



# Resilience: The Art of Bouncing Back

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Insights Practitioner



Licensed Menopause Champion



Leadership Development



Behavioural Development



# Objectives

- Define resilience
- Recognise the pressure and performance link
- Recognise how our lifestyle choices may impact our resilience
- Explore strategies for building resilience

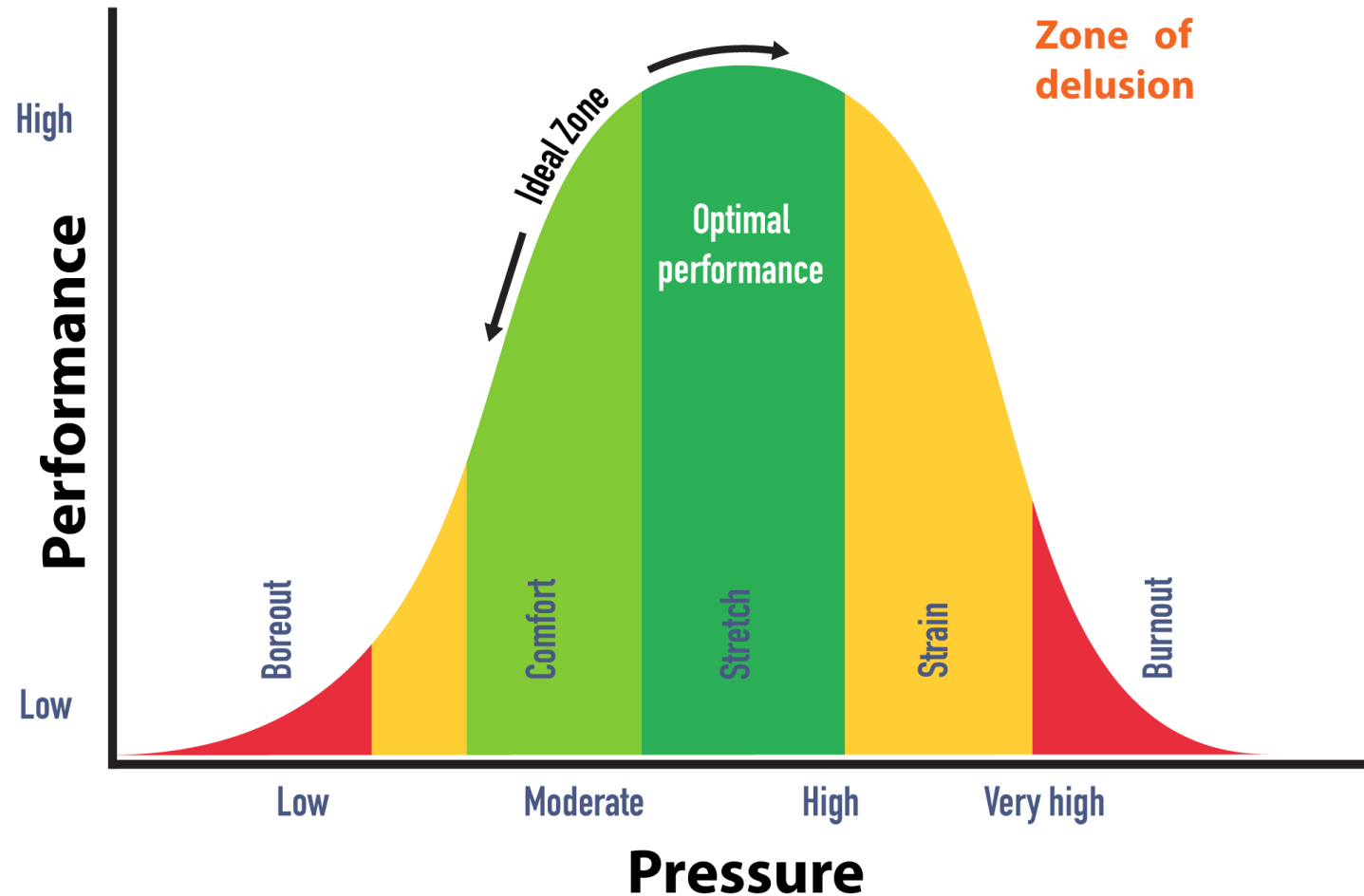


The **ability** to  
withstand and  
**perform well**  
under pressure  
**without**  
compromising **your**  
**health and**  
**wellbeing**

The **ability** to  
**adapt, recover**  
and **thrive** despite  
facing various  
**challenges**



# Pressure & Performance



# Warning Signs



# Building & Developing Resilience

Emotional  
intelligence

Sleep hygiene

Continuous  
learning

Adaptability

Relaxation,  
hydration and  
fuel

Assertiveness

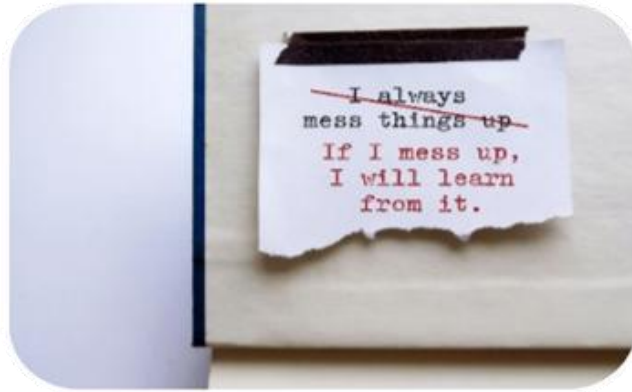
Gratitude

Managing  
time

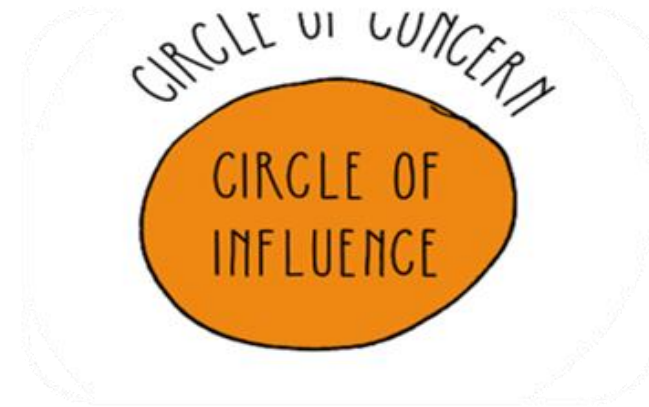
Being kind



# Building & Developing Resilience



Changing  
Perceptions



Control the  
Controllable



# Objective Review



- Defined resilience
- Recognised the pressure and performance link
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# Thank you!

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