

FEEL BETTER
DO BETTER

LOU BANKS
FOUNDER/DIRECTOR

RISE
↑
VIBE



PROBLEMS THAT WE SOLVE

- Underperformance as a result of burnout, stress and low resilience – people expected to do more with less
- People not having the conversations that matter – not giving feedback, saying what they mean or asking for what they need
 - False economies – short term 'tick-boxing' exercises rather than strategic investment in people training and development
- Political correctness around performance management, diversity and inclusion driving fear and resistance
 - People resisting change

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A person wearing a blue helmet, an orange long-sleeved shirt, and black shorts is climbing a steep, grey rock face. The person is positioned on the left side of the frame, leaning forward and using their hands to grip the rock. The background features a vast, hazy landscape with rolling hills or mountains under a sky with soft, colorful clouds in shades of blue, green, and orange, suggesting a sunset or sunrise. The overall mood is one of challenge and perseverance.

**HOW DO YOU DEFINE
RESILIENCE?**

Resilience:

- The capacity to recover quickly from difficulties;
toughness
- The ability..... to spring back into shape

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Endurance:

- The ability to endure an unpleasant or difficult process or situation without giving way
 - The capacity..... to last or withstand wear and tear



Are you resilient, lacking resilience
or in endurance? How do you know?

SHE STOOD IN THE STORM,
AND WHEN THE WIND DID NOT
BLOW HER WAY,
SHE ADJUSTED HER SAILS.

ELIZABETH EDWARDS



MINDSET

A fixed mental attitude or disposition that predetermines a person's responses to and interpretations of situations

Social

Growth

Fear

Lazy

Envy

Business

Dreamer

Follower

Greed

Gratitude

Confident

Creative

Short-term

Angry

Productive

RISING VIBE MINDSET

Our thought pattern at any given moment - not fixed.
Just patterns.

- Between 50,000 - 80,000 thoughts per day
- average of 2,100 - 3,300 thoughts per hour
- up to 98% are exactly the same as the day before
 - 80% of our thoughts are 'negative'

UP TO 98% ARE EXACTLY THE SAME AS THE DAY BEFORE

BELIEFS

Inner truth

Not factual

A conviction

Subconscious autopilot

Self fulfilling prophecy

Formed by experiences

Formed by accepting what others tell us

Shape our lives

Enabling or limiting

WE LOOK TO REINFORCE WHAT WE BELIEVE AND THEREFORE
REPEAT OUR THINKING



80% OF OUR THOUGHTS ARE NEGATIVE

REPTILIAN BRAIN

Controls vital functions

Scans for danger

Keeps us safe

Detects threat

Self preservation

5:1 ratio

Fight. Flight. Freeze

Surviving not thriving

Amygdala Hijack

WORST CASE SCENARIO AND CATASTROPHIC FANTASY!

SUMMARY SO FAR.....

- Resilience comes from being able to manage our mindset
- Mindset is our thinking pattern at any given moment
 - Not fixed but engrained patterns via beliefs
 - Hardwired for worst case scenario focus

ATTENTION DENSITY = EXPOSURE + REPETITION +
APPLICATION = CHANGE

'IF WE FOCUS HARD ENOUGH, OFTEN ENOUGH AND LONG
ENOUGH WE WILL CHANGE NEURAL PATHWAYS'

