



*Workplaces that embrace  
change and innovation  
achieve a 39% greater  
increase in productivity*

*88% of all innovation drives,  
restructures, realignments,  
behaviour change programs  
fail to reach their targets*

*In 70% of organisations  
“fear of change”  
blocks innovation*

*The biggest gift you can give yourself and the biggest competitive advantage for you and your workplace over the next 2-5 years will be building you and your team's ability to constantly adapt and work together through continual change & upheaval*

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*“Depleted”*







A blue-tinted photograph of a forest floor. In the foreground, there is a pile of wood chips or mulch. A young green plant with several leaves is growing out of this pile. In the background, there are several dark, vertical tree trunks and branches, some of which appear to be dead or dormant. The overall scene suggests a natural environment where new life is emerging from a state of dormancy or decay.

# *Resilience*

*50%*

*10%*

*40%*

*There are psychologically proven strategies that ANYONE can learn to improve that 40%. You truly can learn to reduce stress, maintain focus and increase productivity through **WHATEVER** life throws at you.*









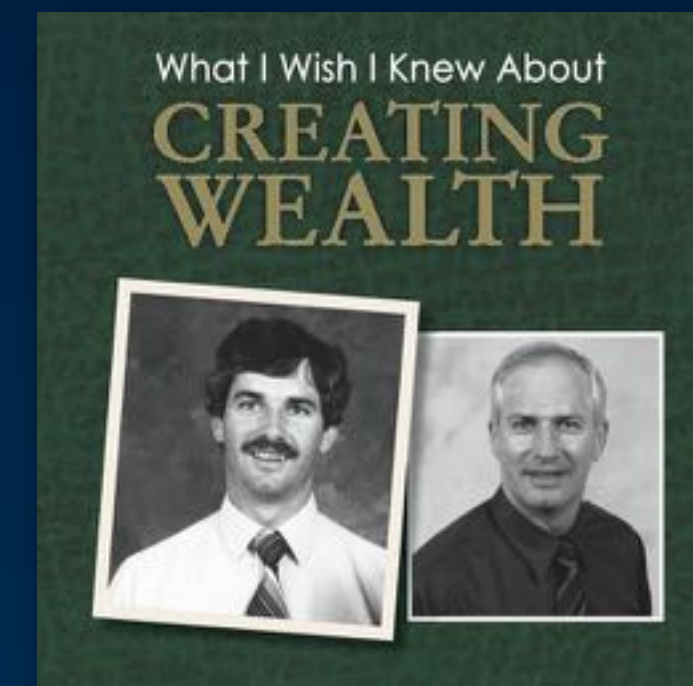
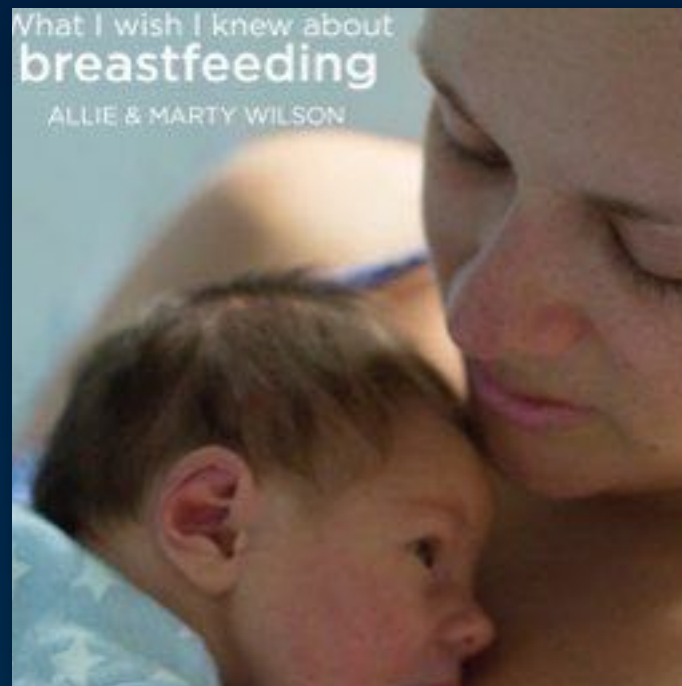
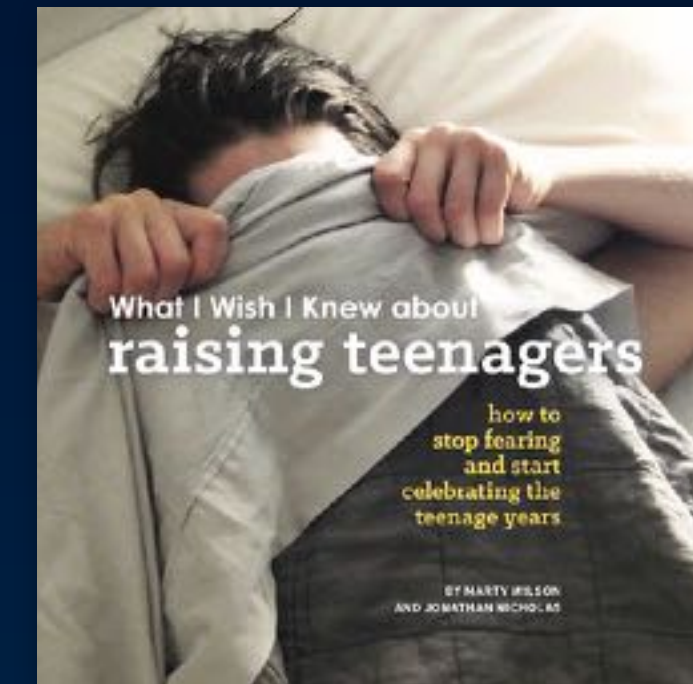
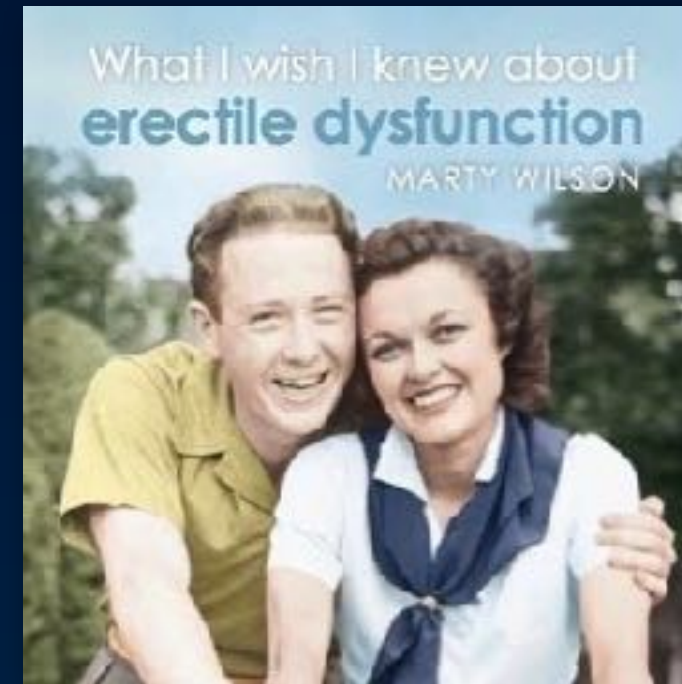
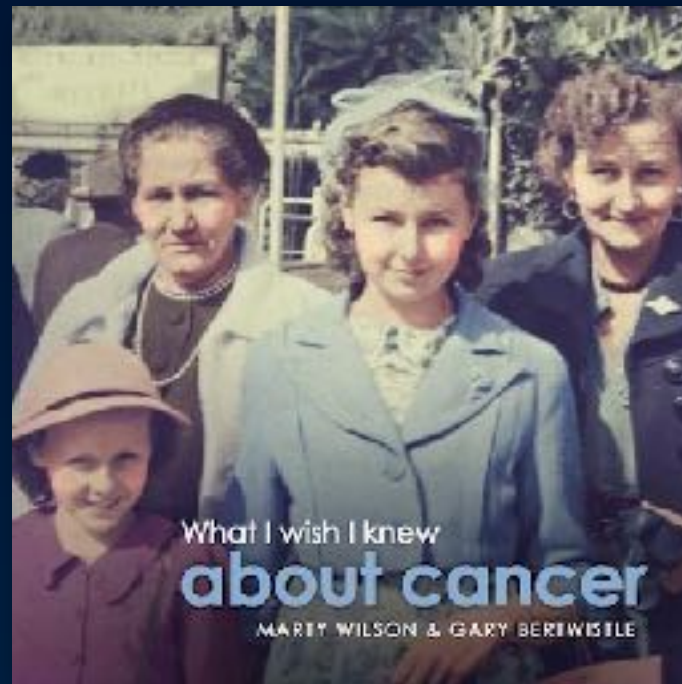


