



Our lives have been disrupted on so many levels by the pandemic, as well as the resultant changes that have been imposed upon us. In many cases the term 'disruption' is not a strong enough! Some people are experiencing trauma from the loss of more than one family member, close friend and/or colleague. This leaves a trail of devastation in one's life. People who are 'looking inward' report a sense of 'not being able to cope', excessive fatigue, a feeling of desperation, burnout and at times PTSD. In pursuit of survival, we vigilantly look for cures, concepts, mechanisms, mindsets, models / anything to help us!

Resilience and resiliency are terms, now used so frequently, that there's an assumption that we should all know **how to become more resilient**. In addition, there's another 'buzzword' doing the rounds: 'Antifragility', a terrific concept developed by polymath author, mathematician, and trade risk analyst Nassim Taleb. According to Taleb, businesses should be able to 'Milk uncertainty and exploit disorder'. To adapt to the new post-pandemic reality, brands and business should move beyond static resilience, toward embracing the antifragile mindset.

Let's put brands and businesses aside. Humans need more empowering language for personal growth and transformation. An 'Anti' approach to life is not necessarily positive or enabling. What we need is to be able to 'level up' with energy, dynamism and far more agility. We need a mindset of curiosity and openness to change, to navigate these turbulent, and volatile times. The overused term of resilience needs to be clarified and demystified. It is far more than the 'bouncing back' that people first think of. This is only 1/3 of the story. Being 'prepared' and 'bouncing forward with agility' are the other two essential parts, which 'sit' on either side of bouncing back!

In order to bounce forward with agility, and experience that 'level up' in our personal way of being and personal performance, we need to take into account that resiliency requires us understanding, revisiting and 're-setting' four tangible and interconnected dimensions of resilience in our life. These dimensions are: your Body, your Mind, your Emotions and your sense of Purpose (daily, monthly, and your 'North Star').

The end result is a **response ready resilient** mindset. This is the way we demystify resilience.

For each of the four dimensions there are capabilities that can be learned and seamlessly integrated into our daily lives. There are simple and actionable techniques that will enable us to live authentically with this **response ready resilient mindset**.

Keynote Speaker, Behavioural Strategist, and CEO of Resilient People, Joni Peddie has collaborated across continents to develop *Resilience Up*.



RESPONSE READY RESILIENCE

Address the 4 tangible dimensions,
in order to bounce forward with agility !



Body: Your physiology and how to increase energy? The seamless way to self-manage how you eat, sleep and move to feel vibrant and to be high performing.

Emotions: How to communicate compassionately towards yourself (inner dialogue) and others. In what way does an Amygdala Hijack affect you? How to be wired for 'empathy'?

Mind: How to apply critical thinking and be more focused. Optimism is something that can be learned and exercised... but how?
How to develop a Challenge mindset versus a Threat mindset!

Purpose: How to be intrinsically motivated? How to find daily and weekly purpose, as well as your 'North Star' in order to pursue your noble goals.

Joni Peddie: Short Biography

"Simplicity at the far side of complexity!" - Joni Peddie

Joni has been in the business of making resilient people since 2000. In that time she's presented her philosophy, *"To inspire actionable resilience for an optimal life"*, to more than 200 000 delegates on 2 750 stages.

Her philosophy is to provide pragmatic solutions to ensure sustainable behaviour shifts. Her body of work is backed by neuroscience, and delivered in a manner that focuses on 'actionable' resilience.

Credentials:

- Bachelor of Social Science Degree (Psychology, Economics and Marketing)
- Human Behaviourist, Executive and Team Performance Coach
- Author of 'The FAB Quotient: Experience resilience and fight fatigue'
- Association President of PSASA (Professional Speakers Association of Southern Africa): April 2020 - 2021
- Board member, and Steering Committee member of the GSF (Global Speaker Federation)
- Advanced Emotional Intelligence Practitioner and Preferred Partner (Six Seconds, International)
- The Enneagram Personality System Practitioner (USA, New York Institute)

Testimonials

I have worked with Joni Peddie for almost 15 years and in that time she has continued to impress me with her ability and passion to follow her purpose. Through her speaking engagements, mentoring, coaching and expertise in a range of content (FAB Quotient, Art of Communication, Media training Skills, Resilience and the Enneagram) she always has deep impact on her audiences. She is confident, energetic and more importantly interested and interesting which is precisely why her audiences love her. Joni inspires me!

Shireen Chengadu : CEO of Chengadu Advisory (Ltd) Pty

The Leaders on the 'Great Board Programme' had many good things to say. The one comment that seems to summarise your session with them is 'It hit hard and was a necessary experience for me. Joni is very frank and knowledgeable'. Joni, as always, your session had great impact and the guidance remained part of the discussions for the remainder of the programme. Thank you, Joni for continuing to serve these leaders to do better for themselves and hopefully as a ripple on effect, to do better for South Africa.

Phyllis Byars : L&D Head of The Bain Academy Trust

Joni Peddie is an exceptional leadership coach with extraordinary insight into the personalities within leadership teams and how that plays out. She's steeped in more than 30 years of Emotional Intelligence work and it shows on every level. She did incredibly insightful coaching processes on a few different occasions in our company and they were game-changers for the leadership team. She continues to guide our evolution and we cannot recommend her highly enough. South Africa is honoured to have a person of Joni's calibre reside here - a global thought leader and visionary on resilience and EQ.

Ali Weihe – Joint CEO and Co-Founder of the business : Creative Stone

Watch Joni in action - <https://youtu.be/GsAeIUOjq24> ; <https://youtu.be/YHbeg-8szfQ>;
<https://youtu.be/vJVpKXmNbcU>; <https://youtu.be/f0t0DmeuIn4>; <https://youtu.be/bg3N0V2vTxU>

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