

THE COURAGE TO GO TOGETHER  
THE KEYS TO STAYING STRONG DURING A CRISIS

PRESENTED BY *Shola Richards*



What if 2020 isn't cancelled?

What if 2020 is the year we've been waiting for?

A year so uncomfortable, so painful, so scary, so raw —  
that it finally *forces* us to grow.

A year that screams so loud, finally awakening us  
from our ignorant slumber.

A year we finally accept the need for change.

Declare change. Work for change. Become the change.

A year we finally band together, instead of  
pushing each other further apart.

2020 isn't cancelled, but rather  
the most important year of them all.

— *leslie dwight*



# HELLO, I'M SHOLA



Resilience is the ability to withstand, or recover quickly from, difficult circumstances.



# COVID-19



**T** TIME

## Americans Are the Unhappiest They Have Been in 50 Years ...

PETERSBURG, Fla.) — It's been a rough year for the American psyche. Folks in the U.S. are more unhappy today than they've been in nearly 50 ...



Burnout is the state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.

# WARNING SIGNS OF BURNOUT

- ◆ Low morale/excessive complaining
- ◆ Decreased connection to your role and/or to the people who you serve
- ◆ Moodiness
- ◆ Cynicism
- ◆ Feelings of helplessness and hopelessness
- ◆ Deteriorating relationships at work and home
- ◆ Difficulty concentrating
- ◆ Emotional detachment
- ◆ Quickness to anger
- ◆ Loss of interest in caring for yourself





A small, dark-colored boat is shown from a side-on perspective, navigating through a turbulent sea. The water is dark and choppy, with white foam from the boat's wake visible. The sky is filled with heavy, dark, and dramatic clouds, suggesting a storm. The overall mood is one of adversity and resilience.

Same Storm...

...Different Boats



# SESSION AGENDA

- ✓ Introduction: So...who's this Shola guy?
- II. The Keys to Staying Positive
- III. The Secret to Keeping Your Commitments
- IV. Question & Answer



**Please take  
responsibility for the  
energy you bring into  
this space.**

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**Your words matter. Your behaviors  
matter. Our patients and our teams  
matter.**

**Take a slow, deep breath and make sure  
your energy is in check before entering.**

**Thank you.**



Indiana University Health







FOCUS ON WHAT YOU  
CAN CONTROL



# WHAT WE CAN CONTROL

## 1. OUR ACTIONS



***Fountain vs. Drain***

## 2. OUR EFFORT



***Did I Do My Best?***

## 3. OUR ATTITUDE



***Six and Six Rule***



What is the one thing within your control that you are committing to start doing today?





A dramatic storm scene with a large red number 2 overlaid. The background is a dark, stormy sky with a bright lightning bolt striking down from the top center. The number 2 is large, bold, and red, positioned in the upper right quadrant of the image.

2

ENTER THE STORM

# THE BUFFALO VS. THE COW



# UNHEALTHY BELIEFS

"I AM NOT  
GOOD  
ENOUGH."

"NO ONE CAN  
BE TRUSTED."

"I AM A LOSER  
AND/OR A  
FAILURE."

"I AM  
INCAPABLE."

"I AM INVISIBLE  
AND/OR I DON'T  
MATTER."

"I AM  
UNLOVABLE."

"THERE IS SOMETHING  
WRONG WITH ME."





LIFE  
IS WAY  
TOO SHORT  
TO SPEND  
ANOTHER DAY  
AT WAR  
WITH YOURSELF.



# BUILDING STRENGTH FOR THE CHALLENGES AHEAD

- ◆ Maintaining healthy boundaries (saying “No”)
- ◆ Removing yourself from toxic relationships
- ◆ Reaching out to a therapist
- ◆ Reducing (or eliminating) the time spent on social media
- ◆ Making healthy food choices
- ◆ Forgiving others (and yourself, if necessary)
- ◆ Asking for help
- ◆ Refusing to numb yourself and/or justify unhealthy behavior because of all of the good things that you’re doing for others

TOUGH LOVE  
SELF-CARE







What is the unhealthy belief that you  
need to re-examine **AND/OR**  
What is the “Tough Love” Self-Care  
tactic that you’re willing to  
put into action?





**CREATE SAFETY**



**"I've learned that people will forget  
what you said,  
people will forget  
what you did,  
but people will never forget  
how you made them feel."**

**-Maya Angelou**



# PSYCHOLOGICAL SAFETY

***“A belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns or mistakes.”***

-AMY EDMONSON, HARVARD BUSINESS SCHOOL PROFESSOR





How will you create psychological safety with others?



# TODAY'S AGENDA

- ✓ Introduction: So...who's this Shola guy?
- ✓ The Keys to Staying Positive
- III. The Secret to Keeping Your Commitments**
- IV. Question & Answer**







# **COMMITMENT**

**MEANS STAYING LOYAL TO  
WHAT YOU SAID YOU WERE  
GOING TO DO, LONG AFTER  
THE MOOD YOU SAID IT IN  
HAS LEFT YOU.**

# STRENGTHENING COMMITMENT THROUGH ACCOUNTABILITY

- ◆ Only **9%** of people achieve their New Year's resolutions\*
- ◆ **80%** of New Year's resolutions fail by February\*\*



## WITH AN ACCOUNTABILITY PARTNER:

- ◆ You have a **65%** chance of meeting your goal if you commit it to someone\*\*\*
- ◆ If you have a regular accountability appointment with a person with whom you have committed, you will increase your chance of success to **95%**\*\*\*



\*Inc Magazine

\*\*Business Insider

\*\*\*Association for Talent Development



“If you want to go fast, go alone.  
If you want to go far, go together.”

