

Resilience thinking to equip us for sustainable future success

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Unlock high performance

Neurozone definition of 'Business to the Brain'

'We use our knowledge, skills and expertise to allocate resources together and to distribute these resources fairly in order to stay alive, survive and thrive in life'



thrive.



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Resilience

The capacity of the **brain/body system** to

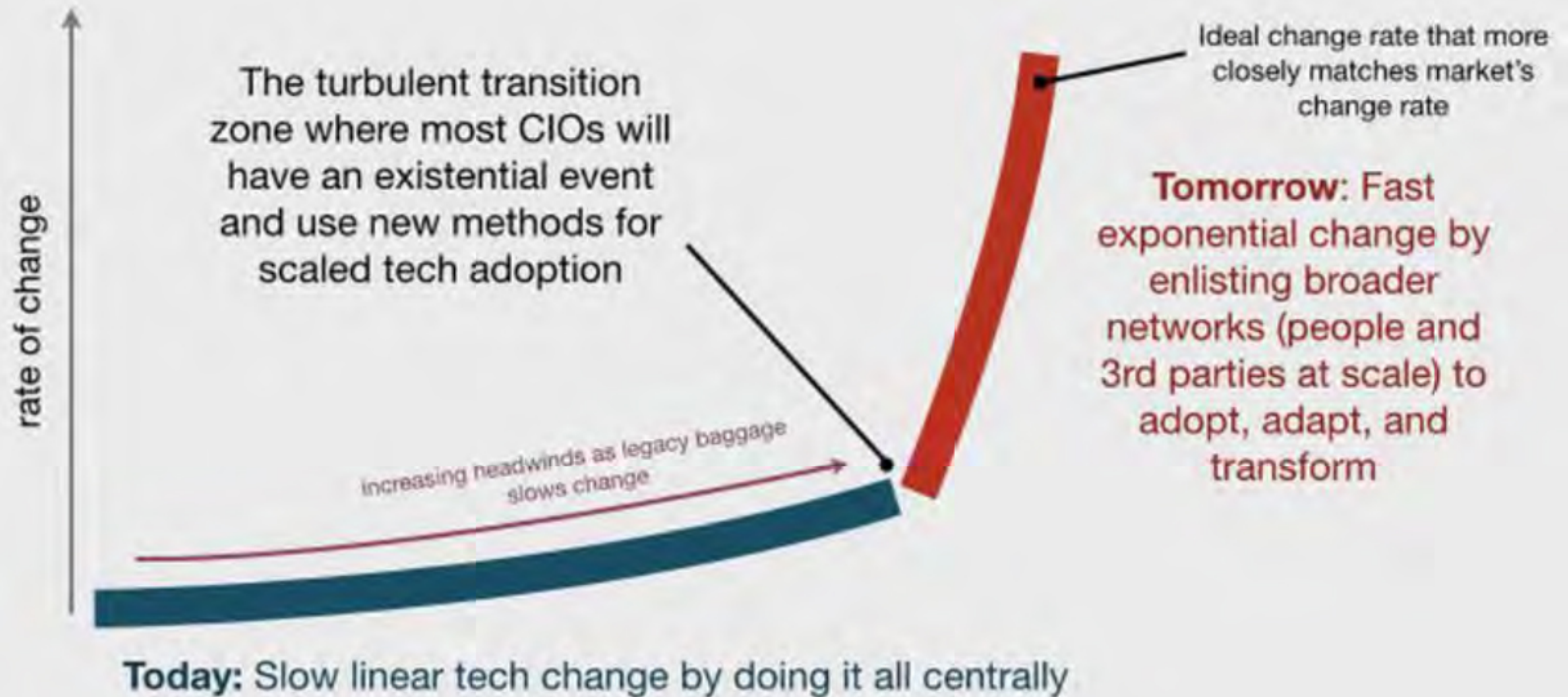
Prevent implosion in the presence of severe and/or prolonged stress

Learn and grow through stressful events to prepare the brain/body system for new and even unrelated stressors

