



Great Ideas and Concepts from our YPN Skills Meet
Up at Thimble Island Brewery 4/27/2016

"RESILIENCE"

Being able to bounce back

- Not holding a grudge & keeping professional
- Staying confident with one's abilities/knowledge

Toughness, ability to bounce back from a difficult situation

- Don't let the turkeys get you down. Persevere!
- Know that "this too shall pass"... no situation will last forever, this applies to the good *and* the bad

Not letting haters get you down

- Recognizing that everyone, even the most "allegedly" successful/prominent people have their own stories

Getting hit hard and not dwelling on the bad but fighting through the pain of defeat.

- Trying to become smarter and tougher and use it as fuel to grow... easier said than done

The ability to bounce back and to cope with rejection or failure

- Use to grow and check myself

Tough skin when times get rough enabling you to deflect the negativity

- Bounce back and dominate every obstacle in front of you

- My resiliency fridge stays always stocked prepared for every occasion

The ability to consistently face tough circumstances, especially after previously failing at them

- I face my fears of failure by stepping out of my comfort zone consistently. I keep up my attempts even after failure by humbling myself, asking for help and accepting it.

The ability to bounce back from any situation

- No matter what the day has in store for me I'm able to take on whatever it is and have the ability to deal with the situation effectively

DISCUSSION TAKE-AWAYS/KEY POINTS:

- Fake it to make it - have a thick skin. Take the good with the bad
- Take the high road. Have an outlet that doesn't involve your career
- Everything in moderation *including* moderation.
- Brush off the haters. Experience vs. expertise. Ask the question(s)
- This too shall pass. It's not personal. Need to detach and let go.
- Expect the best and prepare for the worst
- No one waters their grass in self pity city
- Life isn't rainbows and butterflies. It's how hard you get hit and how hard you keep going
- How to manage a situation to your desired outcome. Keep the emotions in control.

"ONE STROKE AT A TIME!!"

"ONE
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TAKE AWAYS

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