

SURVIVE THRIVE



Natural Selection

Financial Services Forum

21-22 May 2018 • Hilton Sydney



**Actuaries
Institute**



Leadership and Resilience: Fighting the Toughest Battles

Adam Fusca

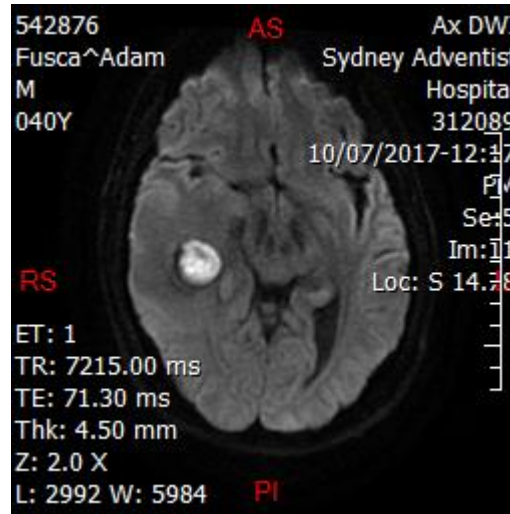
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My story



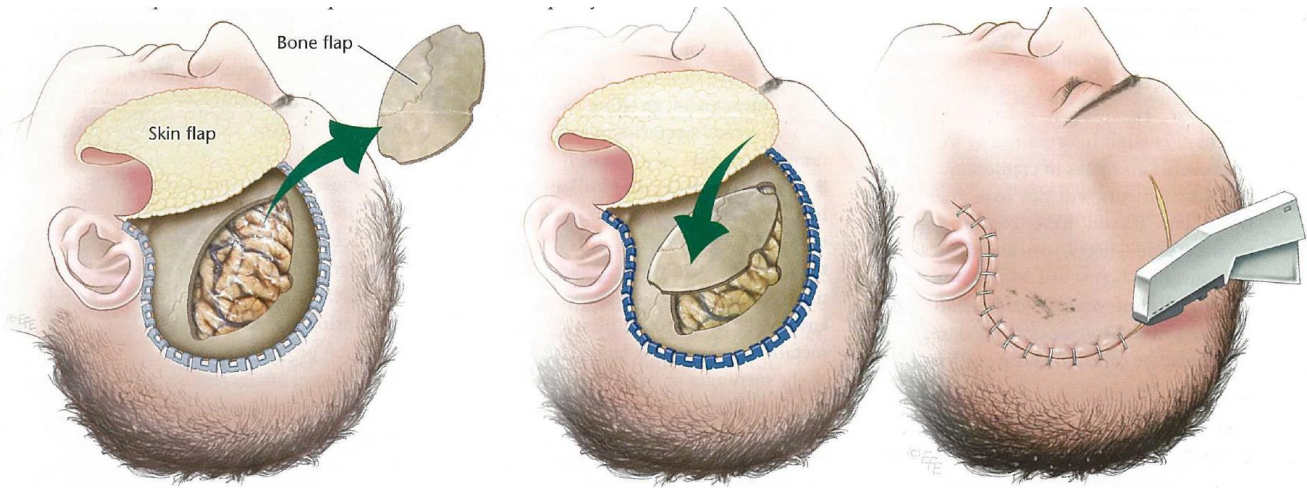
Focus on what you can control



My story



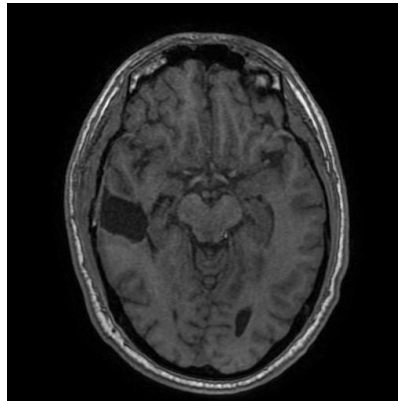
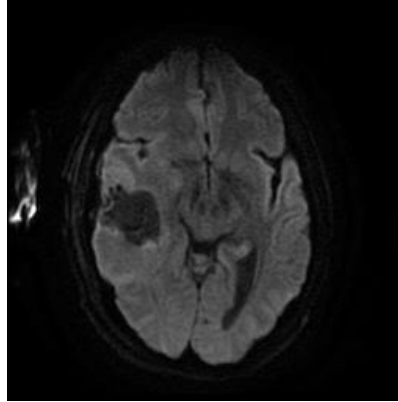
This happened...



My story



The aftermath – fun at hospital



My story



Recovery

- Focus day by day
- Physical recovery
- Recovery is not a straight line
 - Can be hard to adjust to reduced capacity
- Rebuilt mental stamina



Coping mechanisms



Set goals

- Goal setting can help us to manage our tasks and reduce stress levels.
 - Enhances feelings of autonomy, competence, and control, enables us to become more self-directed.
 - Increases concentration, motivation, and confidence.
- Goal setting also directs attention to specific task demands, encouraging increased effort, energy, and persistence even when difficulties are encountered.
- When feeling stressed, separate tasks into those that need to be dealt with immediately and those that can wait.

