

vuselela Davis 

# Building Resilience through Trust and Hope

Colleen Davis

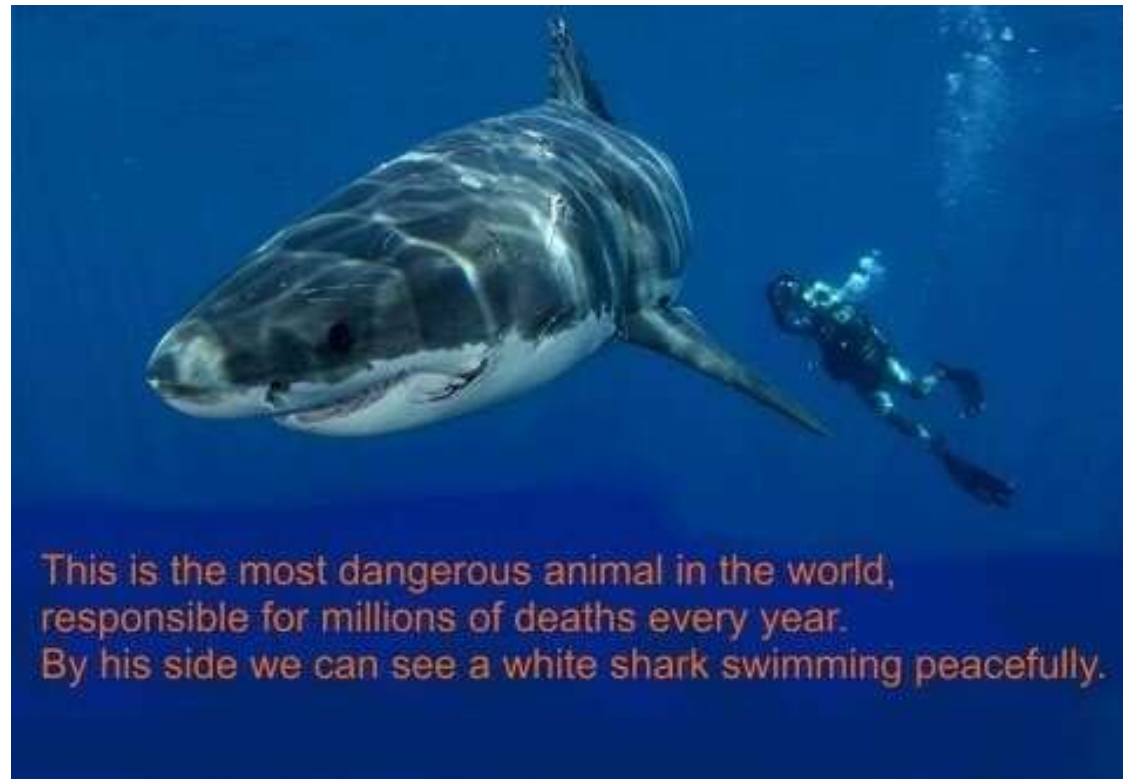
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# What is...