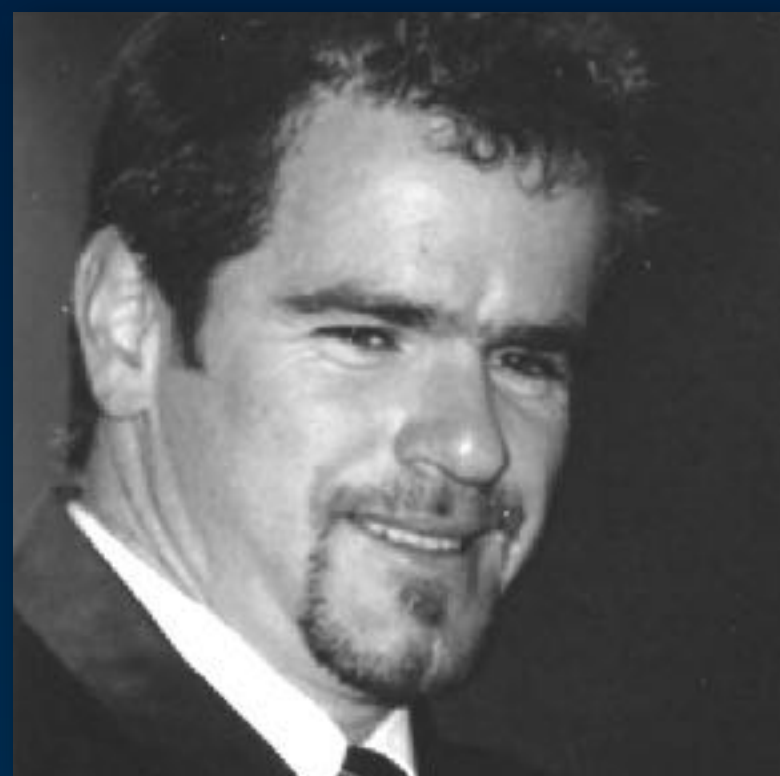
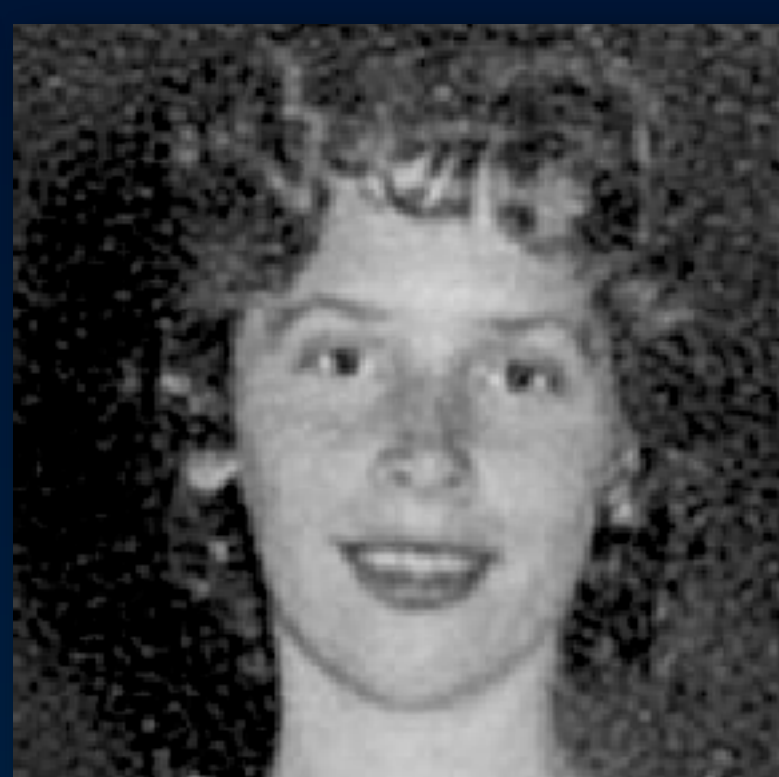
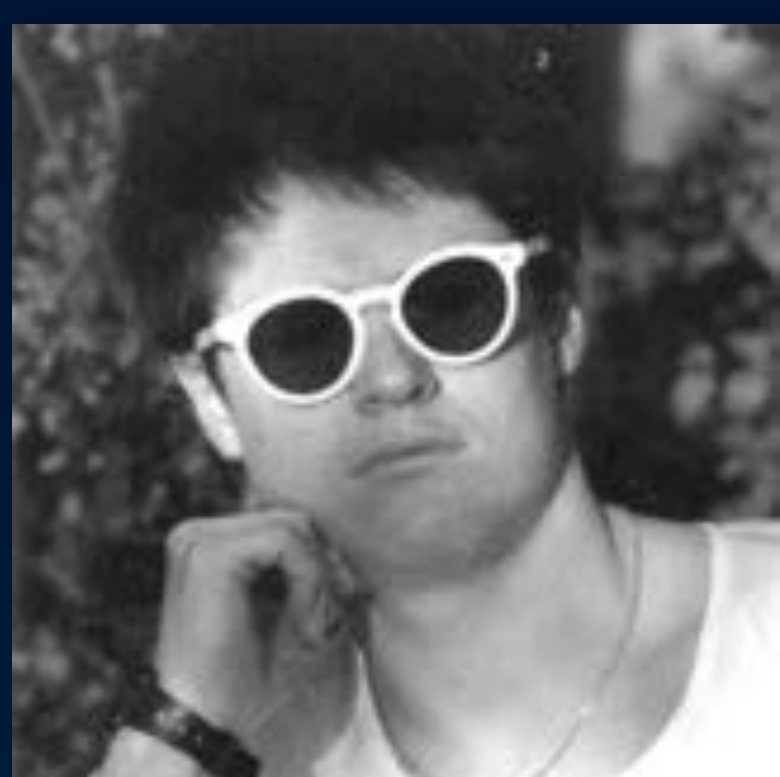
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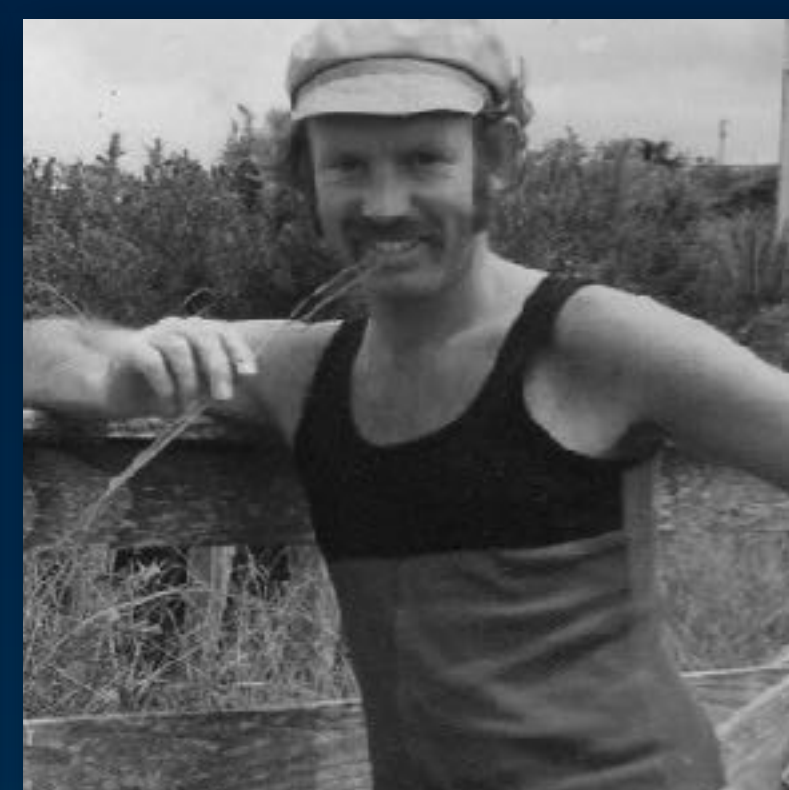
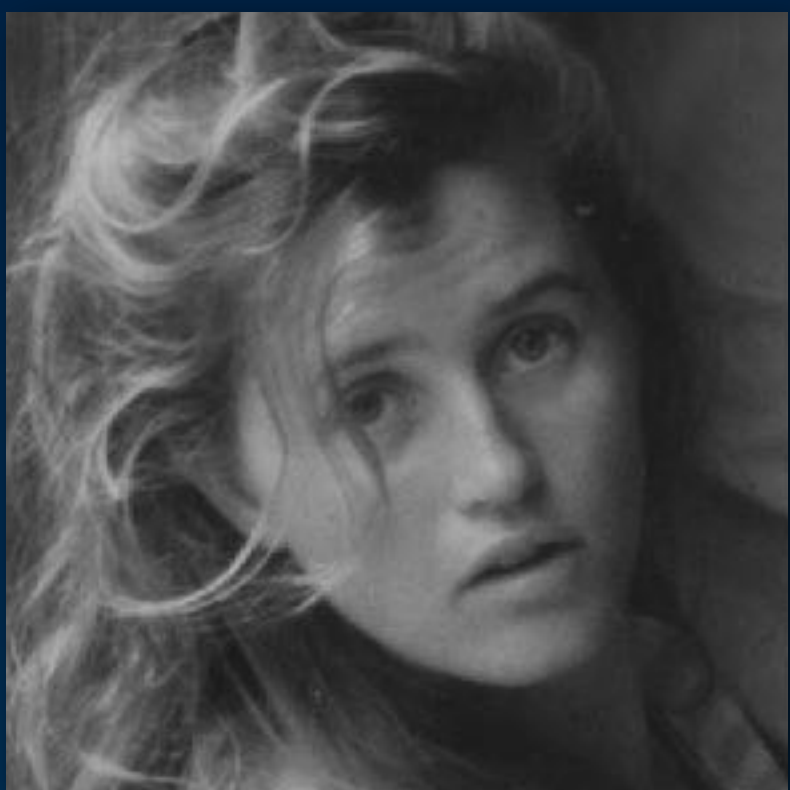
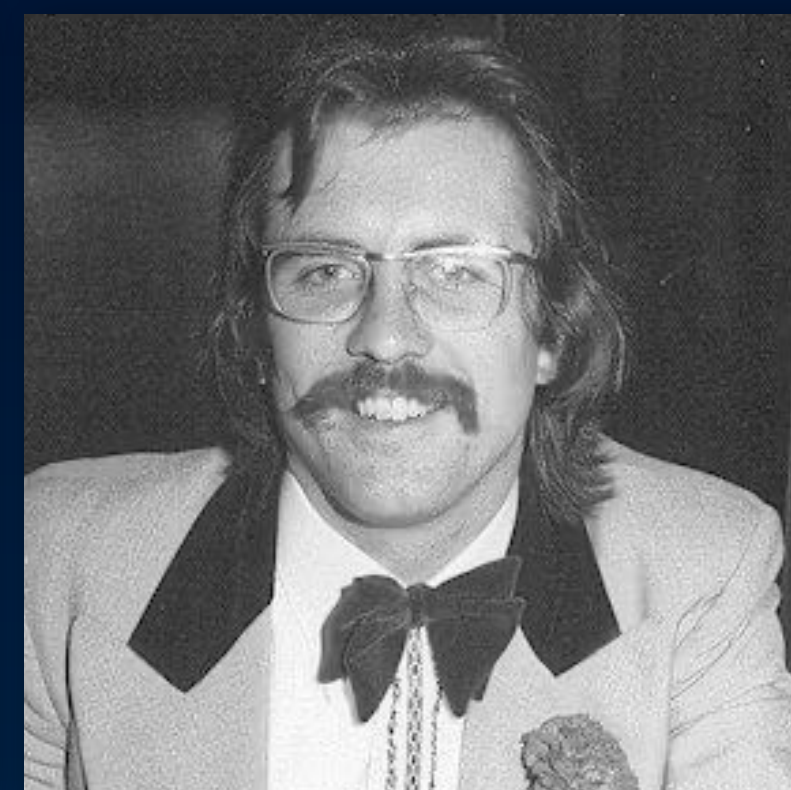
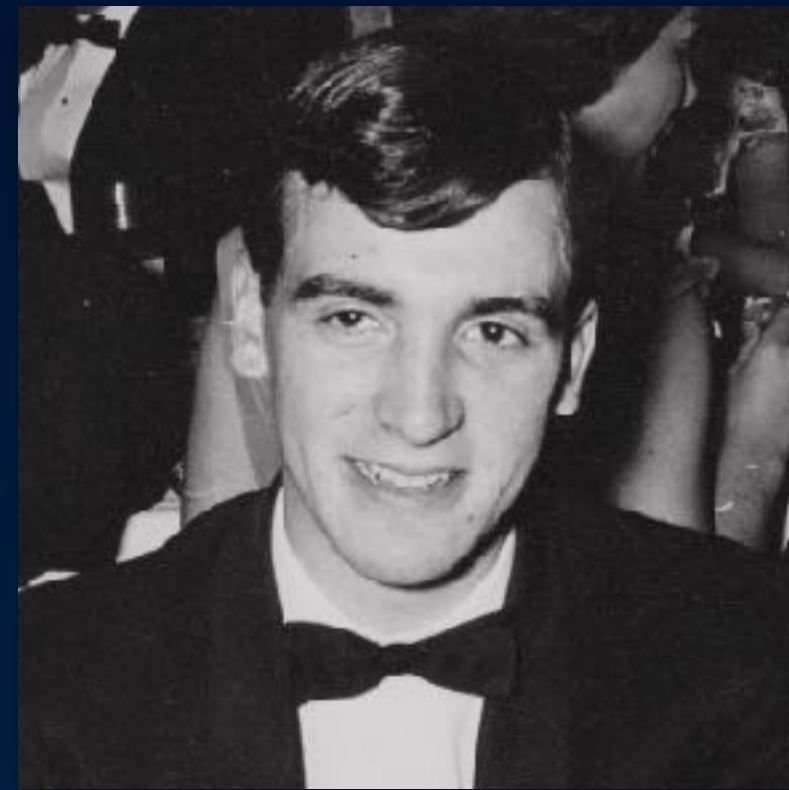
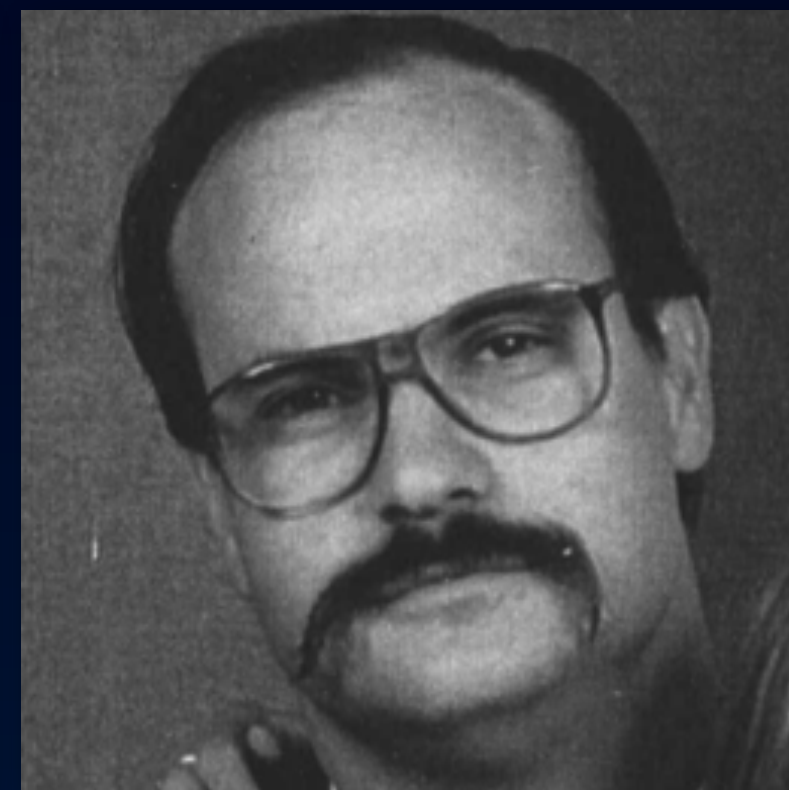
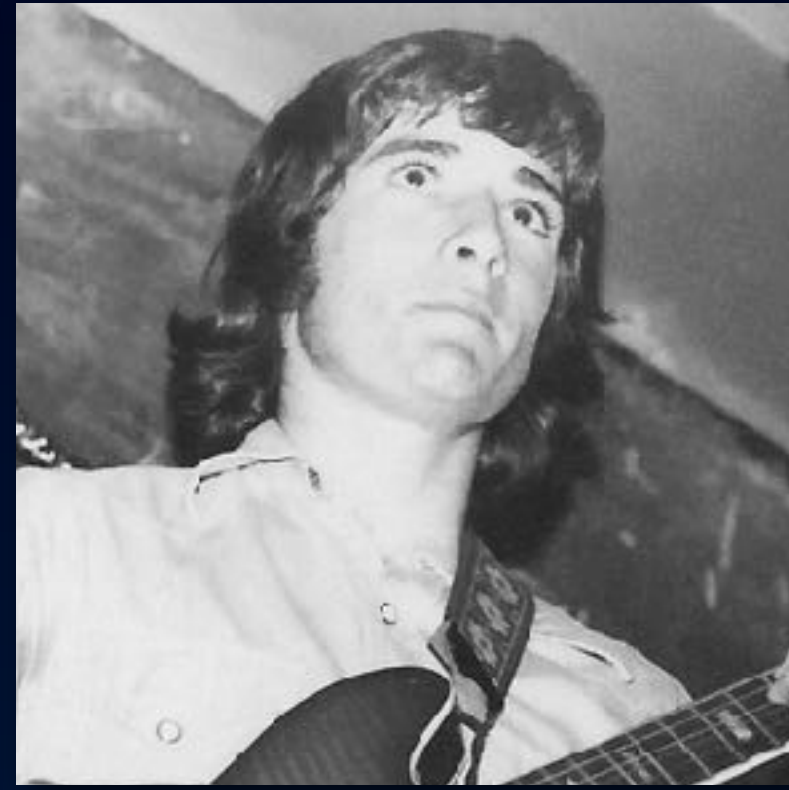