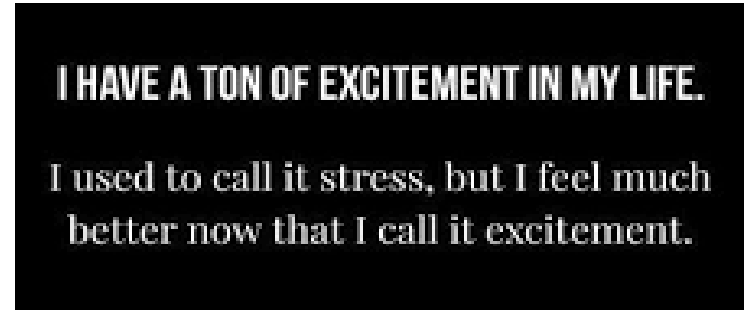


Coping mechanisms



Positive reframing

- Failure and bad stuff happen – often what causes stress is the way we think about things
 - The greatest weapon against stress is our ability to choose one thought over another
- Positive reframing means shifting our viewpoint of an experience to see it in a more positive light.
 - We might focus on what was achieved instead of what wasn't
 - Look for a positive lesson or meaning in the situation.



Coping mechanisms

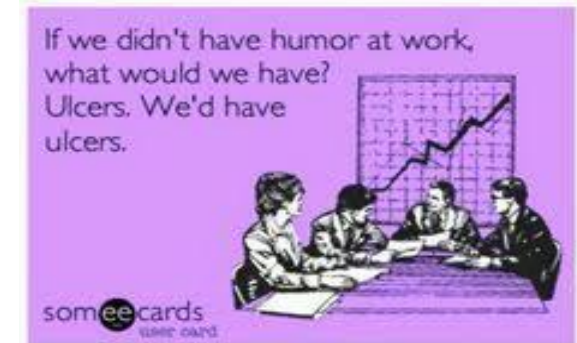
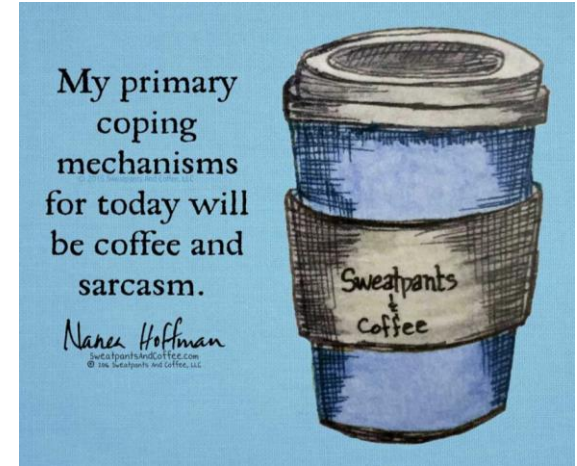


Humour

- Laughing at the humorous parts of a stressful situation can help us to keep things in perspective. It reminds us that what we experience may not be the worst thing that could happen to us.
- One of the main goals of finding the humour in a situation is to use the humour to create distance between ourselves and the stress we feel.
- Use humour safely and kindly, OK to make fun of yourself.

Start With a Smile

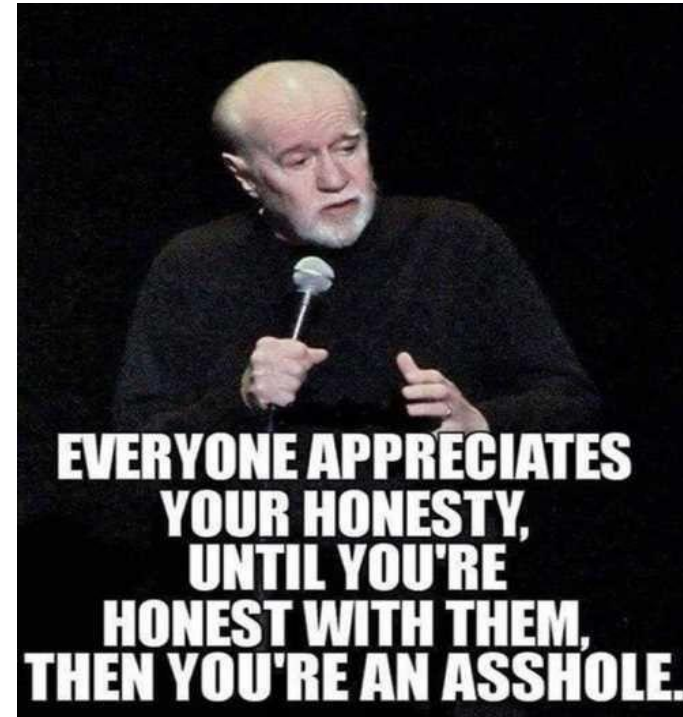
- Studies show that having a smile on our face can release endorphins, which make us feel happier rather than just looking happier.
- Even if the smile is fake, the benefits we experience are real!



Coping mechanisms



Support



Survival kit



For the next time the “worst” happens

Stop! Take a deep breath & act consciously

Manage the situation

- Put the issue into perspective
- Focus on what we can control
- Set goals

Manage our emotions

- Be positive
- Find support
- Laugh

Hope to get lucky ☺



Final thoughts...



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- Focus on the important things in life!
 - For me that is family and the special moments we have together
- Update your will and power of attorney, now!
- Don't put things off because you are too busy because sometimes tomorrow doesn't come...
- Consciously focus on coping techniques when things don't go as planned



Thank you

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