<http://ajinafrica.blogspot.com/2011/04/clinic.html>

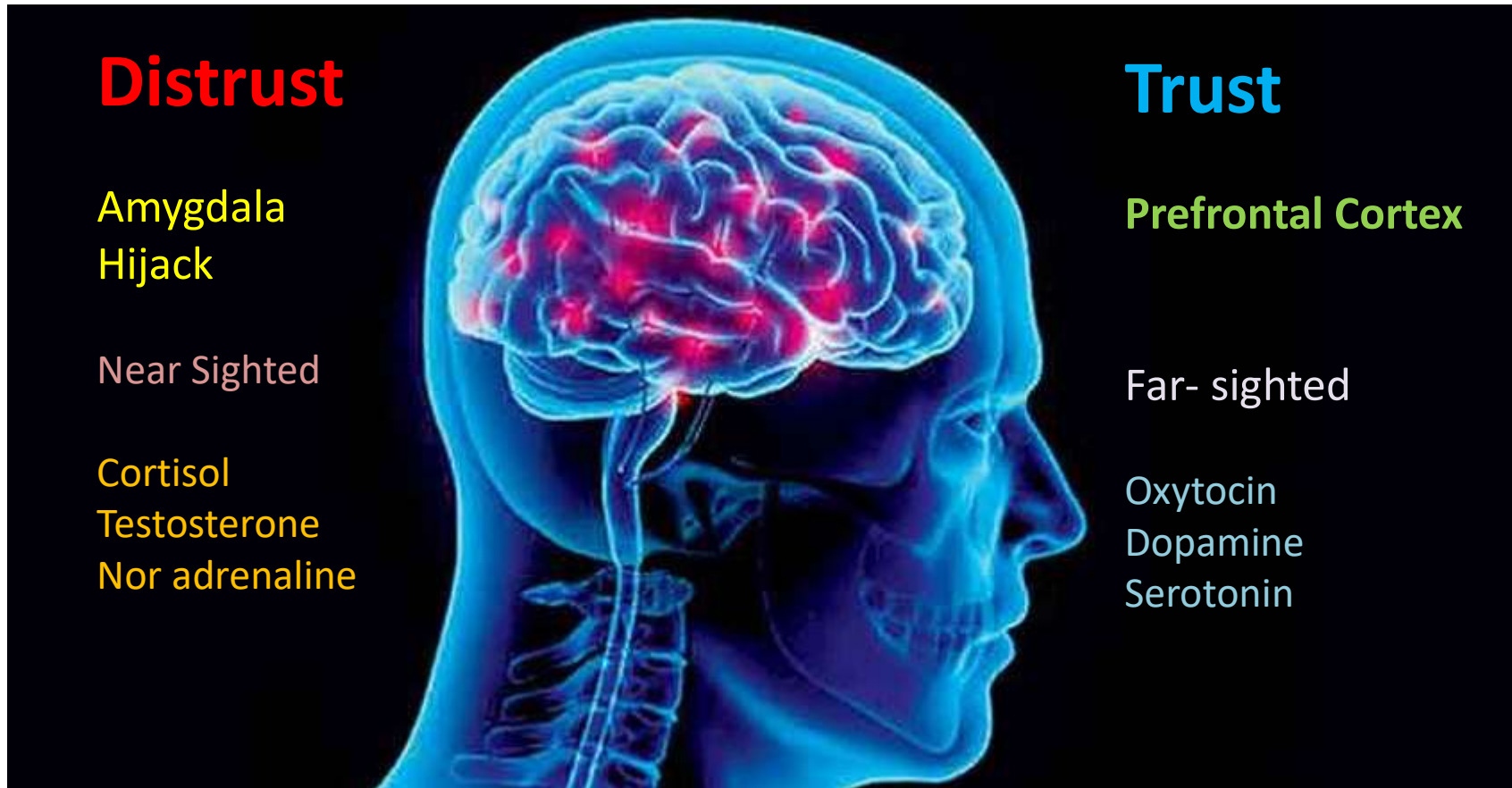
# Rules when swimming with sharks



[https://twitter.com/sharkfacts\\_/status/306138537768669185](https://twitter.com/sharkfacts_/status/306138537768669185)

1. Any unknown colleague is a shark until proven otherwise
2. Don't bleed – it attracts more sharks
3. Get out of the water if someone else is bleeding
4. Counter aggression with more aggression

# Cost of Toxic Environment



# Burnout

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## Erosion of the human soul

Burnout

**Burnout**

**or**

**Post Traumatic Stress  
Disorder?**

# Burnout

- Causes:
  - Resources
  - Environmental stress
  - Human pain
  - Leadership



[https://greatergood.berkeley.edu/article/item/can\\_empathy\\_protect\\_you\\_from\\_burnout](https://greatergood.berkeley.edu/article/item/can_empathy_protect_you_from_burnout)

- Low personal accomplishment
- Emotional Exhaustion
- Depersonalizing/cynical

# Why Burnout Matters

- *Feeling exhausted, depressed and/or irritable is not normal...*

- 2019 Medscape: 44%
- 2018 Webmed:
  - 1 suicide/day (US)

- Nurses?

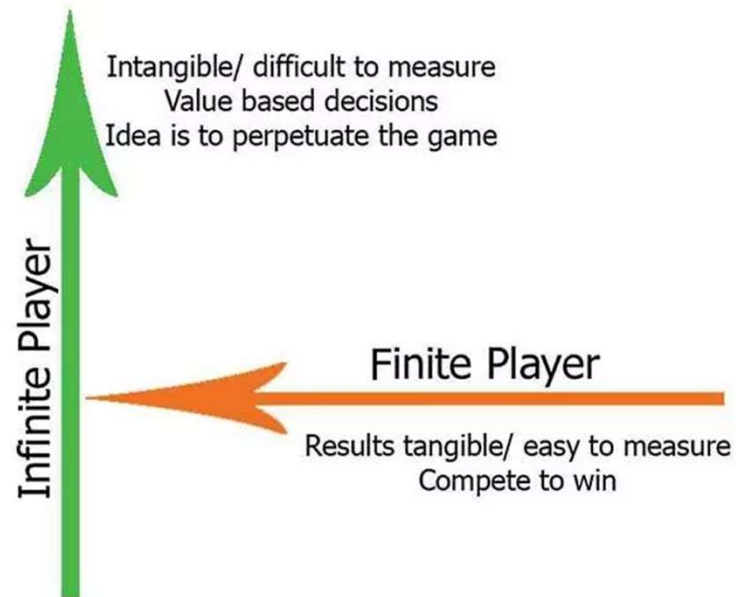
Professor Bongani Mayosi



<https://www.timeslive.co.za/news/south-africa/2018-07-30-why-so-many-of-sas-doctors-are-killing-themselves/>

# Be an Infinite Game Player

## GAME BETWEEN FINITE & INFINITE PLAYERS



Source: Derived from Simon Sinek's Google Talk

<https://tonytam.org/2018/04/04/finite-vs-infinite-games/>

# Leadership Matters



<http://www.contactskills.com/21st-century-leadership-skills.html>

# Grow and Learn

- Brené Brown – Dare to Lead
- Simon Sinek
  - Leader leads leaders
  - Finite versus infinite game
- Judith Glaser
  - Conversational Intelligence

# What if?



<https://africanarguments.org/2013/11/18/in-africa-does-democracy-improve-your-health-by-eleanor-whitehead-and-zoe-flood/>

# Imagine

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# Building Resilience

**Trust**

**Hope**

**Purpose**

**Self Care**

# What we can do about it

- Be kind to yourself
  - Need to be heard
  - Getting help is a strength
  - Find a coach or mentor



<https://safety4sea.com/building-professional-resilience-a-quick-guide/>

# Getting Help

## Executive Coaching/ Facilitation:

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Colleen Davis

0828866913

## Stress Less Clinic:

Sean Waters

0837832949

## Keeping Compassion Alive:

Suzanne Mackay

0845996040

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Thank you