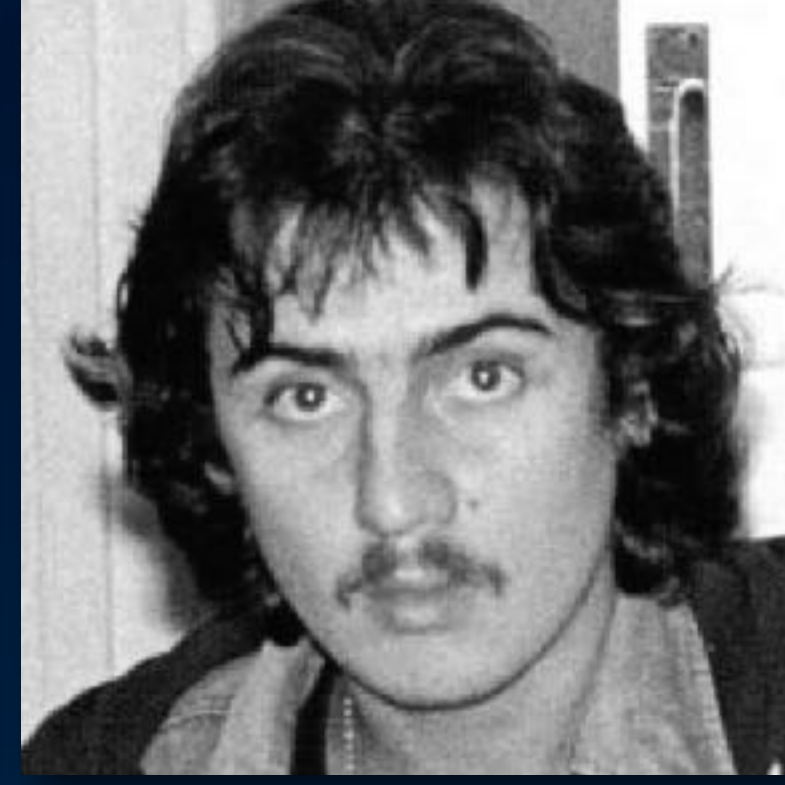
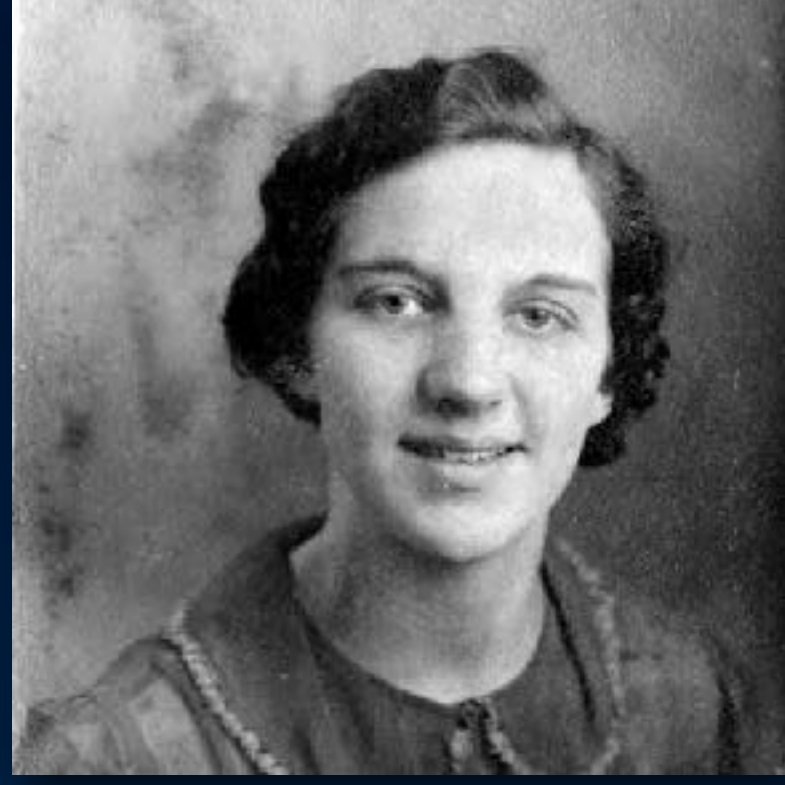
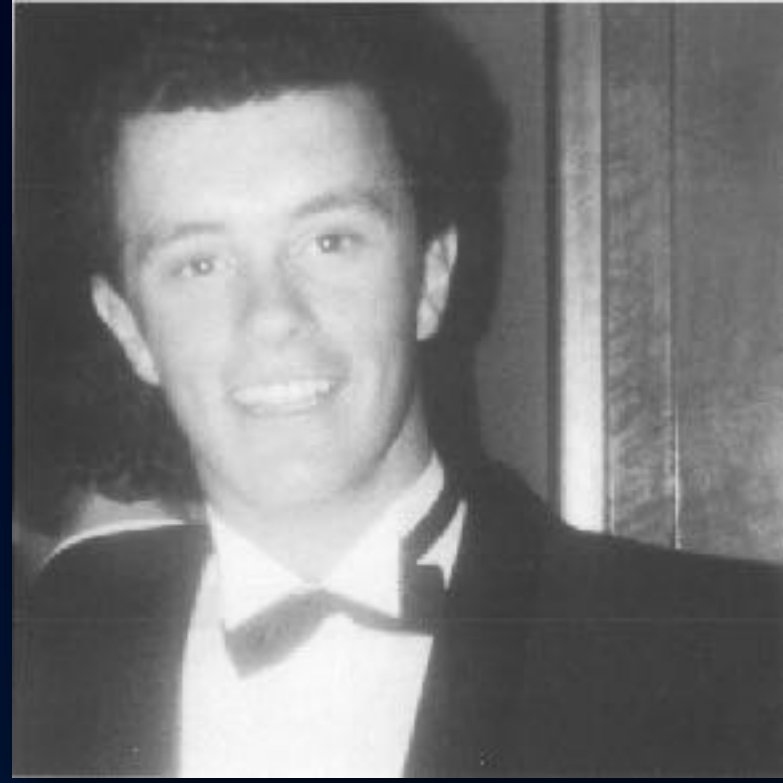
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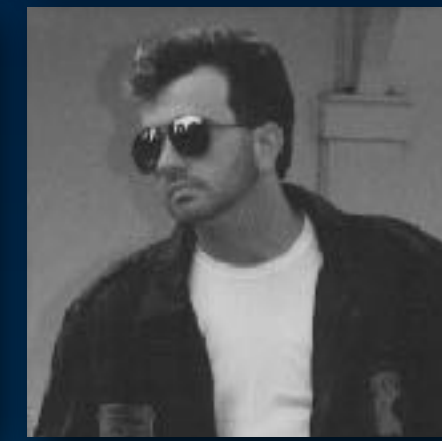
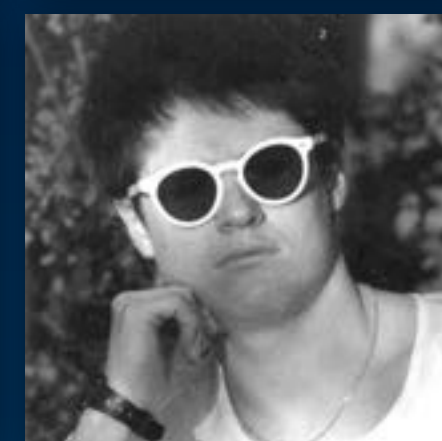
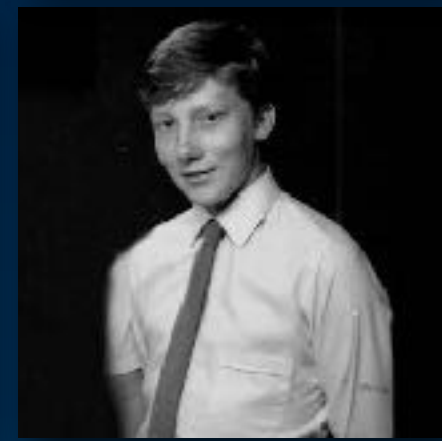
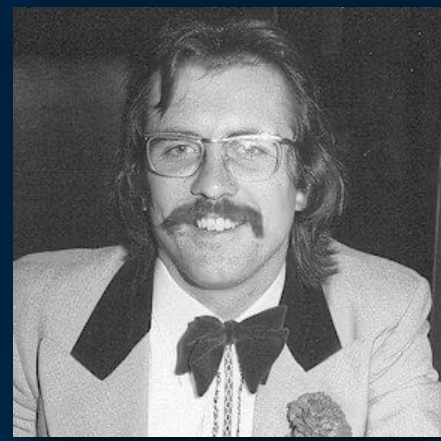
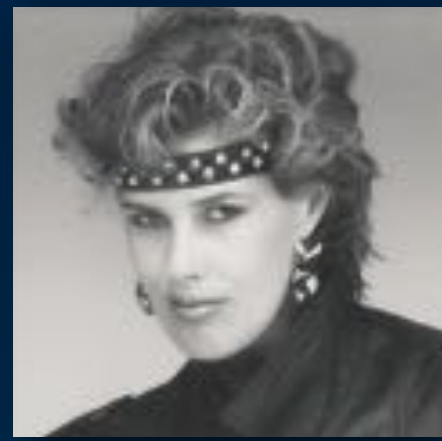
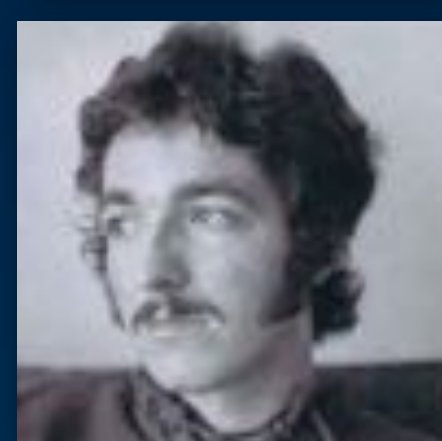
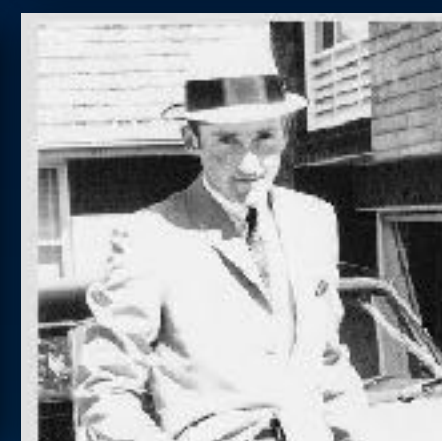
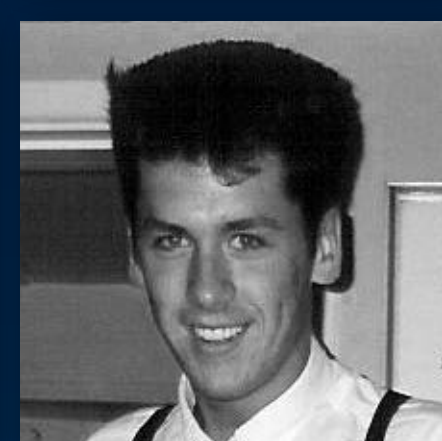
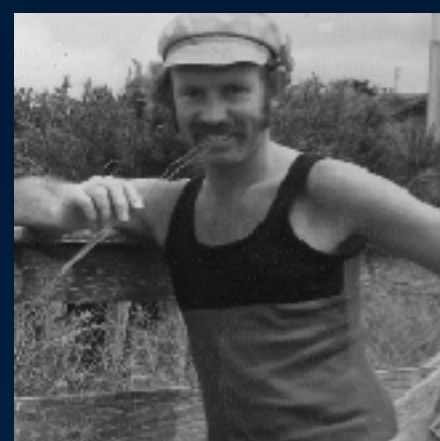
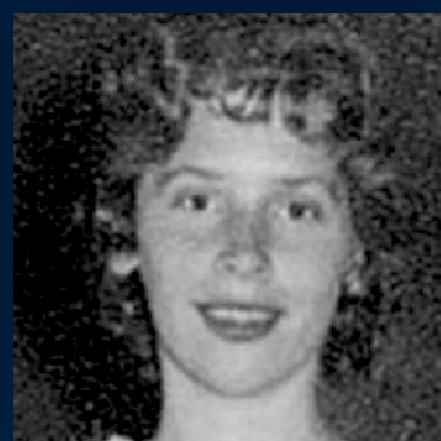
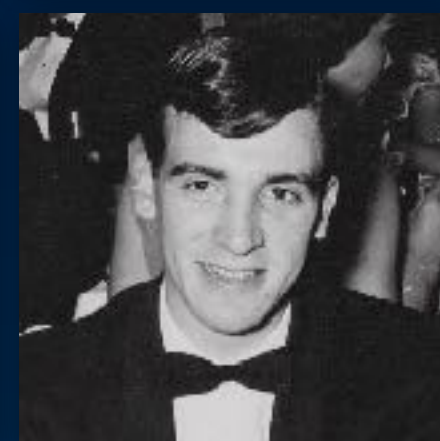
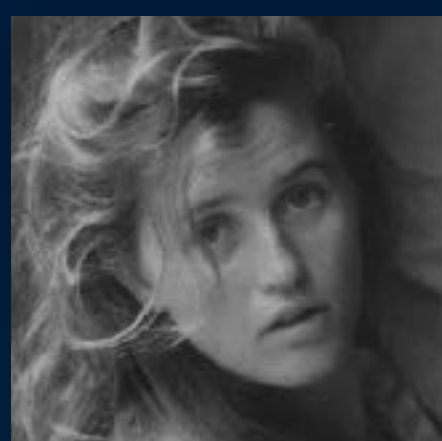
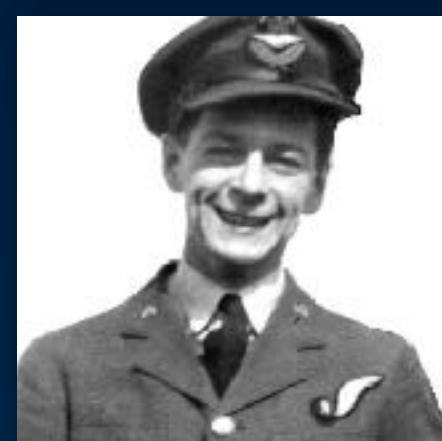
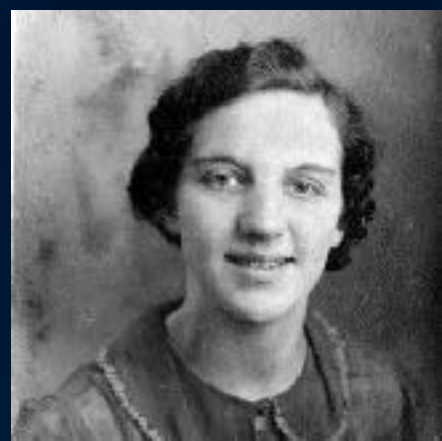
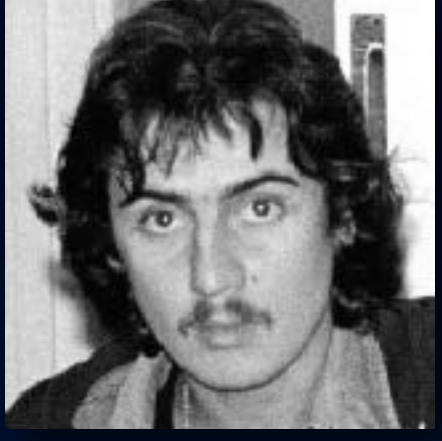
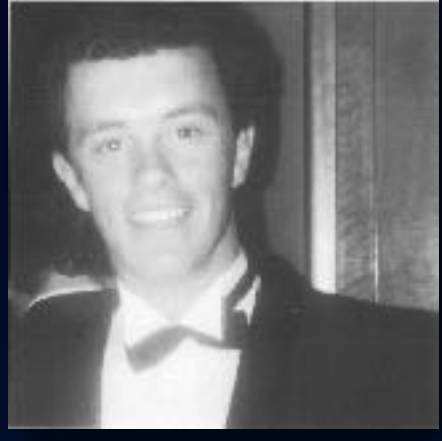
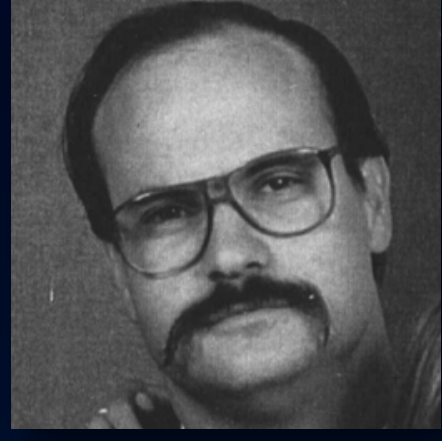
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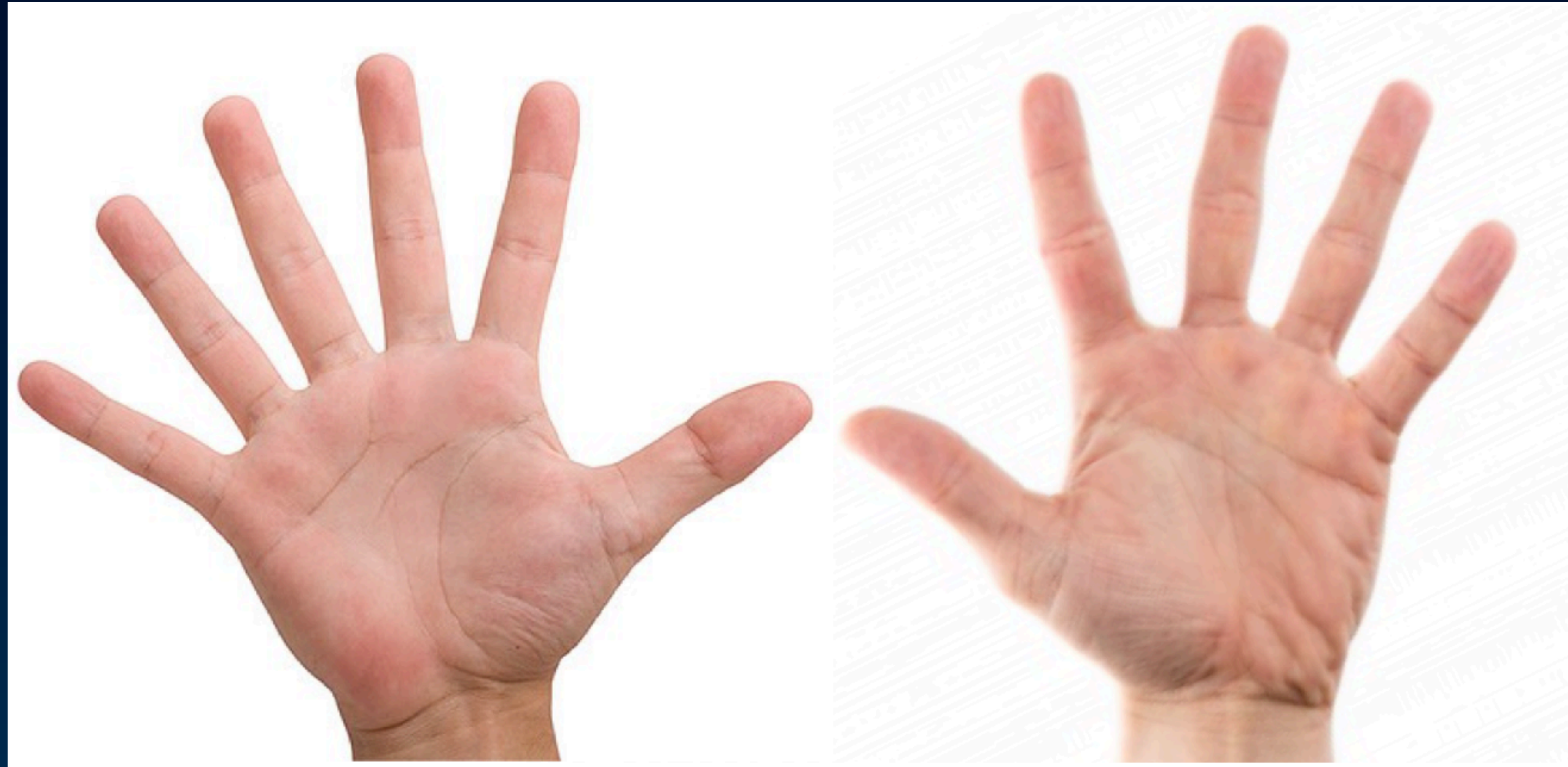








