and focusing on things that can.	
Building relationships with other people who can help you.	
Starting to look out for someone else who is finding things difficult and caring for them.	

### 4 WHAT WILL REALLY HELP YOU BOUNCE BACK?



We don't know the answers but we can start to think about the questions. When you start working what sort of things could be difficult?

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### 5 YOUR FACEWORK CHALLENGE

Watch the following video about perseverance

<https://www.youtube.com/watch?v=kZIXWp6vFdE>



If you had to describe this film in one sentence what would it be?

Here are a few examples "Make Perseverance your new best friend"  
 "Failure is not fatal and it is the courage to continue that counts"



When tennis player Andy Murray failed to beat Roger Federer in the Wimbledon final in 2012 he broke down in tears. But some believe it freed him from the fear of failure and Murray went on the following year to triumph against Novak Djokovic, ending the 77-year wait for a British men's champion. Compare these 2 videos:

2012 final <https://www.youtube.com/watch?v=S9OfOvcxeK8>

2013 Final <https://www.youtube.com/watch?v=uapCx5yEbGQ>