



Resilience Insights from Across Different High Performance Worlds

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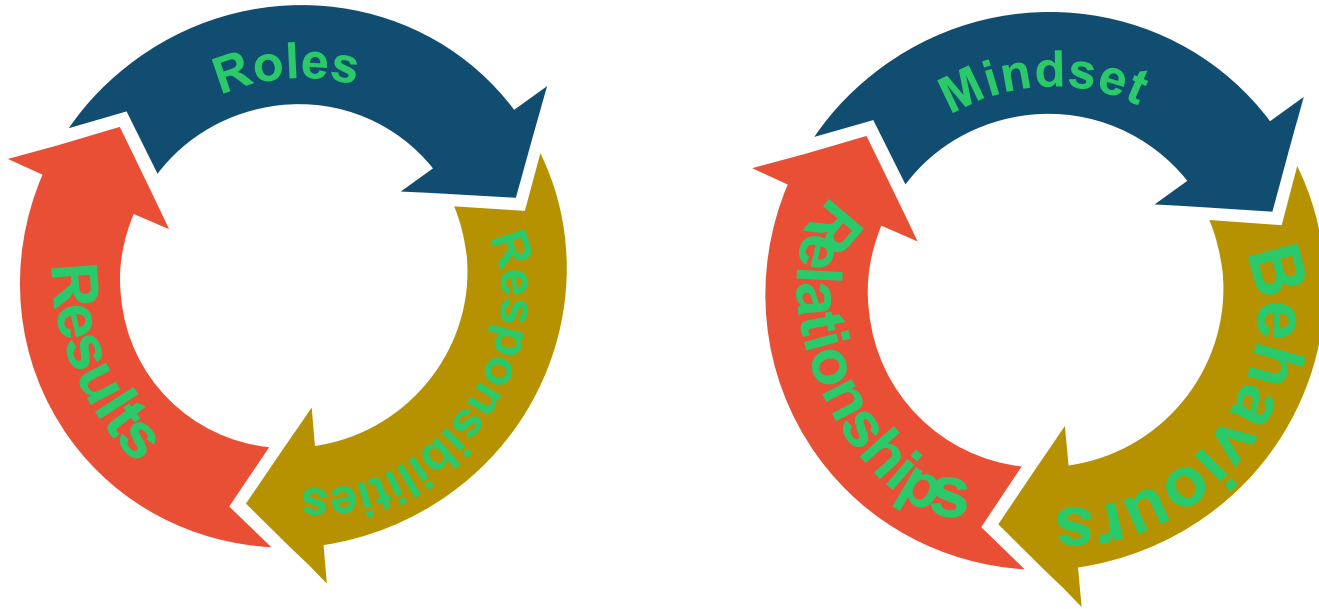
"Powerful and profound"
MATTHEW SYED

**The
LONG
WIN**

The search for a better way to succeed

CATH BISHOP

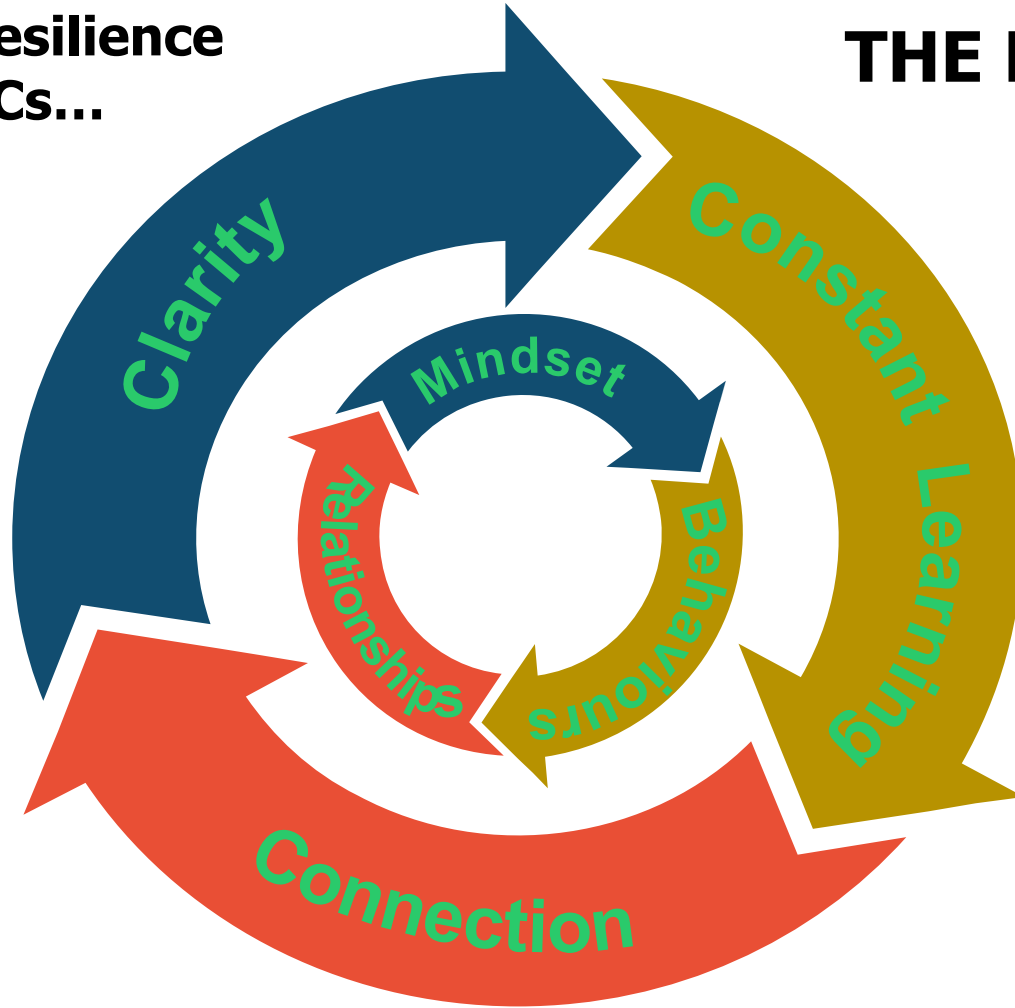
The Real Life of Teams, Leaders & Organisations