# Eleven Themes Kept Coming Up



*Do Life Well*

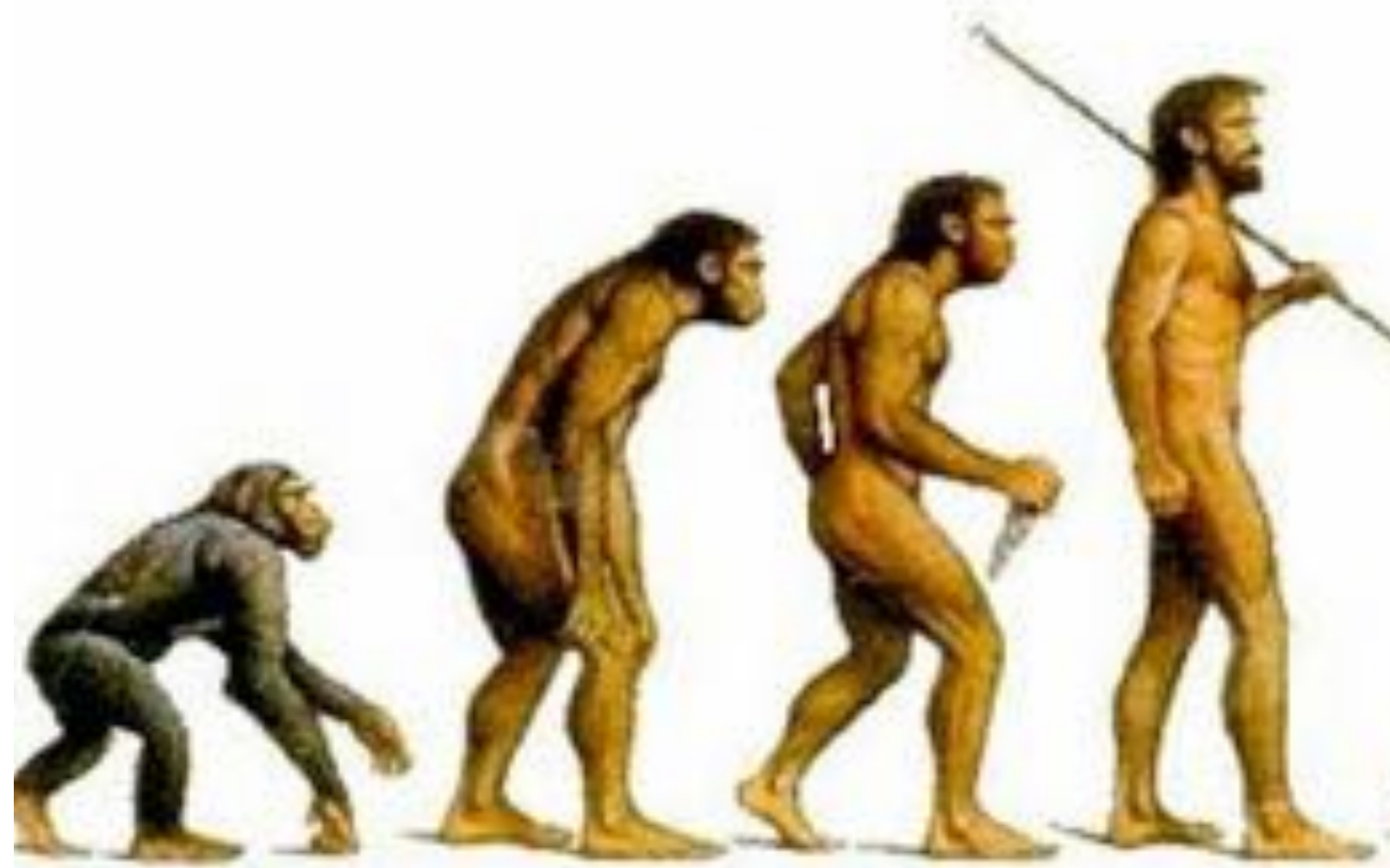


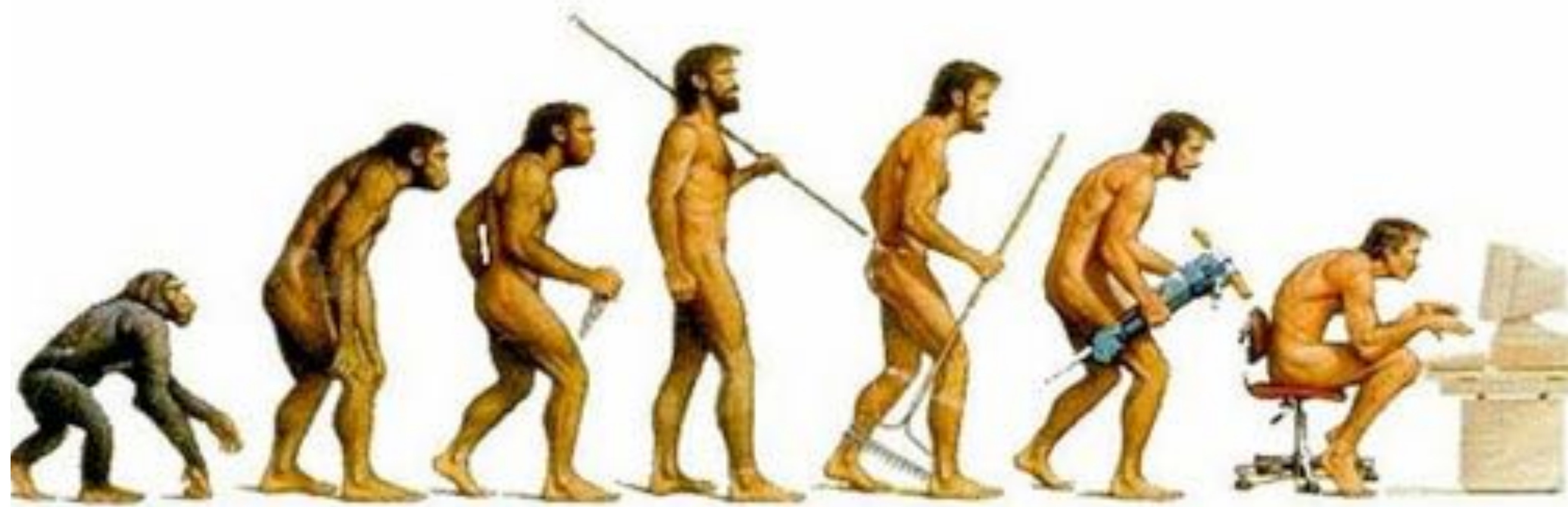
# *Do Pain Well*

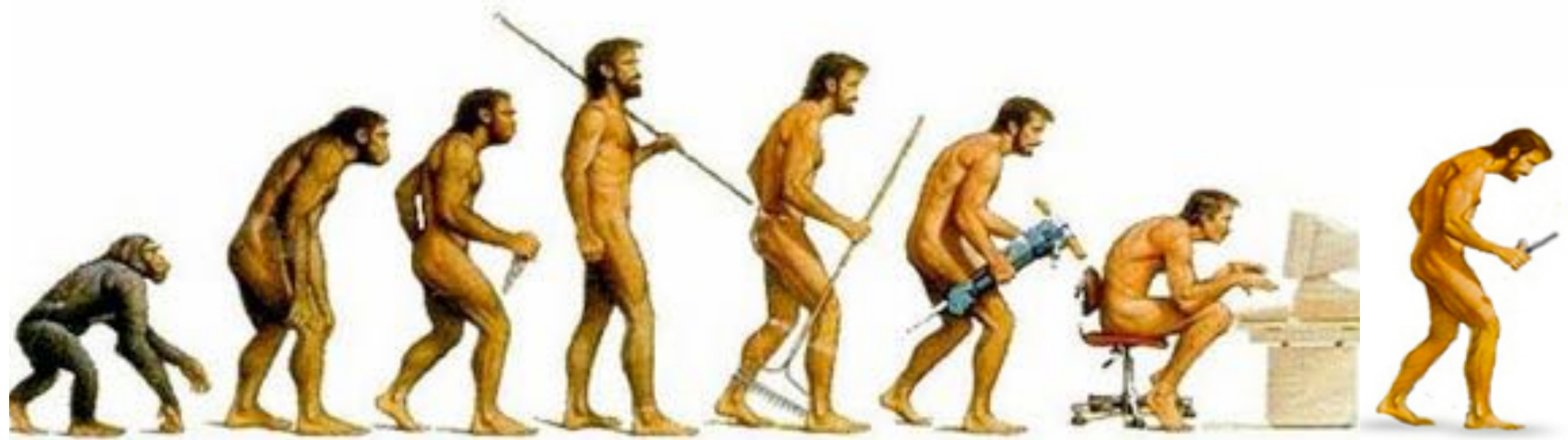


*Do Change Well*







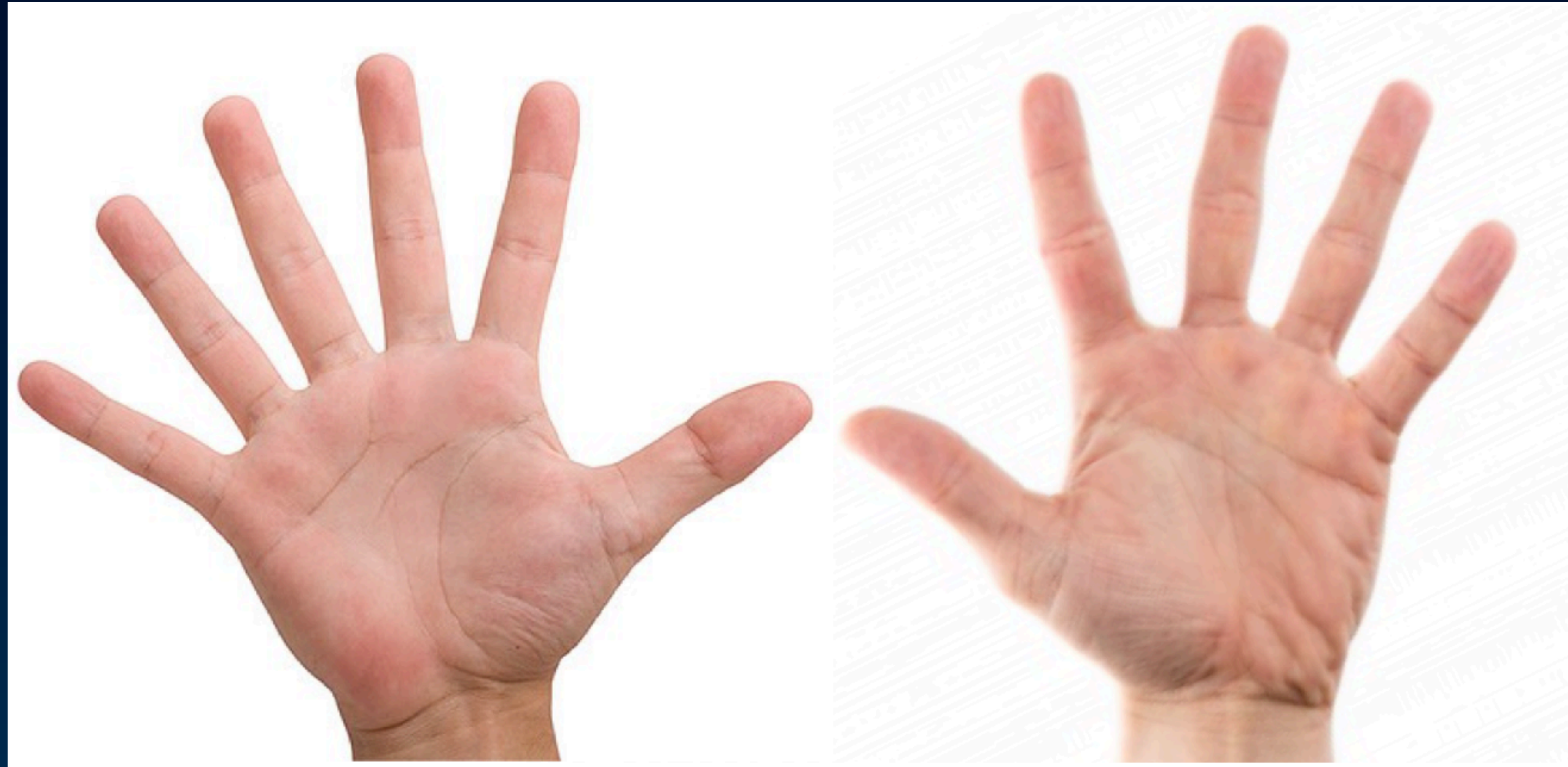






*#Fear Less*

# Eleven Themes Kept Coming Up



# #1: *Life Is Change*



# *Oxford English Dictionary*

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life |lʌɪf| noun

1. the condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and continual change preceding death.