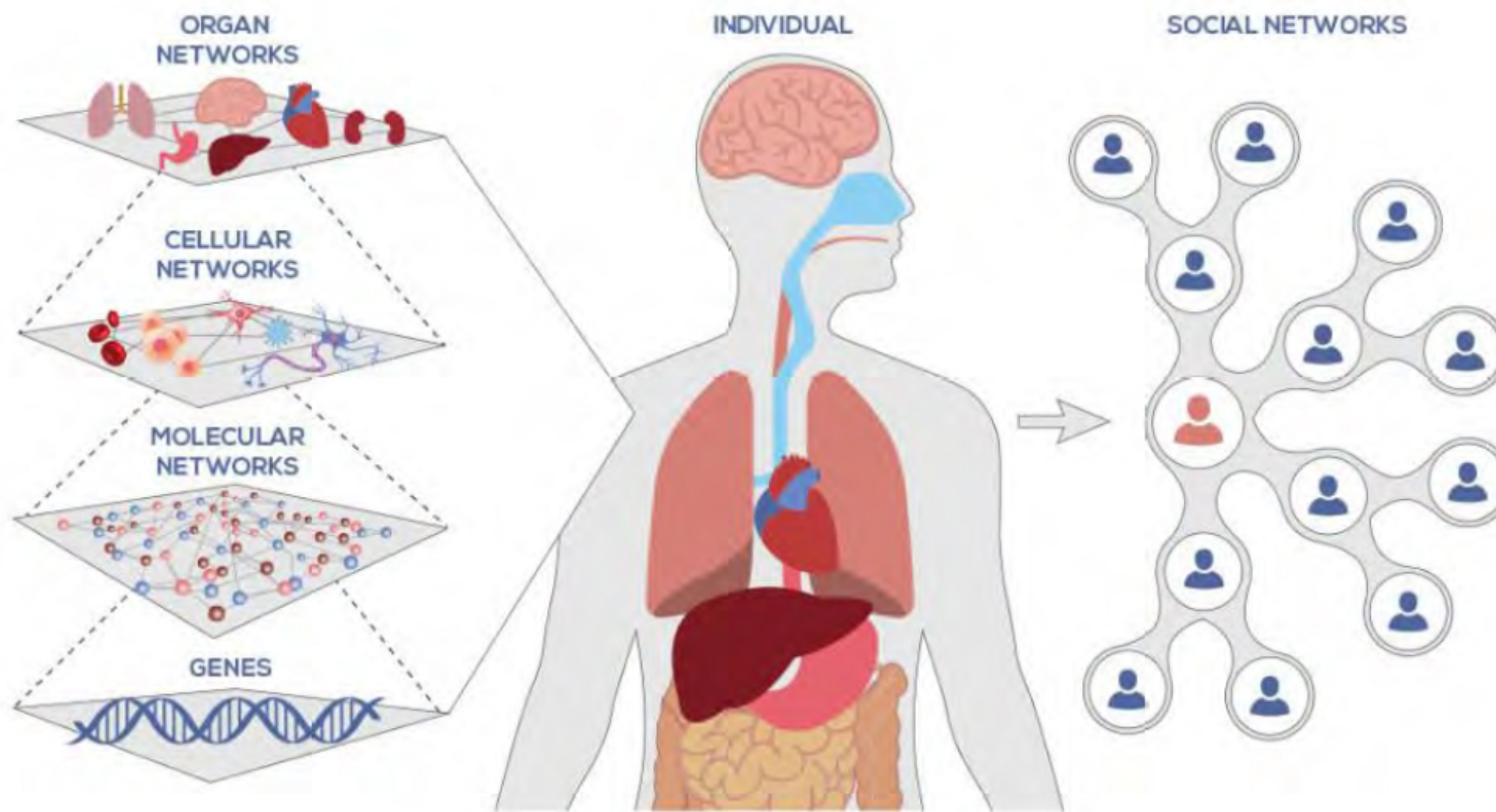
Bounce forward



Acceleration of change



Resilient & High Performance Systems



The Neurozone High Performance Domains to build Resilience



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Nuggets for resilient future thinking

- **Understand social safety**
- **Develop a resilient mindset**
- **Optimise the energy of living teams and organisations**
- **Observe the rhythms of the brain/body system**
- **Cultivate learning innovation**



THANK YOU



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