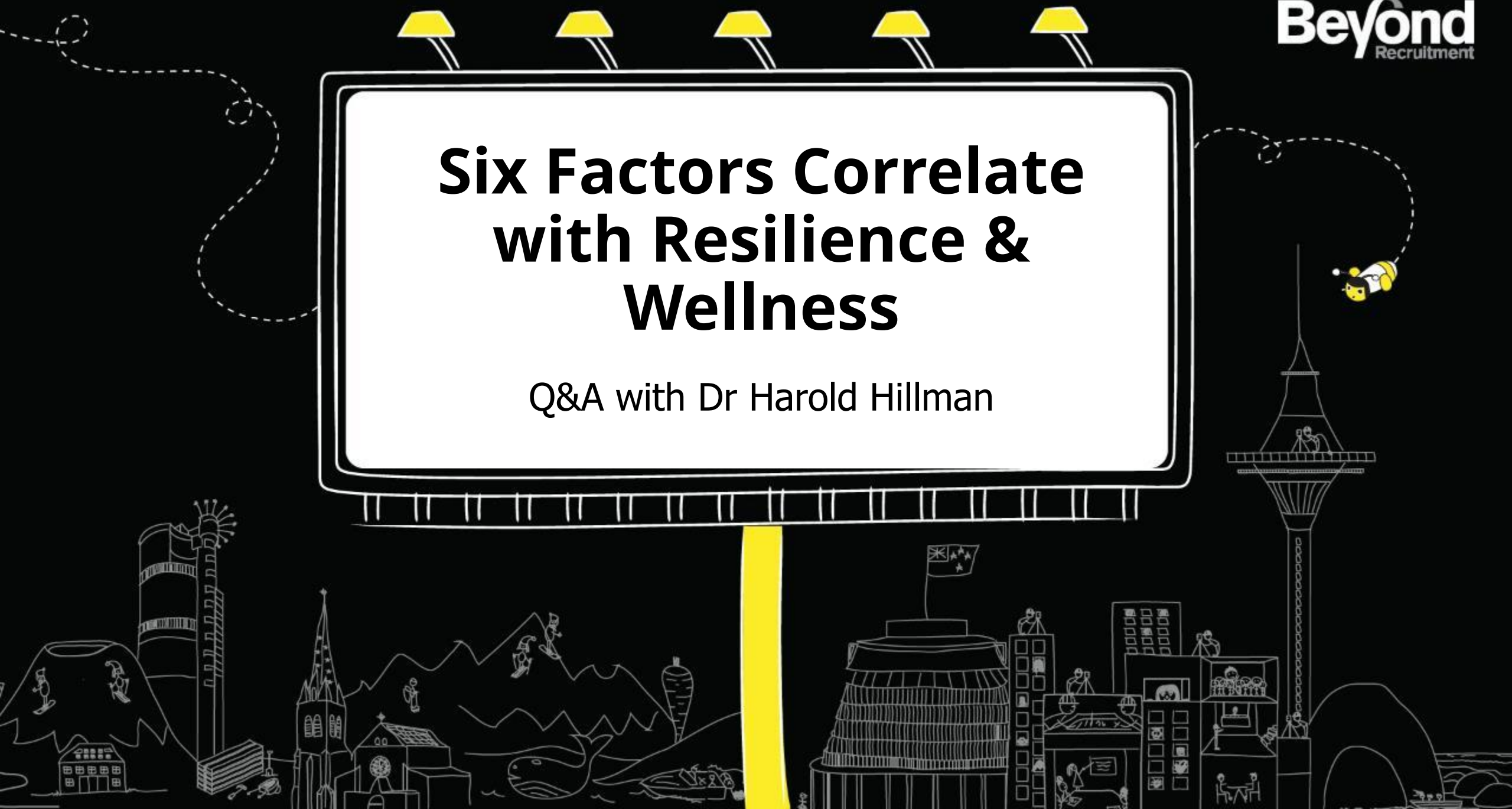


Six Factors Correlate with Resilience & Wellness

Q&A with Dr Harold Hillman



Question:

It can be difficult to get people to reframe their situation sometimes when they are very low. Are you able to give some examples of how you reframe situations for others?



Think more about what is possible (energy directed up and out) rather than what is probable (energy directed down and inward). Ask questions that push their perspective outward in terms of alternative strategies to work through or around an obstacle.

Question:

Can you give some examples of questions you ask someone to get them to go 'outward and upward'?



What are some other alternative solutions to get us where we want to go? Is there a potential blend across these solutions that leads us to a successful outcome? Who can we study that has worked through a similar scenario with success?

Question:

Regarding knowing and nurturing your passions, what if your passion is your work, which is a blessing, but balance can be difficult. How do you manage this?

About a decade ago, we put a different spin on the word 'workaholic,' determining that some people truly are fueled by their work and we should not sit in judgment. For those who are infused with energy by diving deeper than most around their work, just make sure that you leave ample room for the other five factors that correlate with person resilience.



Question:

How does having a 'strong support network' and making time to build that in, correlate for introverts?



Even introverts (including myself) are energised by people in their immediate sphere who infuse joy, happiness and contentment. Let's not stereotype introverts as people who don't enjoy connection with others. We are more selective than extroverts, but the energy associated with 'personal connection' is meaningful for both.

Question:

Can you briefly discuss your 4 dimensions of presence and how it relates to resilience?

Look for my article on LinkedIn: <https://www.linkedin.com/pulse/four-dimensions-presence-harold-hillman-phd%3FtrackingId=m%252FnNQ%252Fx1Rx6%252B7AyQt%252BOS7A%253D%253D/?trackingId=m%2FnNQ%2Fx1Rx6%2B7AyQt%2BOS7A%3D%3D>



Question:

Is there a questionnaire available that determines current RQ so that you can review over time to monitor progress/growth in this area?



Go online and see the range of questionnaires that help you appraise your own personal resilience quotient.

Question:

What are some questions that get people to think about whether or not they are taking too much on, and to focus on building time for these important factors?

Do I build in enough time each day to allow my psyche to breathe? Is my brain cluttered to the point that I find it difficult to sleep at night? Should I strive to find more balance between work and other activities that fuel me?



Question:

In our business, we have lots of 'overachievers' taking too much on and risk burning themselves out. How do you approach this?



It's difficult to be compassionate with others if you aren't compassionate with yourself. Turn down the volume on the inner critic and turn up the volume on the inner coach. Become more comfortable being wonderfully imperfect rather than always striving for perfection.

Question:

Regarding knowing and nurturing your passions.
What if you're not sure what these are?

Spend some time researching natural aptitude to determine what your inherent strengths may be. Are you aligned with these inherent strengths in your personal and professional life? If not, a course correction may be timely.



Question:

Can you repeat the quote or phrase that you used about the perfection in your imperfections?



People who are comfortable with imperfection wear vulnerability as a virtue. People who are uncomfortable with imperfection wear vulnerability as a vice. Connection is broken when you need to be perfect at everything. Let people help you be successful. Nothing is more connecting than allowing others to help you be successful.

Question:

Further to if work is your passion, how would you encourage someone to find secondary/additional passions outside of work?

Keep a proactive and purposeful focus on the six factors that correlate with personal resilience.



Question:

I loved the circles, can you please say the name of that again?



The Three Circles.

Check out a video on YouTube by Patsy Rodenberg called 'The Second Circle.' I have also included a slide that highlights the distinct differences associated with the three circles.

Please see the next slide for the diagram.

Question Cont.

The Three Circles