# Oxford English Dictionary

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life |laɪf| noun

1. the condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and **continual change** preceding death.

*LIFE IS CHANGE*

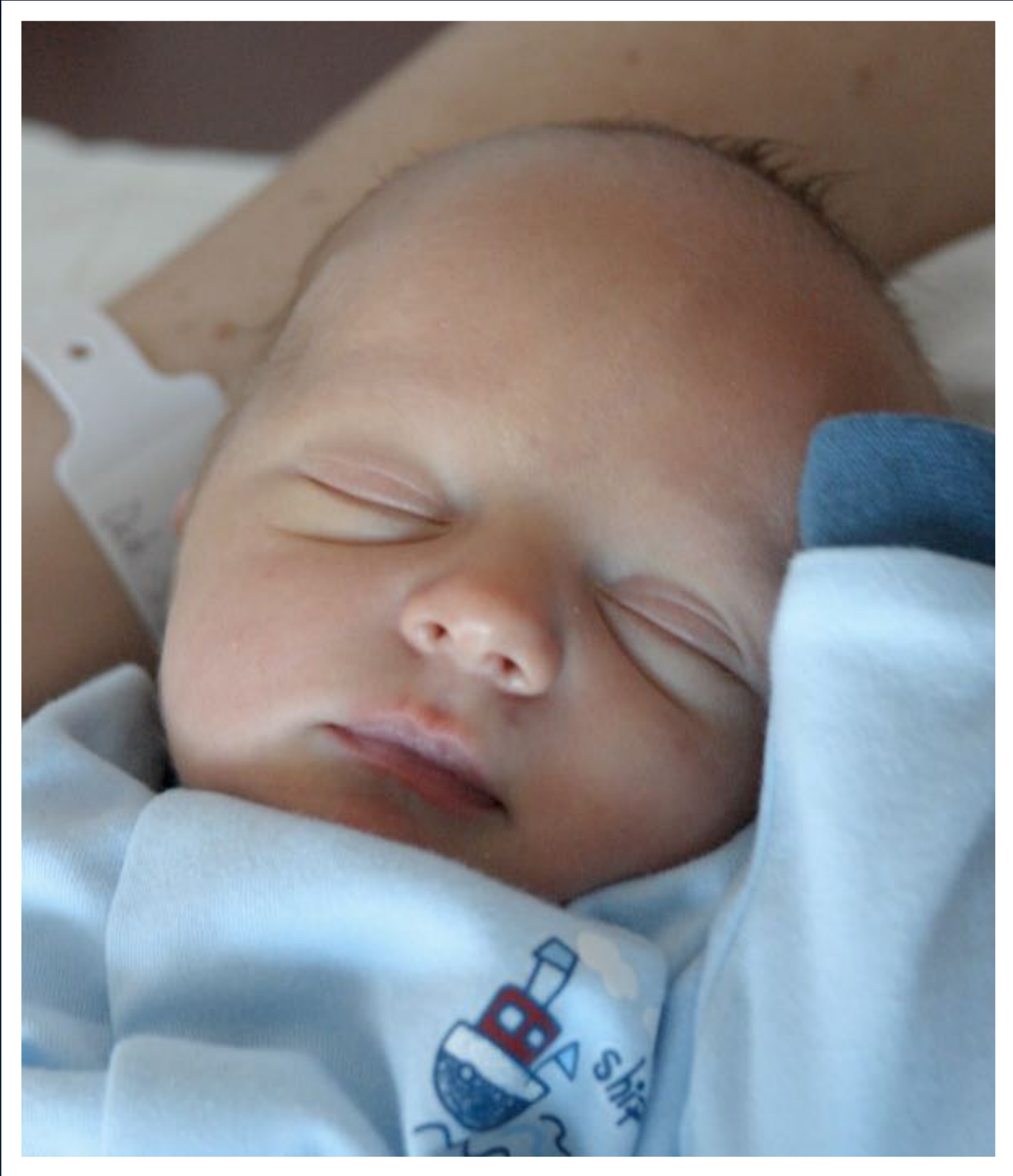


*WHEN YOU REFUSE TO CHANGE,  
YOU DON'T HOLD ON TO THE PAST,  
YOU JUST LOSE THE FUTURE*

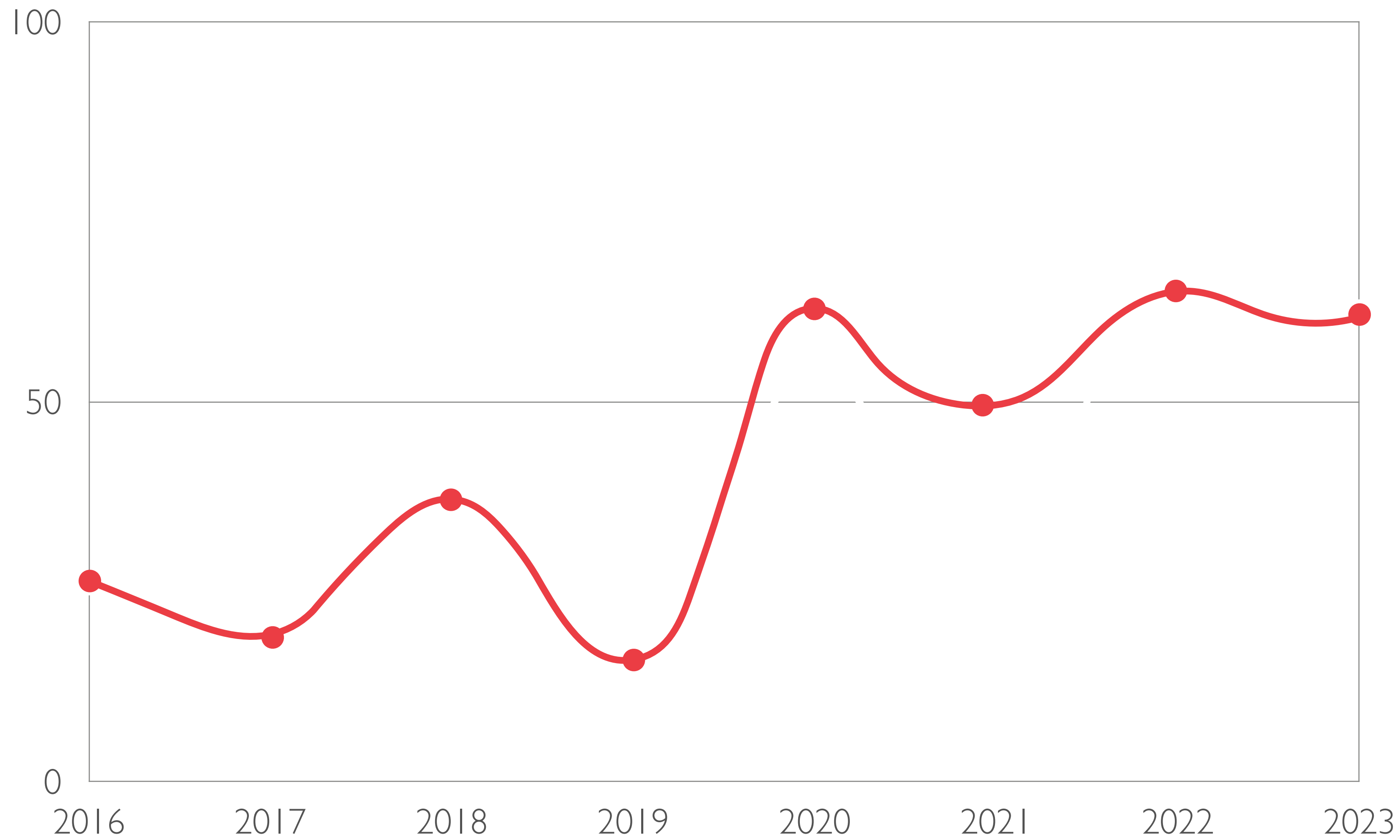




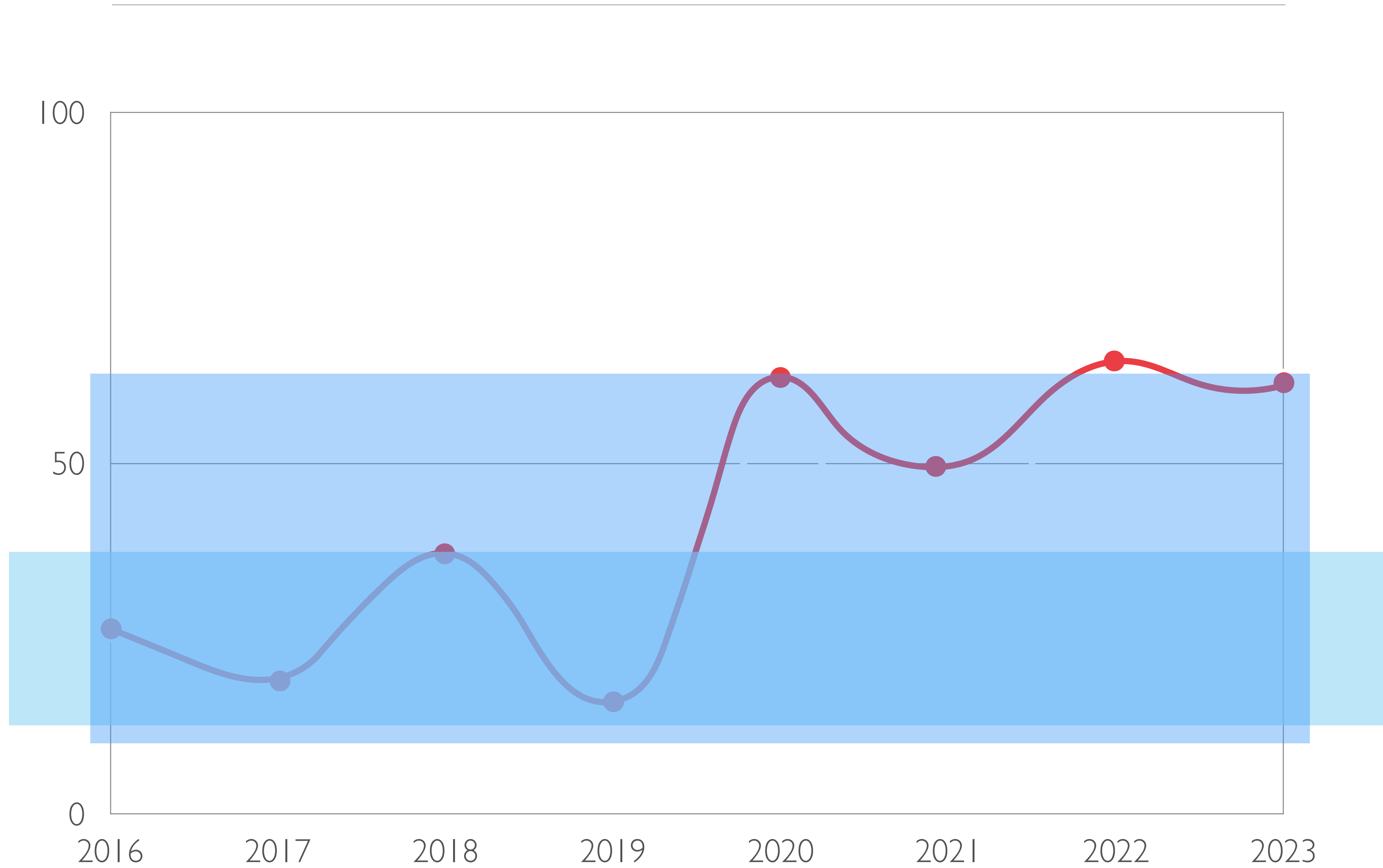




# CHANGE PER YEAR



# SIDESWIPES PER YEAR



# #2: *Accept There Will Be Tough Times*



# NAOMI SIMSON

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We work in this whole “nice” world where you go to a child’s party and every kid gets a prize or they get upset. We all need to understand that life isn’t fair.

This is important: Life... is... not... fair.

There ARE tough times, so learn the lesson and move on.

# #2: *“Thank the A-Holes”*

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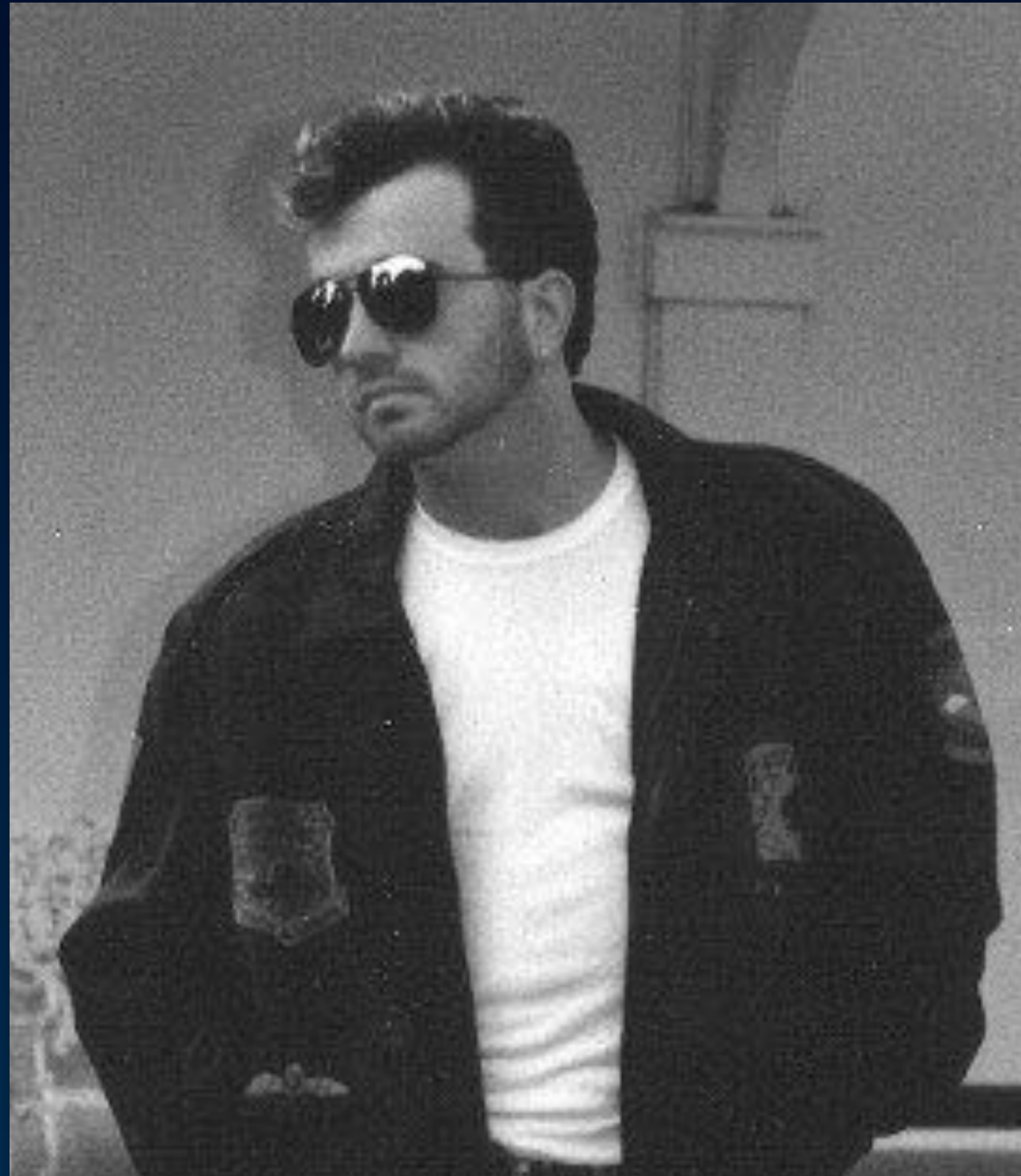


TEAM

THERE IT IS  
THE 'I' IN TEAM.  
HIDDEN IN THE 'A' HOLE.

