

Call #3 – The Power of Resilience: Bouncing Back from Setbacks



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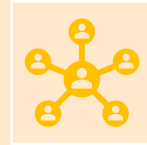
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Agenda



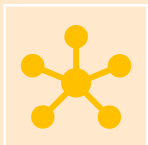
What is Resilience?

Resilience in Sports,
Academics, and Life



From Challenges to Triumphs

Building Resilience for
Comebacks



Resilient Strategies

Turning Obstacles into
Opportunities



Resilience: Your Key to Success



Breakout Questions



Overtime

What is Resilience?

The Role of Resilience in Sports, Academics, & Life

- **Definition:** Resilience is the ability to bounce back from setbacks, adapt to change, and keep moving forward with strength and determination.
- **Importance in Sports**
- **Connection to Life**
- **Examples:**
 - Staying focused during slumps, recovering from injuries, and maintain discipline.
 - Handling heavy workloads, bouncing back from setbacks like poor grades, and staying motivated.
 - Overcoming personal struggles, adapting to career changes, and finding opportunities for growth in adversity.

From Challenges to Triumphs

Building Resilience for Comebacks

- **Embrace Failure:** Understand that failure is part of the process. It's a learning tool, not a dead end.
- **Reframe the Narrative:** Shift focus from: "Why did this happen to me?" to "What can I learn from this?"
- **Focus on Controllables:** Control your effort, mindset, and attitude rather than fixating on external factors.



Resilient Strategies

Turning Obstacles into Opportunities

- **Strategies for Action:**
 - Break down large challenges into smaller, manageable steps.
 - Use visualization techniques to imagine success after overcoming obstacles.
 - Surround yourself with positive influences who encourage growth.



Strategies for Mental Toughness

- **Growth Mindset:** Believe that abilities and intelligence can develop through effort and perseverance.
- **Self-Awareness:** Recognize emotions, triggers, and thought patterns. Adjust them to serve your goals.
- **Self-Care:** Resilience requires physical and mental health. Prioritize rest, nutrition, mindfulness.
- **Continuous Improvement:** Commit to lifelong learning and reflection.



Resilience: Final Thoughts

- Resilience bridges the gap between setbacks and success. It transforms challenges into steppingstones for growth.
- Commit to developing resilience by reflecting on your mindset, learning from challenges, and supporting each other on this journey.

“Resilience is knowing that you are the only one that has power and the responsibility to pick yourself up.” – Mark Holloway



Breakout Session Questions

- What's a major challenge you've overcome? How did it shape you?
- What is a time when you did not use resilience, and you wish you did?

Challenge Questions

- Who is someone you look up to for their resilience, and why? What qualities may they have had?
- How do you handle moments when it feels like your hard work isn't paying off, either in sports or in life?
- What are some habits or practices that help you stay resilient during difficult times?



“Overtime”



Open Discussion / Q&A

Share Email in the chat to be added to Champions Corner Email Group



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EST. 2024
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