

Being Resilient?

I was recently working with a large multi national accounting firm. I travelled the entire country, speaking to the firm's employees about the concept of resilience. Today more than ever this is a critical characteristic for both businesses and employees to have. As every business I know, seems to be battling their own war on the financial crisis. It makes me wonder if anyone is immune? I also wonder if anyone will use this time to secure their business future by either creating new opportunities within their market.

So what is resilience? I remember reading the Top 100 People Rich List from about 6 months ago. No doubt this list is different today! What I liked about reading this list was a summary done by a journalist on the core qualities of the people on the list. At the very top of the qualities they possessed was Persistence. This to me also reads resilience. So even though some on the list back then will not be on it now, I am tipping they will eventually make a return.

Resilience is the ability to persist in spite of the challenges faced. When 99 people out of 100 or maybe that should be 999 out of 1000 give up, those that are resilient enough to persist with their goals, often succeed eventually. When one gives up, they will never know how close they were to making it happen.

The reality is this. If you set goals that are easily achieved, then do not expect to encounter many challenges, if any at all. Based on my Olympic experiences and now my experience in business, it is only when you set high level, lofty goals for yourself, that challenges will emerge. It is almost as though the number of challenges is in direct proportion to the level of the goals you set. So being challenged means you are setting your goals high.

As with all challenging goals, the fact is that things will not go to plan. You can actually guarantee this. There will be obstacles. Successful people plan for obstacles. Not that they think negatively, it is just that they know "stuff happens". It is an attitude that prepares them for the battle. Another lesson I learnt from my sport, is that the easiest of races can be the hardest. My coach and my crew actually recognised this and as such, we always prepared ourselves for a battle, mentally and physically. Before each race we would look at our competition and give them enough respect that we would make sure that we 'turned up' and were ready to give our absolute best. If it worked out that with 500m to go of the 2000m race and we were in front by a sizable margin, then great, we had it under our control. If it worked out that we had a real race on our hands then we are prepared, we are mentally up for it. Using this strategy, we never lost races we should have won. We were always up for the challenge.

Today, every employee and business needs to be up for the challenge. They are significant. For some they will be too great. For others they will present conditions and opportunities that will deliver enormous windfalls in the future. Whether you see the challenges as being an opportunity or problem is your choice. I know how I choose to see them and I am personally taking steps to secure my business and my future prospects. You can too. I can even help you to do this. Ask me how.