# *What Do You Wish You Knew?*

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*When was there a time in your life when you thought your whole world was caving in, but it actually ended up showing you how tough you really are, or even wound up being the best thing that could have happened?*

# ALLIE WILSON

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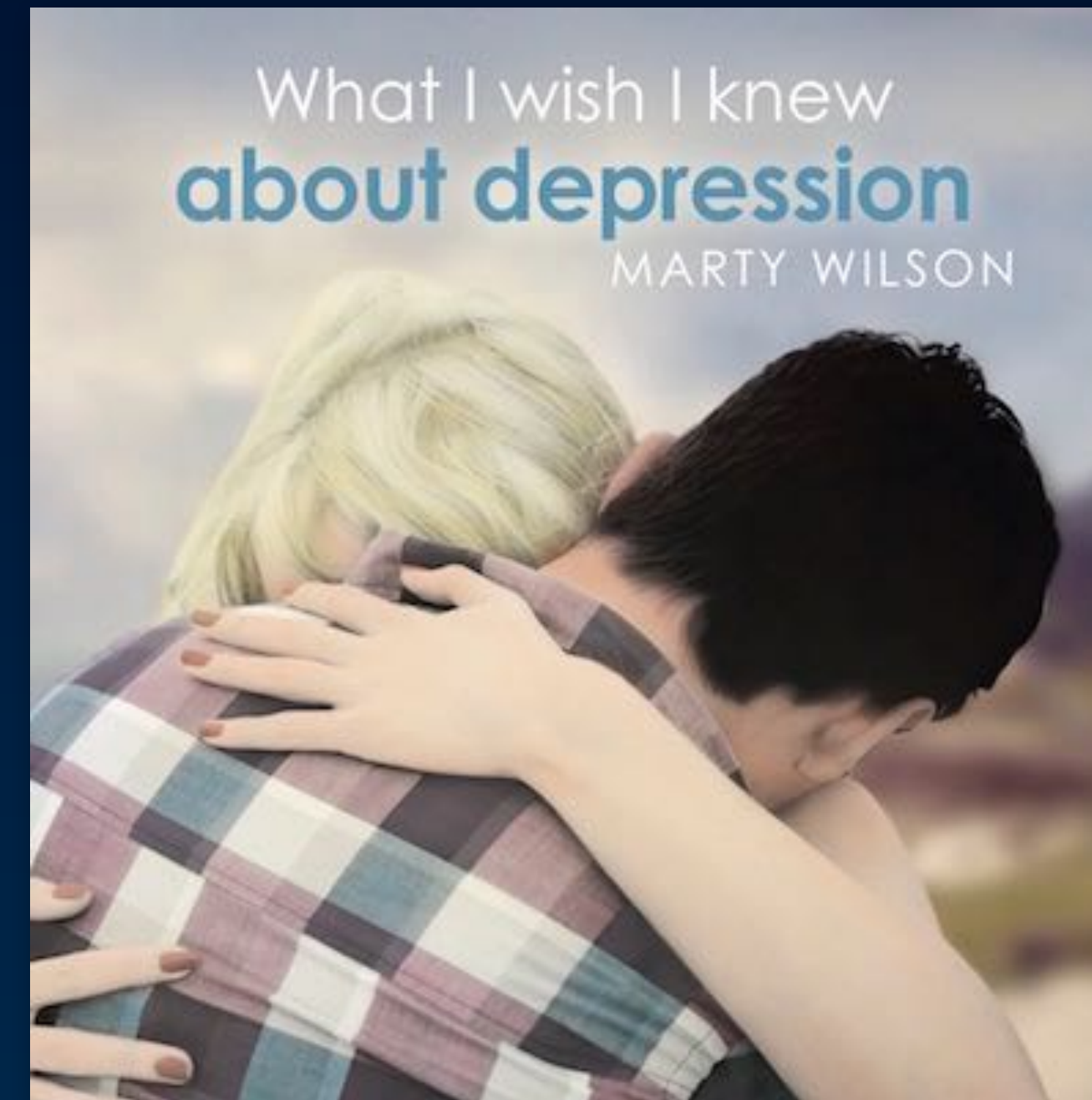
# ALLIE WILSON

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# ALLIE WILSON

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[martinwilson.com/thankyousbmaq](http://martinwilson.com/thankyousbmaq)

# ALLIE WILSON

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When I told my psychologist I was very low, the most helpful thing she said was: “Look at what you’ve gone through, **OF COURSE** you’re feeling down.”

Being given permission to be struggling was actually very empowering.

# ALLIE WILSON

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Showing compassion towards my negative feelings and fears has greatly helped. As has self-hypnosis, meditation, and even just admitting to friends that I have depression and I'm learning to live with it instead of holding it inside and telling myself I'm weak.

Now I've reached the point that I'm actually grateful for the lessons my depression is teaching me.

# ALLIE WILSON

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*“Is there anything I can do that at least  
wouldn’t make things worse?”*



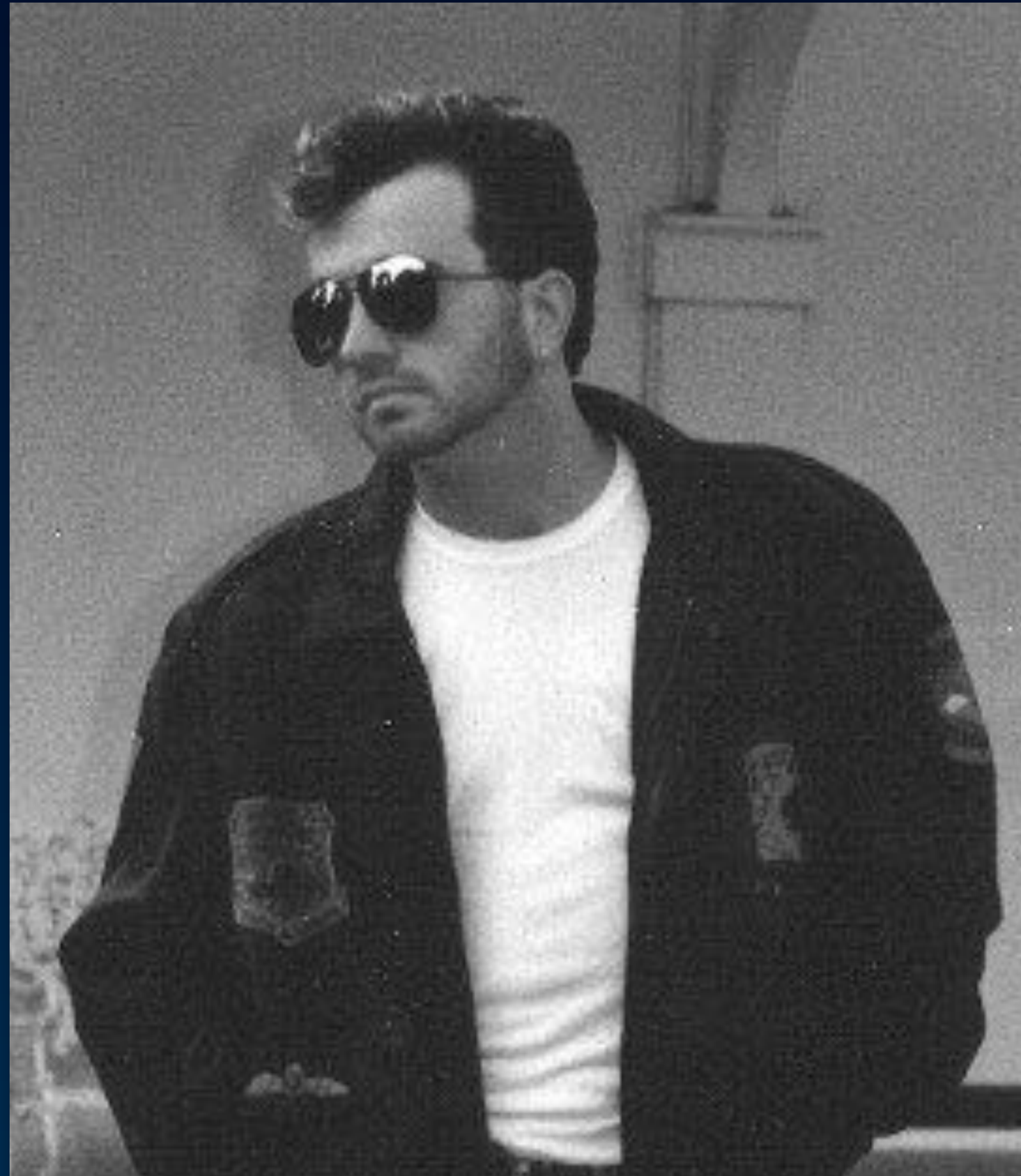
*When was there a time in your life when you thought your whole world was caving in, but it actually ended up showing you how tough you really are, or even wound up being the best thing that could have happened?*

*What did you learn through that earlier tough time that can serve you now?*



# *What Do You Wish You Knew?*

---



***“Your only problem  
is you think you  
shouldn’t have problems”***

*(Marty Wilson’s Annoyingly Wise Grandfather, Donnie Sinclair)*



*What's the best novel you've ever read,  
most inspiring biography you've ever heard,  
most exciting movie you've ever seen?*

*How did the journey go for the hero?*







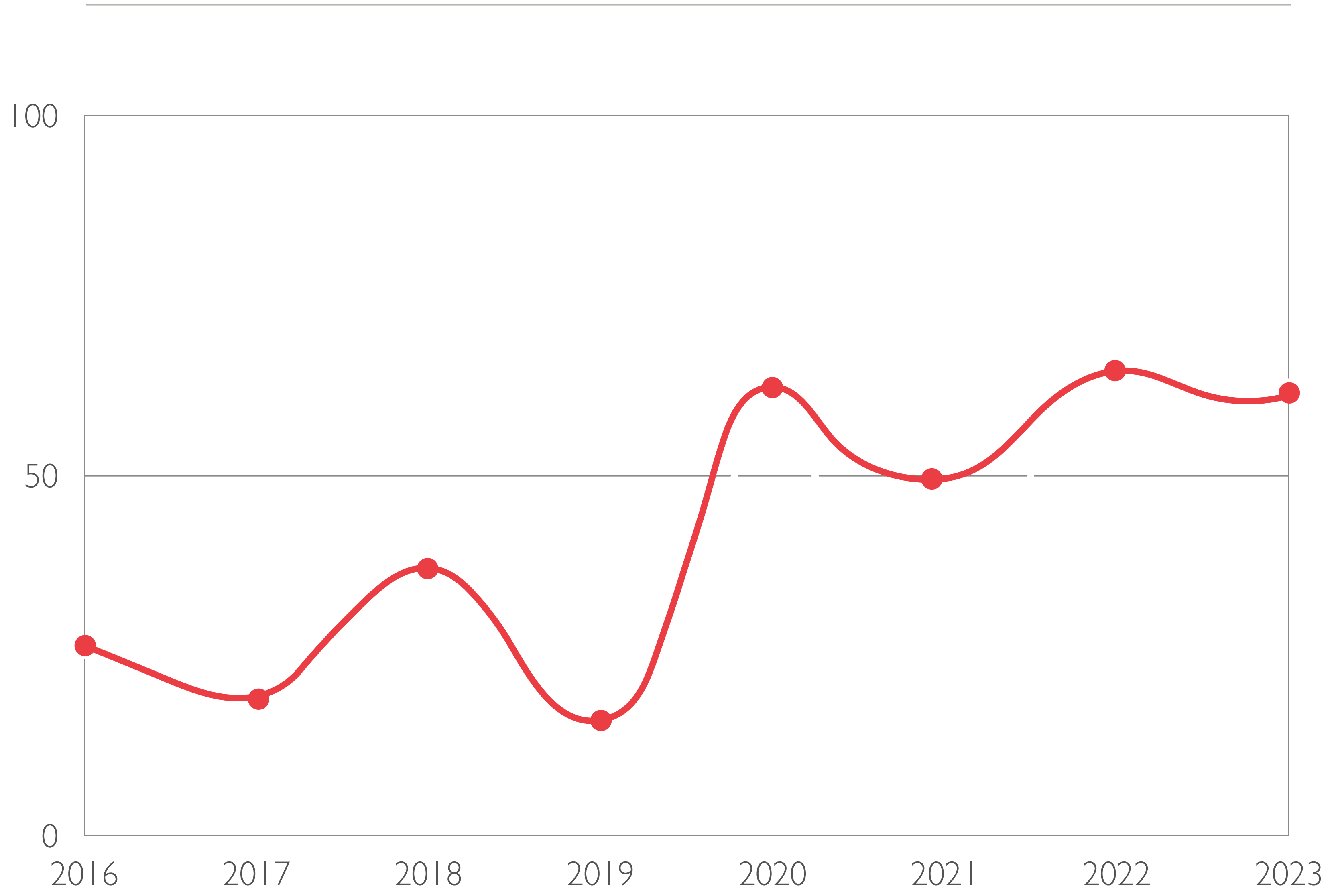








# LIFE



***“How quickly can you get  
some perspective?”***

*(Marty Wilson’s Annoyingly Wise Grandfather, Donnie Sinclair)*





*You cannot calm the storm,  
so stop trying.*

*What you can do is calm yourself.*

*The storm will pass.*

*Timber Hawkeye*

# 7 MINUTES TO RESILIENCE



## 7 QUESTIONS IN 7 MINUTES

### PSYCHOLOGICALLY PROVEN

*7 tactics proven to help our minds focus on what works in the middle of stress*

### QUESTIONS TO INSPIRE SOLUTIONS

*7 ways to look at ANY challenge that will start moving you towards a solution*

*“Does this specific problem or situation mean **EVERYTHING** is ruined?”*

**Psychology:** *Containment thinking*

**Works well for:** *All people, but particularly for perfectionists and those with fixed mindsets.*





*“What’s one thing we could do together  
RIGHT NOW, however small, that would  
move this towards a better outcome –  
even just a little?”*

**Psychology:** *Bias for action*

**Works well for:** *People who are stuck in their negative feelings about a few bad days in a row.*



# 7 MINUTES TO RESILIENCE



## 7 QUESTIONS IN 7 MINUTES

### PSYCHOLOGICALLY PROVEN

*7 tactics proven to help our minds focus on what works in the middle of stress*

### QUESTIONS TO INSPIRE SOLUTIONS

*7 ways to look at ANY challenge that will start moving you towards a solution*

[martinwilson.com/thankyousbmaq](http://martinwilson.com/thankyousbmaq)

# BRIAN EGAN

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**Find people who are  
worse off than you,  
then help them...**



**For my wife,  
my sisters  
and my son's teacher.**

Stand up, speak out and act. Violence against women is #AMansIssueToo  
White Ribbon Day - November 25 [WhiteRibbon.org.au/Day](http://WhiteRibbon.org.au/Day)



**White Ribbon  
Australia**







**GOOD MORNING AMERICA**

**MORNING RUNDOWN**

8:06 61°

**PHARMACIES OF THE FUTURE**  
USING DRONES TO DELIVER PRESCRIPTIONS TO PATIENTS



IT'S TOO SOON TO REOPEN DESPITE WHAT GOVERNOR SAYS abc NEWS SOUTH CAROLINA EXTEND





394th Judicial District Court



Jerry L. Phillips

394th Judicial District Court



H. Gibbs Bauer



rod ponton

*When you can't get out of it,  
you **GOTTA** get into it.*



# *#3: Be Grateful for Tough Times*

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# MATTHEW DICKERSON

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When you're young you think your success is all your own doing. As you get older you realise how many people it takes to make even the simplest venture come together.

