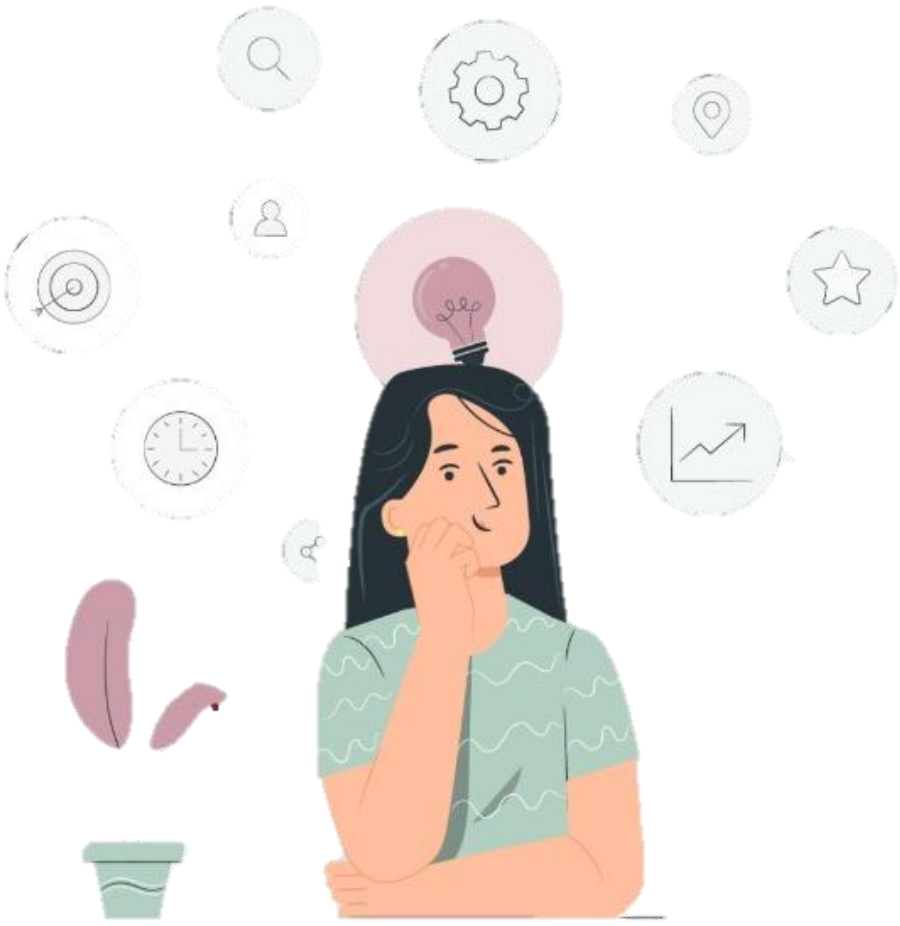
Resilience Training

Collaboration

The 6th Domain



ACTIV(THERAPY) COUNSELLING CLINIC
Susane Belkhiati

Notes:

Collaboration relates to having close connections and a support network that you can rely on in difficult times.

In this module, we will investigate the collaboration domain and learn about the role others play in your resilience. The module consists of three parts with two sets of questions in-between.

Collaboration is not about being an introvert or extrovert, or how many people you have around you. Instead, it is about incorporating the following factors that can help you connect with others:

- **One.** Invest in relationships, both personally with family, partners, and friends, and professionally with colleagues or classmates.

- **Two.** Use humour as a way to manage stress and reduce tension in groups. This includes being able to recognise what kind of humour and interaction works in different contexts.
- **Three.** Be willing to ask for help and share tasks with others effectively so you get more done than you would by yourself.
- **Four.** Be willing to help others. Giving support helps build mutually beneficial relationships.
- **Five.** Find a mentor to help you grow personally and professionally and help recognise blind spots.
- **Six.** Manage both the perceptions you have about other people, and the perceptions they have about you.

These factors can help improve your own resilience and wellbeing because you know you have people you can rely on in difficult situations and you have confidence in your ability to manage people effectively.

At our core, we are social creatures. This is especially the case with the brain, which is wired for connection with other people.

There are areas in your brain that are specifically adapted to recognise facial expressions, such as the fusiform gyrus. This area relays information to a part of your **Smart Brain** called the Right Prefrontal Cortex, which interprets signals and helps you provide the right response.

Seeing smiling faces can produce a positive response in your brain, while an angry face might activate the fight-or-flight response in your **Impulsive Brain.**

Over the next week take stock of your support network as it is right now. See how this exercise affects your perceptions about your support network.

The microstasks for the next week are designed to be quick, so try not to spend more than 2 minutes on them each day. Do only one day's microtask per day. Work through the microtask for that day and write down your answers. Why write them down? The act of writing has been shown to speed up new neural connections, so this will help you build your resilience skills *faster.*

Most of these are about self-reflection so you can take a few minutes to check in with yourself to see where you're at.

Over the next week – week one

Go through each day and write down as you go.

Day/Date _____: Make a list of friends and family who you could ask for help and support if needed.

Day/Date _____: Continue the list from before and add colleagues, managers, company resources and company groups where you could find support.

Day/Date _____: Add in pets, online groups, meet-ups, other sources where you can find support.

Day/Date _____: Look over the list you made. Think of each one as a source of support within your network. Does this seem like a larger network than what your perceptions might have been before? Consider your goals and aims at the moment – do you currently have the right people around you to achieve your goals?

Day/Date _____: If you feel you need more sources of support, consider ways that you can improve your networking skills to expand your network. In reality, there's just one simple thing you have to do to grow your network, and that is to **reach out.**

Don't ever wait for support to come to you! Start today by actively going out and talking to people about what you're looking to achieve and find out if you can support them as well.

Over the next week - week Two

Day/Date _____: through to end of 4th day: Over the next week, starting with right now, take two minutes to talk to someone you haven't spoken to in a while, preferably face to face.

Person 1

Person 2

Person 3

Person 4

Day/Date _____: Think back to the last four days and write down something positive that happened. For example, did you learn something useful, did you reconnect with someone, or did you just enjoy catching up?

Note: If no one is around, you can also message someone, email, etc. Ask them how they've been and share what you've been up to.

Susane Belkhiati BCounsCo, CReC, CCTP-II, DipSpNut. Trauma, Addictions, Play in Therapy
Resilience Training + Workshops.
Contact
P: 0415 547 535
E: activtherapy@outlook.com
A: Activ(therapy) - Adelaide SA 5000
Registered Bupa Provider
Memberships:
Australian Counselling Association | Psychotherapy and Counselling Federation of Australia | Clinical Trauma Foundation | Resilience Association