**Where mental health, wellbeing, leadership, performance
all develop...**

Performance & Resilience Approach: The 3 Cs...

THE LONG WIN



CLARITY



What gets you out of bed in the morning? (*Who?*)

What's your purpose? (*Why?*)

What does success look like on a daily basis? (*How?*)

What experience do you want (others) to have?

Growth Mindset

Reflection

'Mastery'
mindset

Reframing

Constant Learning

Review

Feedback

Marginal Gains
Thinking

The 'Progress
Principle'

Stories

Challenge
assumptions & bias

Co-operative Learning, Co-creation, Design Thinking

Resilience...

"Resilience is not simply a person's ability to 'bounce back', but their capacity to **adapt** in the face of challenging circumstances" (*MIND*)

"The capacity to remain **flexible** in our thoughts, feelings, and behaviours when faced by a life disruption, or extended periods of pressure, so that we emerge from difficulty stronger, wiser, and more able."
(*Carole Pemberton*)



HOW TO BE EFFECTIVE UNDER EXTREME PRESSURE

UK Government study:

Within a proactively supportive environment...

1. Flexibility and adaptability
2. Self-awareness under pressure
3. Authentic, collaborative relationships



Connection

“Resilience is a team sport”

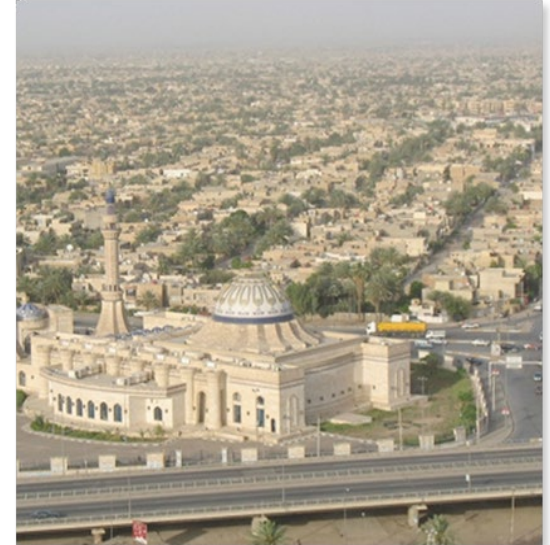
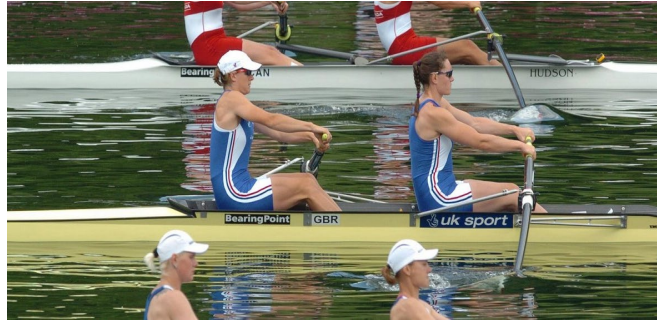
Harvard Business Review, 29 Jan 2021, ‘The Secret to Building Resilience’

Connections

“Are your relationships broad and deep enough to help support you when you hit setbacks?”

Harvard Business Review, 29 Jan 2021, ‘The Secret to Building Resilience’

Building Diplomatic Connections



- **Get to know the person behind the role**
- **Listen more than you speak**
- **Find what you have in common**

Health: small wins for bigger resilience...

- Sleep
- Exercise
- Eating
- Drinking water
- Switching off

What do you do to recharge during the day?

A blurred background image of a rowing team in a boat, with several rowers visible in white and red uniforms.

Growth Mindset

Reflection

Stories

The power of storytelling

Reframing

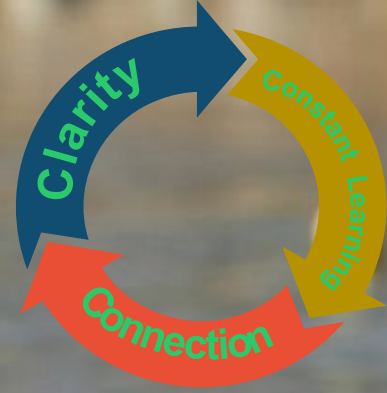
The 'Progress
Principle'

Challenge assumptions & bias

Athens 2004



INSERT VIDEO



Reimagine Resilience through The Long Win

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