Thank more people, more often.

Thank you!



# *#3: Health & Wellbeing First*

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# DAVE GUYATT

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**Make time for health or  
soon you WILL be making  
time for illness.**

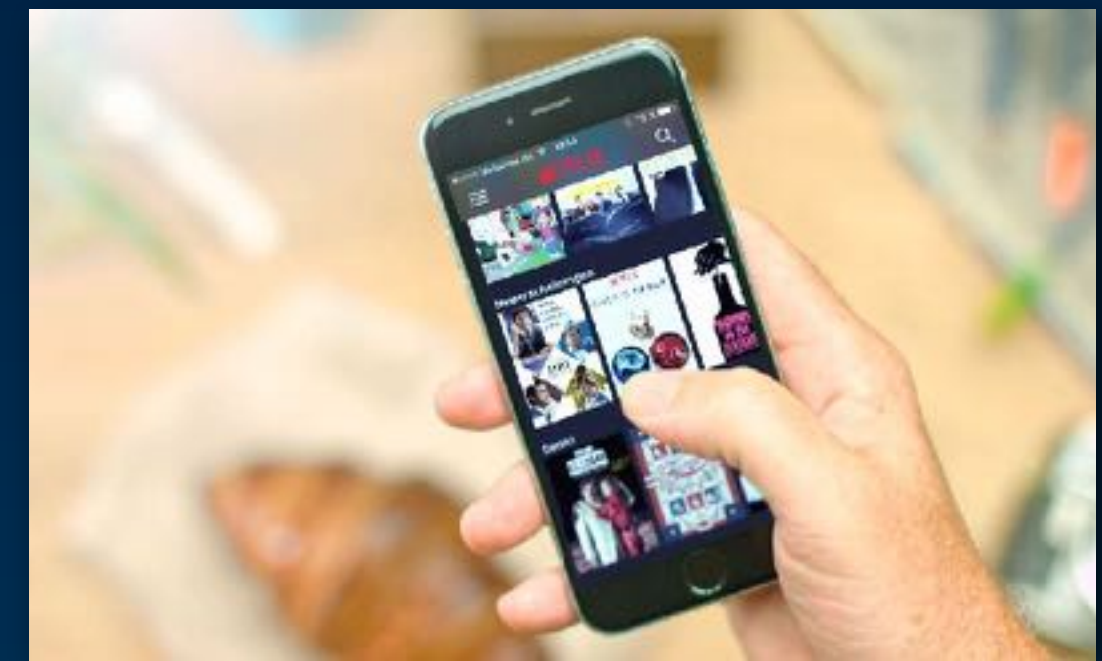
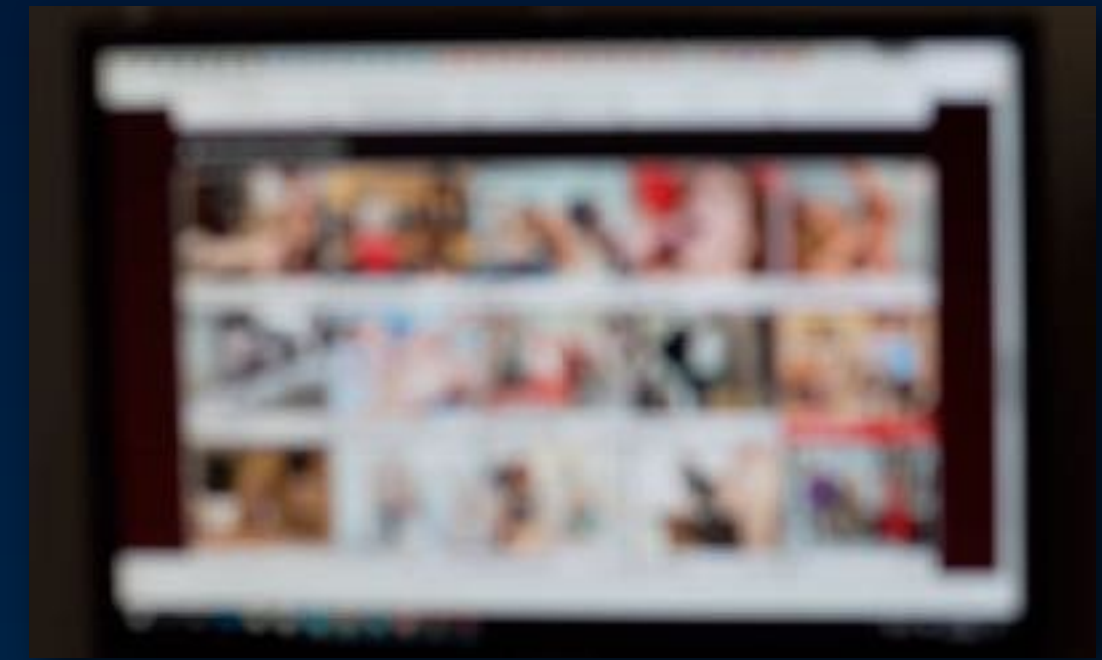


**What fits better into your busy schedule, exercising for 30 minutes a day, or being dead 24 hours a day?**



# Avoidance Coping Strategies

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*#FearLess*



MACQUARIE



CommonwealthBank



Queensland  
Health



Bad

Stupid



Dumb



# *#5: Make More Mistakes*

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# DAVID THOMPSON

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**Stumble a lot and often.  
Make more mistakes.**

**Having made so many  
mistakes in my life I've  
developed a lot more  
compassion for other  
people's errors, foibles and  
weaknesses.**

SKIING



HOSPITAL

**Foff-gai-gow**





# Blub-Blah



# Cum-cooper





**Faaaaaark!**

*Your first one  
will be your worst one.*



*Your first one  
will be your worst one.  
(And that's okay...)*





*#FearLess*









POLICE

180

112-3291



192349  
VOLUSIA COUNTY  
SHERIFF

CRIME  
5301



















#BiggerIdiotsThanYou

STOP









**WIFE STABS HUSBAND WITH SQUIRREL**









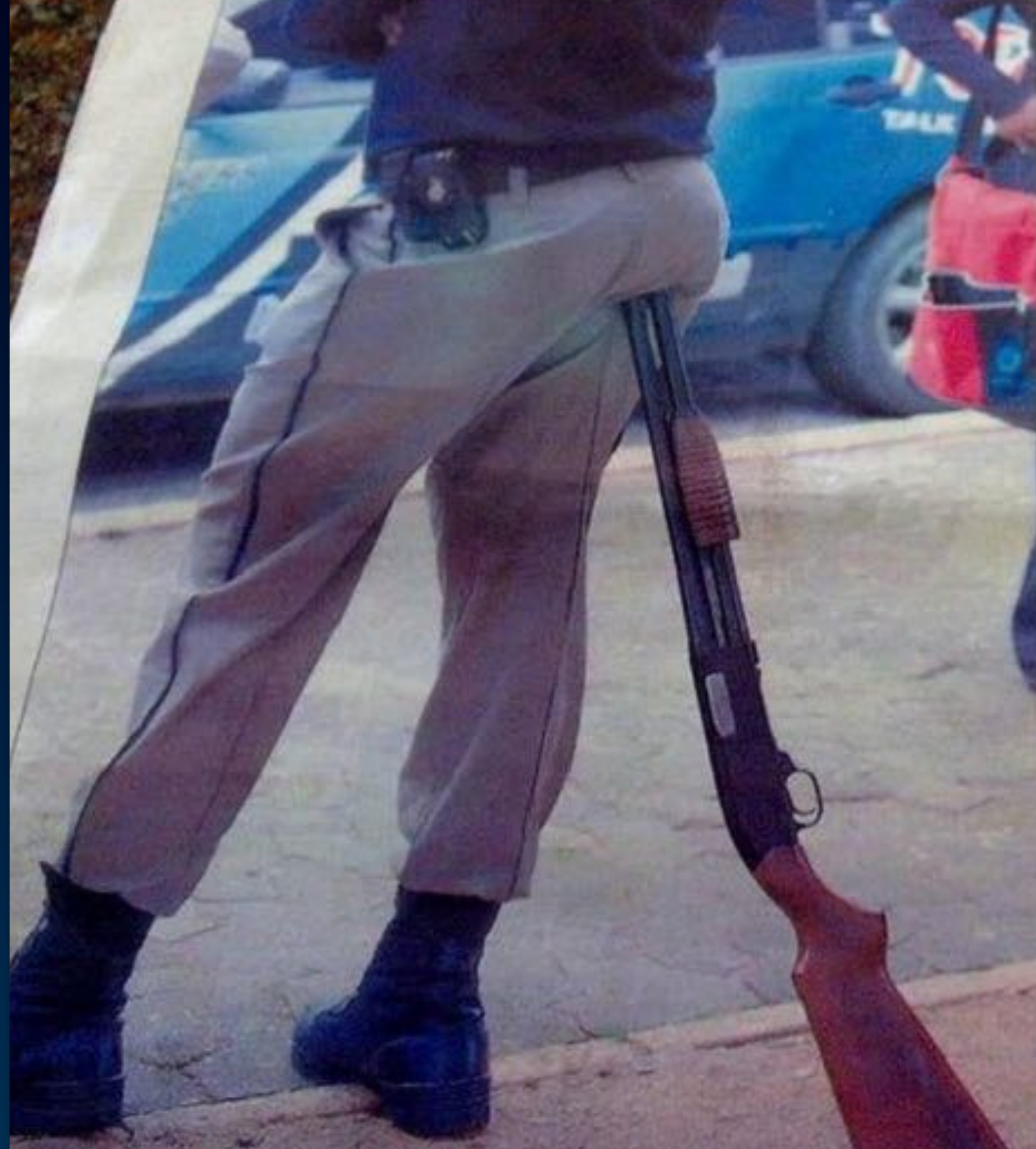


SECITIGA  
BERSIF  
Kualitas Mutu,  
Harga Rapih









# ... dumbest policeman?

PHOTO: *Disbelief, disgust is the reac*

ALEISHA TISSEN

"THIS image should be used by the police force in their training manual as an example of how not to handle a firearm," said Dr Johan Burger of the Institute of Security Studies.

He and other members of various organisations have expressed their absolute disbelief, shock and disgust at a photograph captured by a photographer from The Citizen showing the handling of a shotgun by a Johannesburg Metro Police officer outside the University of Johannesburg on Thursday during a student protest.

Burger said the image was "one of the stupidest examples of gun handling I've seen in a long time", adding it showed a complete lack of understanding and training in the safe handling of a weapon.

"There definitely should be some kind of action taken against this officer - even if it's just a refresher course. This example demonstrates poor training, negligence and total recklessness and does not provide a good example, especially for civilians, on how to treat and respect firearms."

Burger added the liability for the officer and his employer were huge should the firearm have gone off.

"Even if the gun was made safe, mistakes can happen and people can be hurt or killed. Any well trained person knows not to do such a thing," he said.

**Snip**

"This... should... declared... should not be allow... handle a firearm. T... prime example of a... supervisor, trainin... discipline."

unfit and should not... handle a firearm.

"This is a prime... lack of supervision... discipline."

"The consequen... behaviour is a... These are the p... meant to be polic... owners. Gun sa... there are no vari...

Gun Free So... Crowsley said... serious concern...

"The police f... to build publi... such an exampl... by an officer d... ence built," sh...

Crowsley a... ficers were p... legislation, su... to be strictly...

Johannes... spokesman... Wayne Min... displayed i... would "defi...

"Sitting c...

*Your first one  
will be your worst one.*



*Your first one  
will be your worst one.  
(And that's okay...)*





# #1: *Life Is Change*



# #2: *Accept There Will Be Tough Times*



# *#3: Health & Wellbeing First*

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# *#5: Make More Mistakes*

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# *#4: Make More Mistakes*

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*#FearLess*

# ALLIE WILSON

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*“Is there anything I can do that at least  
wouldn’t make things worse?”*



*“We don’t laugh any more...”*



# #5: *Lighten Up*

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58/676

တရားရုံး










*“What’s the funniest thing that’s happened to you at school this week?”*

*“What’s the funniest thing that’s happened to you at sport this week?”*

*“What’s the funniest thing you’ve seen on socials this week?”*


# 1. Caesar Salad

 **user**  
The seizure salad from McDonald's is so good 🍷👏👏  
👤 🔄 ⭐ ⋮  
10:28 AM - 27 Feb 2015

 **user**  
Craving a good chicken seizure salad.  
👤 🔄 ⭐ ⋮  
RETWEETS 2 FAVORITES 3  
11:32 PM - 6 Dec 2013




# 2. Time Heals All Wounds

 **Twitter** Follow

Things are gonna get better for me, time heals all wombs 🙌🙌

← ↻ ☆ ⋮

RETWEETS  
4 

 **Twitter** Follow

Holding on to your past won't do nothing but hold you back!! 😊 time heals all wombs 😘

← ↻ ☆ ⋮

FAVORITE  
1 

cosmopolitar

# 3. Cologne

 **Shirley...** Follow

when you hug a guy and smell his colon 🥰  
❤️

RETWEETS 7 FAVORITES 11



 **Shirley...** Follow

That moment when u smell his colon on ur pillows

RETWEETS 22 FAVORITES 10



1:02 AM - 26 Jan 2014



“It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair.”

