

ACC Bridge Chats – Resilient Professionals

Link: <https://www.youtube.com/watch?v=NWH8N-BvhAw>
(Time: 16:20)

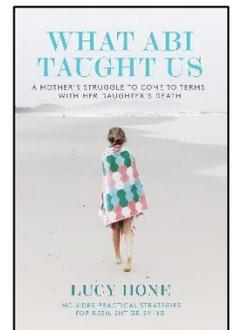
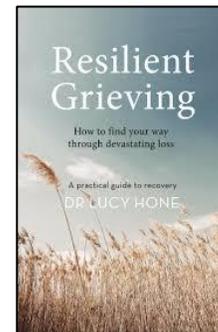
Introducing: Dr. Lucy Hone (1wildandpreciouslife.com)

A pioneer in fusing positive psychology and bereavement research, Dr. Lucy Hone is a resilience expert who found her calling by supporting people through recovery following the Christchurch earthquake in 2011. Lucy received her master's degree in applied positive psychology from the University of Pennsylvania and earned her PhD in public health at AUT University in Auckland. She serves as the director of the New Zealand Institute of Well-Being & Resilience, is a best-selling author, and active contributor to Psychology Today, the Sunday Star Times, and Next magazine. Her featured TED talk is titled *The Three Secrets of Resilient People*.



Synopsis

In this powerful and courageous talk, Dr. Lucy Hone offers profound insights on human suffering and shares three strategies that got her through an unimaginable tragedy: In 2014, her 12-year-old daughter was killed in a car accident. Through resilient grieving, she found a proactive way to move through her grief, and embrace life again.



Facilitator Questions

- (1) Do you think resilience can be learned?
- (2) Why is it important to have the ability to recover quickly from difficult circumstances?
- (3) What actions have you taken or have seen other people take to turn around a negative mindset?
- (4) How do you think social media impacts a person's perspective on life and his/her resiliency?
- (5) What are some *unhealthy* coping mechanisms you've seen people use when faced with adversity?
- (6) What is your preferred way to support friends and family who are going through difficulties?
- (7) How do you model resilience and encourage it in others?

Rules of Engagement: (1) **Keep discussions professional and on topic.** (2) **Remember we're all on the same team.** The goal of the conversation isn't for one person to be proven right or to "win" the argument. We're here to have conversations and learn from one another. (3) **Avoid making it personal.** Avoid name-calling, personal attacks, or questions like "How could you believe that?" Assume that everyone's intentions are good. (4) **Practice intellectual humility.** Respect everyone's viewpoints, and be open to changing your mind when necessary. (5) Above all else... **Demonstrate respect for human dignity!**