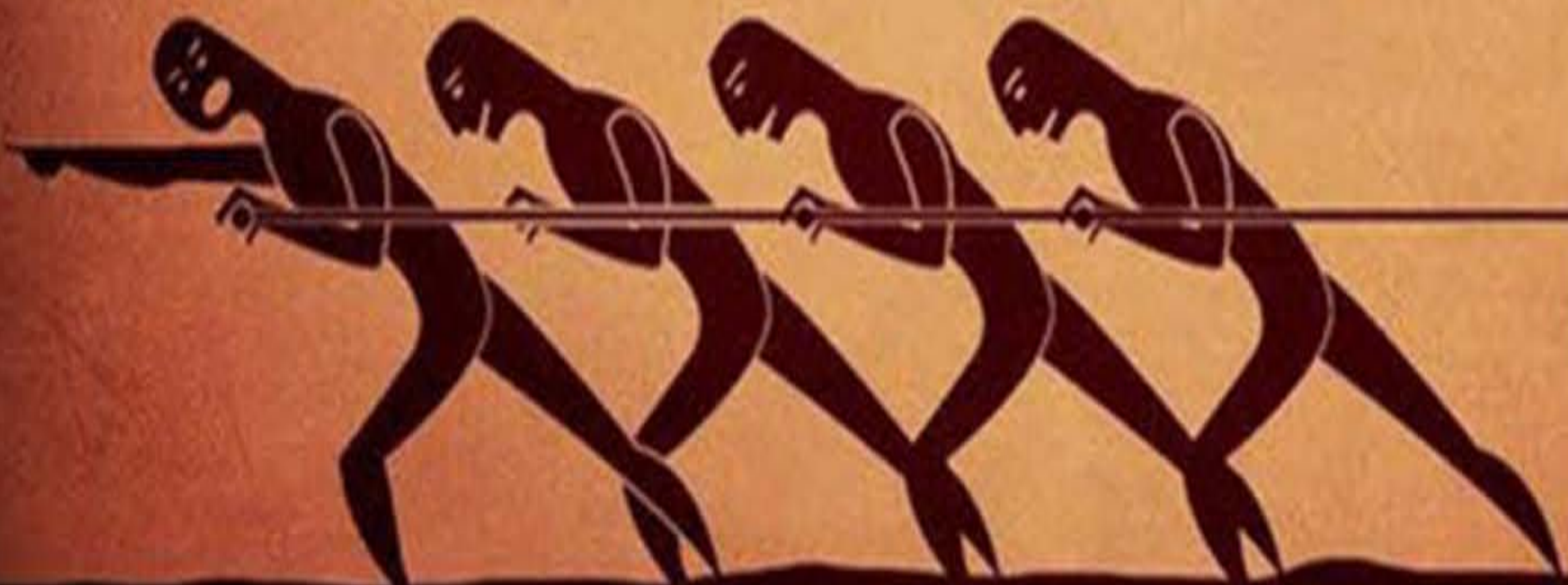
-AFRICAN PROVERB

- ✓ Resilience Check-ins are a *priority* (not something that you do if/when you have any free time).
- ✓ Check-in regularly (normally, meeting in-person would be ideal, but a quick video call, email or even a text message conversation will suffice—the key is that it is done regularly).
- ✓ During the Resilience Check-in, talk specifically about the progress that you've made since your last check-in, and the challenges that you have faced in keeping your commitment(s).





# LEADER



MISSION

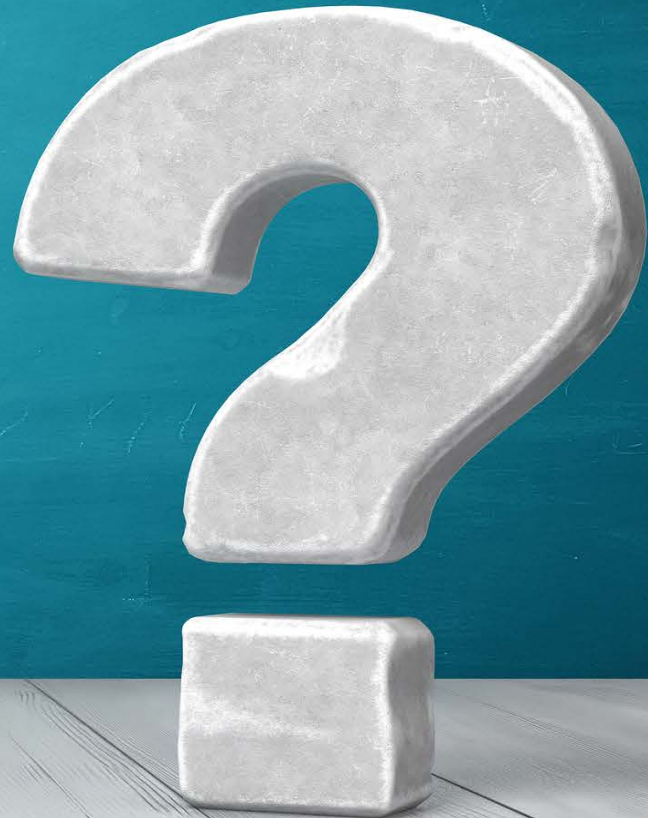


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THE KEYS TO STAYING STRONG DURING A CRISIS

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QUESTIONS?





# SHOLA RICHARDS



KEEP IN TOUCH WITH ME!

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MY BOOKS: "MAKING WORK WORK" AND "GO TOGETHER"

JOIN THE WORKPLACE  
POSITIVITY MOVEMENT!

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Ready to join the thousands of people worldwide who start of their Monday mornings with some hard-hitting positivity? If so, simply text the word **POSITIVITY** to **33777** to join my Monday Morning "Positivity Solution" email list!

And...as an added bonus, you'll receive my free e-book, *The Definitive Guide for Dealing with Extremely Difficult People!*