“My fiancée and I requested twin-beds but were placed in a room with a king sized. We wish to be re-reimbursed for the fact that I became pregnant.”

“No-one told us there might  
be fish in the ocean.  
Our children were terrified.”











GR 1000

Pfizer

Pfizer

Pfizer

Pfizer 1000

*“What’s the funniest thing that happened to you at school in the last 3 years?”*

# JIM HUNTER

---



**Don't panic the troops.**

GSSOIH ❤️

1. Humour enhances perceived leadership skills (*Cann 2009*)
2. Humour builds credibility (*Cann, 2014*)
3. Humour increases profit (*Lynch 2009*)
4. Humour increases persuasion (*Kerr, 2014*)
5. Humour increases long-term memory retention (*Wanzer, 2010*)



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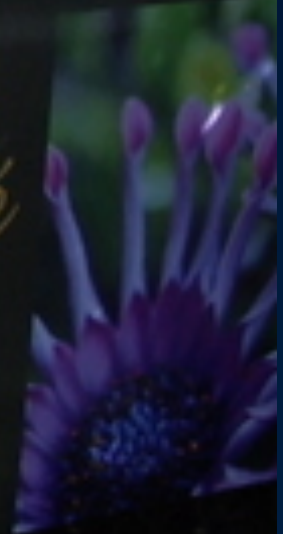
Welcome to

# Riverside

## Garden Centre

*and Café*

*Growing in the community for over 20 years*





eden  
gardens

Enriching people's lives with plants

OMG SPRING!!!

I'M SO EXCITED

I COULD WET MY

PLANTS



*Leadership is too  
important to  
take it too  
seriously*



*Education is too  
important to  
take it too  
seriously*



*Life is too  
important to  
take it too  
seriously*



*Take Funny  
Seriously*

*#LaughMore*  
*#FearLess*



1. Reappraise threats and reduce stress (*Abel 2002*)
2. Increase personal resilience (*Kuiper 2012*)
3. Facilitate psychological well-being (*Lefcourt 2001*)
4. Greater positive affect (*Cann & Collette 2014*)









*You cannot calm the storm,  
so stop trying.*

*What you can do is calm yourself.*

*The storm will pass.*

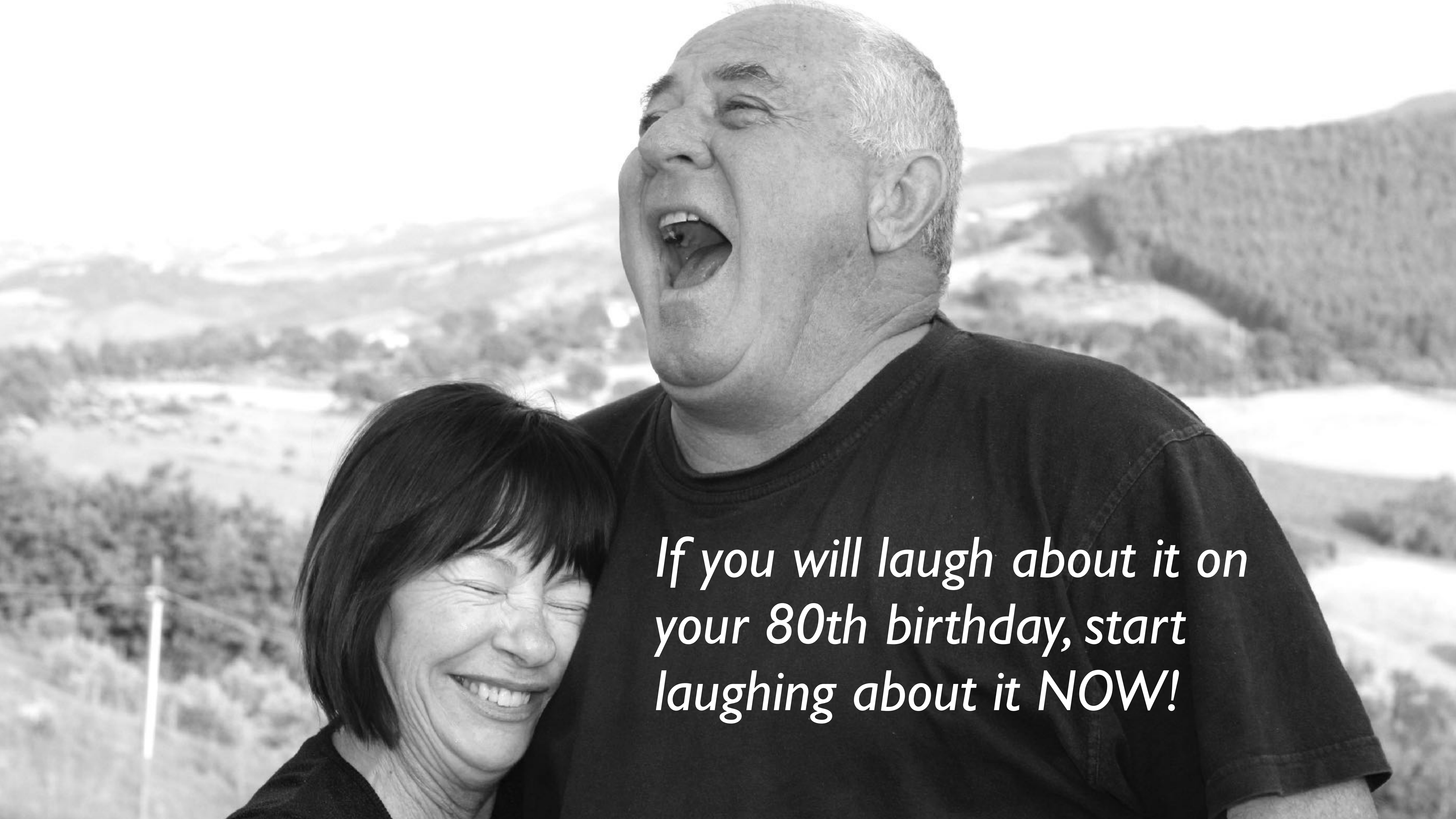
*Timber Hawkeye*

“

*Humour, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.*

”

*Victor Frankl, Man's Search for Meaning*



*If you will laugh about it on  
your 80th birthday, start  
laughing about it NOW!*



**BECAUSE WE'VE  
ALWAYS DONE  
IT THAT WAY**











**BECAUSE WE'VE  
ALWAYS DONE  
IT THAT WAY**



*Don't live between the flags*

Thank you for  
swimming between the  
red and yellow flags.

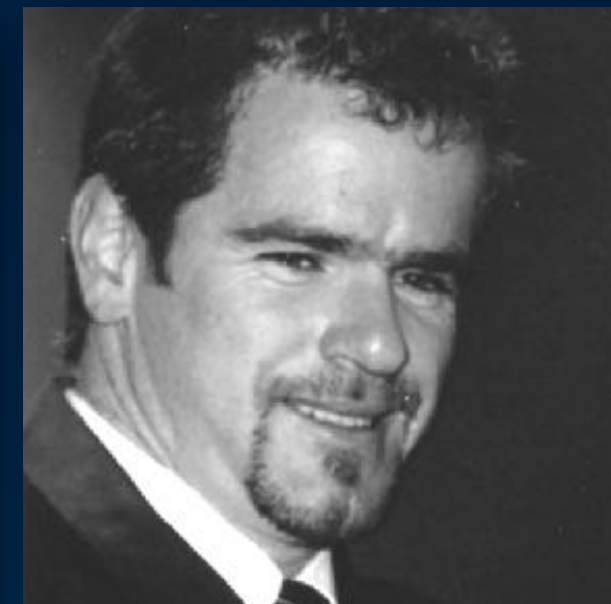
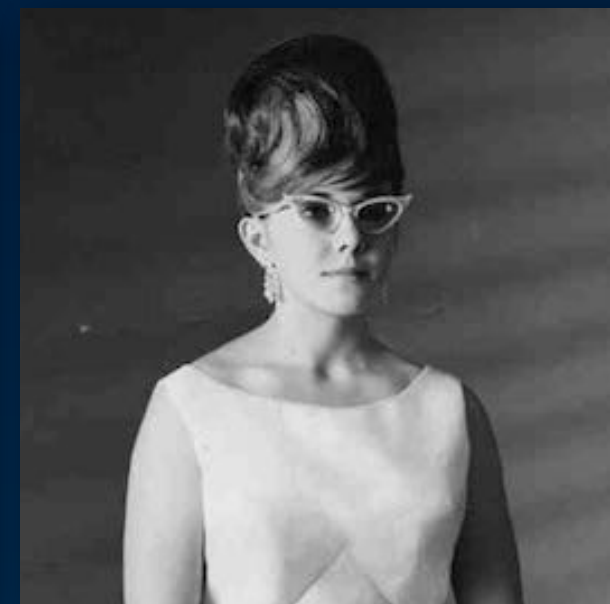
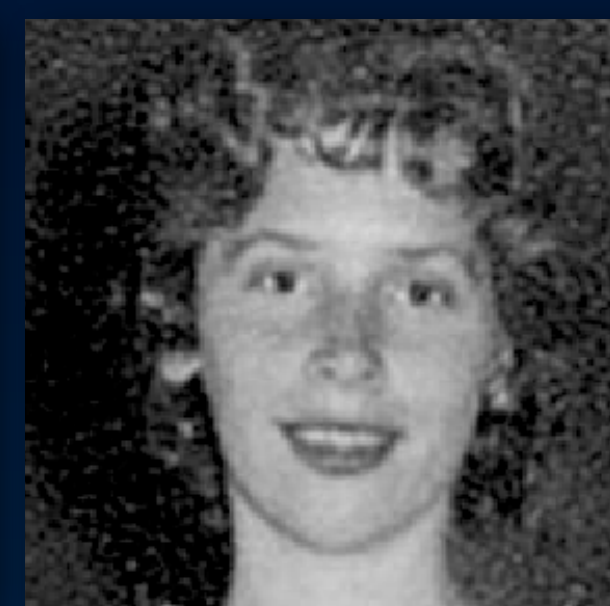
Thank you for  
swimming between the  
red and yellow flags.

*What is just outside  
the flags for you?*



*What does that little voice  
whisper in your ear when  
you're awake at 2am?*













*It doesn't get easier,  
but you can get stronger*

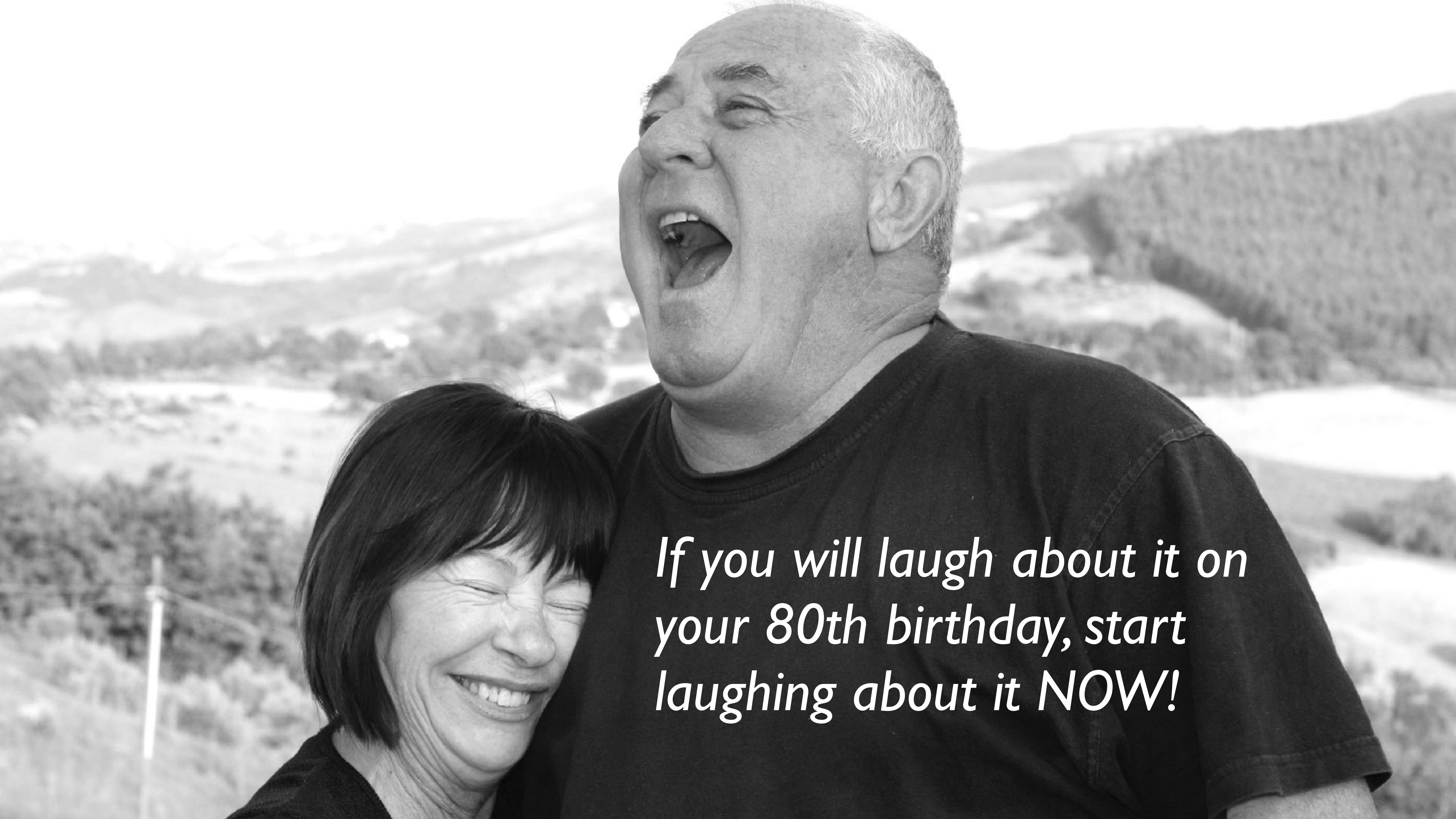


*Make change  
a decision to be proud of  
not a condition to be scared of*



*Your first one  
will be your worst one.  
(And that's okay...)*





*If you will laugh about it on  
your 80th birthday, start  
laughing about it NOW!*



*You didn't come this far,  
To ONLY come this far.*



*So many people timidly tiptoe through life's twists and turns, then sigh with relief as they safely arrive at their grave.*



*So many people timidly tiptoe through  
life's twists and turns, then sigh with  
relief as they safely arrive at their grave.  
PLEASE don't let that be you...*





# COMFORT ZONE

---



# COMFORT ZONE

---









# COMFORT ZONE

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*You didn't come this far,  
To ONLY come this far.*