ACCESSING MINDSET VIA EMOTION

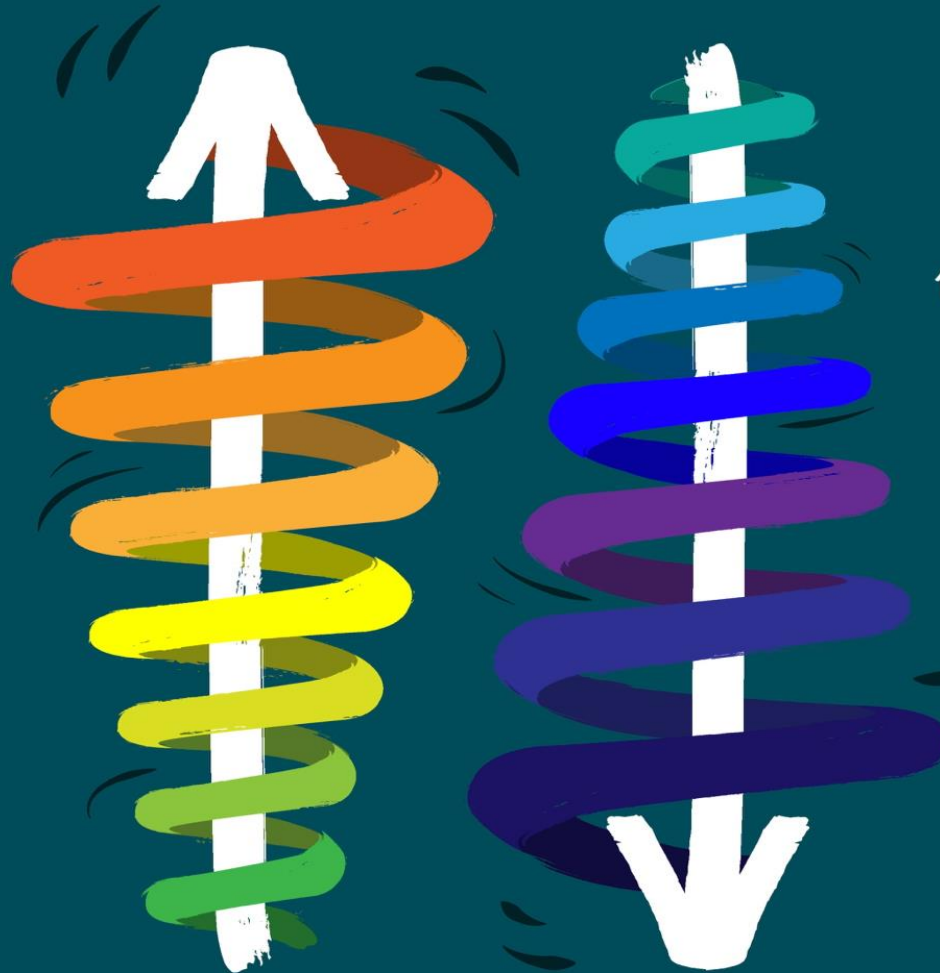
- Thoughts drive feelings
- Feelings drive our vibration
- Our vibration impacts how we show up

BEFORE WE CAN MOVE TO POINT B WE MUST KNOW OUR
STARTING POINT A

THE RISING VIBRATIONAL SCALE

THE WHAT & THE WHY, FLOW, EASE, ALIGNMENT
OPEN, NO RESISTANCE, GROWTH

1. Euphoria – Elation – Joy
2. Expectant – Peaceful – Inspired
3. Passionate – Excited – Anticipating
4. Focused – Clear – Purposeful
5. Believing – Confident – Knowing
6. Hope – Optimism – Faith
7. Content – Happy – Calm



THE WHEN & THE HOW, STUCK, EFFORT, MISALIGNMENT
CLOSED, HEAVY RESISTANCE, FIXED

8. Bored – Complacent – Indifferent
9. Frustrated – Irritated – Impatient
10. Pessimistic – Disappointed – Sceptical
11. Discouraged – Disengaged – Disheartened
12. Worried – Doubt – Unsure
13. Overwhelmed – Confused – Stressed
14. Blaming – Detached – Dismissive
15. Judgmental – Elitist – Egotistical
16. Defensive – Justifying – Threatened
17. Resentful – Bitter – Aggrieved
18. Anger – Jealousy – Spite
19. Hatred – Rage – Revenge
20. Guilt – Insecurity – Regret
21. Fear – Helplessness – Anxiety
22. Depression – Despair – Shame

'THE DIFFERENCE BETWEEN ORDINARY AND
EXTRAORDINARY IS PRACTICE!'

VLADIMIR HOROWITZ

Attention Density = exposure + repetition + application
= change

'If we focus hard enough, often enough and long enough
we WILL change neural pathways!'

CHANGE THE THOUGHT. CHANGE THE FEELING.

- In what scenario would you like to feel more resilient? To feel relief? Feel better?
 - Where are you currently on the scale in this scenario?
- What beliefs do you have about this scenario that are driving your thoughts and current mindset?
 - What evidence (court of law!) do you have that these beliefs (and therefore your thoughts) are reality?
- What might it be more helpful to believe? What could be a baby step shift in perspective?
 - With this new perspective, where are you now on the scale?
 - What reflections do you have? What action might you want to take?

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