



Mastering Resilience

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ATD
December 2020

Clearing the space

What is important ?
What is not?

























Why is Resilience Important?

- ▶ What do you think is the most valuable outcome of your having resilience in your workday for you and for those you connect to?
- ▶ When I am resilient I can _____

Resilience So what?

Maximize Human Potential



What can each of us do to strengthen our human condition?

17

Connection is key!

Plug IN...



Taking time to plug back in

- ▶ People
- ▶ Purpose
- ▶ Possibilities

▶ SELF - Practicing Extreme Self Care

- Physically – sleep, nutrition, exercise
- Emotionally- Learning to lean in
- Mentally – Your thoughts matter

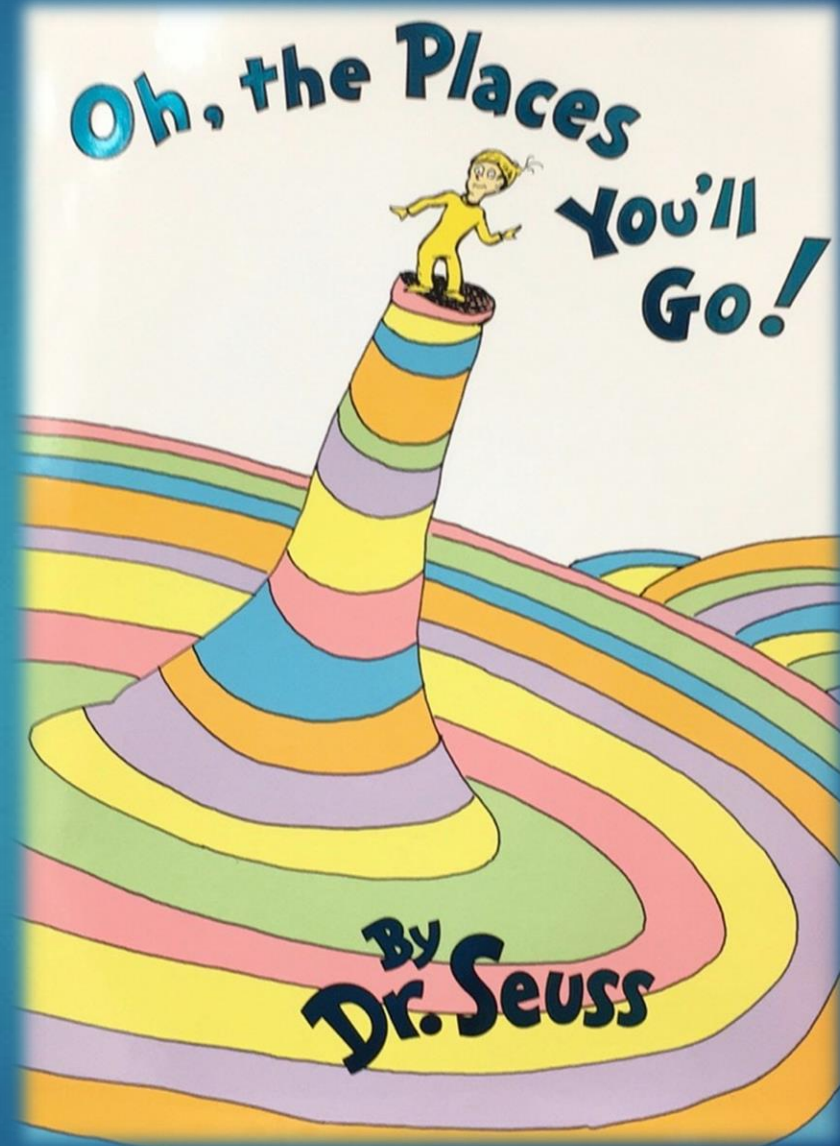
▶ Others

- Making choices
- Quality of connection

Thoughts Matter



Oh the
Places
You'll
Go!



Relationship Connections

22



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Purpose: Guiding Principals

23

- ▶ When have I been most fulfilled or happy?
- ▶ If I had one gift to give the world, what would it be?
- ▶ What would I regret not doing if I left this world tomorrow?
- ▶ What closely held values I want to follow throughout my life?
What are my guiding principles



Power of Moments

- ▶ Goal setting
- ▶ Time management
- ▶ Decision-making



Possibilities

25



Thank You

26

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