

A Shot of Resilience: Persistence

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Presented by:

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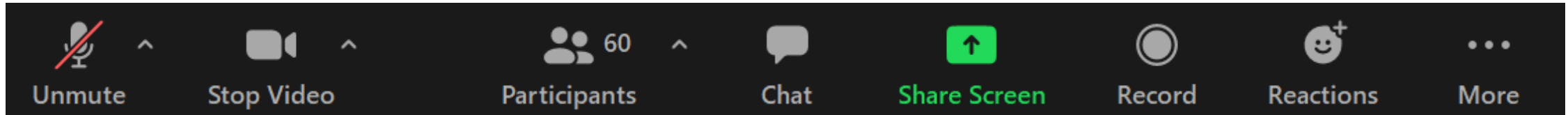


Coaching
for Resilience

THRIVING THROUGH LIFE TRANSITIONS

Zoom Tips

Access your menu options on the bottom of the screen (desktop) or by tapping the screen (tablet/smartphone).



- **Mute/Unmute:** Unmute your line when it's your turn to talk. Mute again when you're done talking.
 - **Please mute yourself now if you're not already muted.**
- **Start/Stop video:** Start your video camera when it's your turn to talk.
 - **If you already started your video camera, please stop video now, until we get to the sharing portion of the call.**
- **Participants:** See who's on the call, raise your hand (if you're on an older version of Zoom), and more.
- **Reactions:** Raise your hand (if you're on the new version of Zoom).
- **Chat:** See and send chat to everyone or to an individual.

Welcome!

SMPs

- Senior Medicare Patrol



SHIPs

- State Health Insurance Assistance Program



MIPPAs

- Medicare Improvements for Patients and Providers Act



Today's Presenter



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Overview

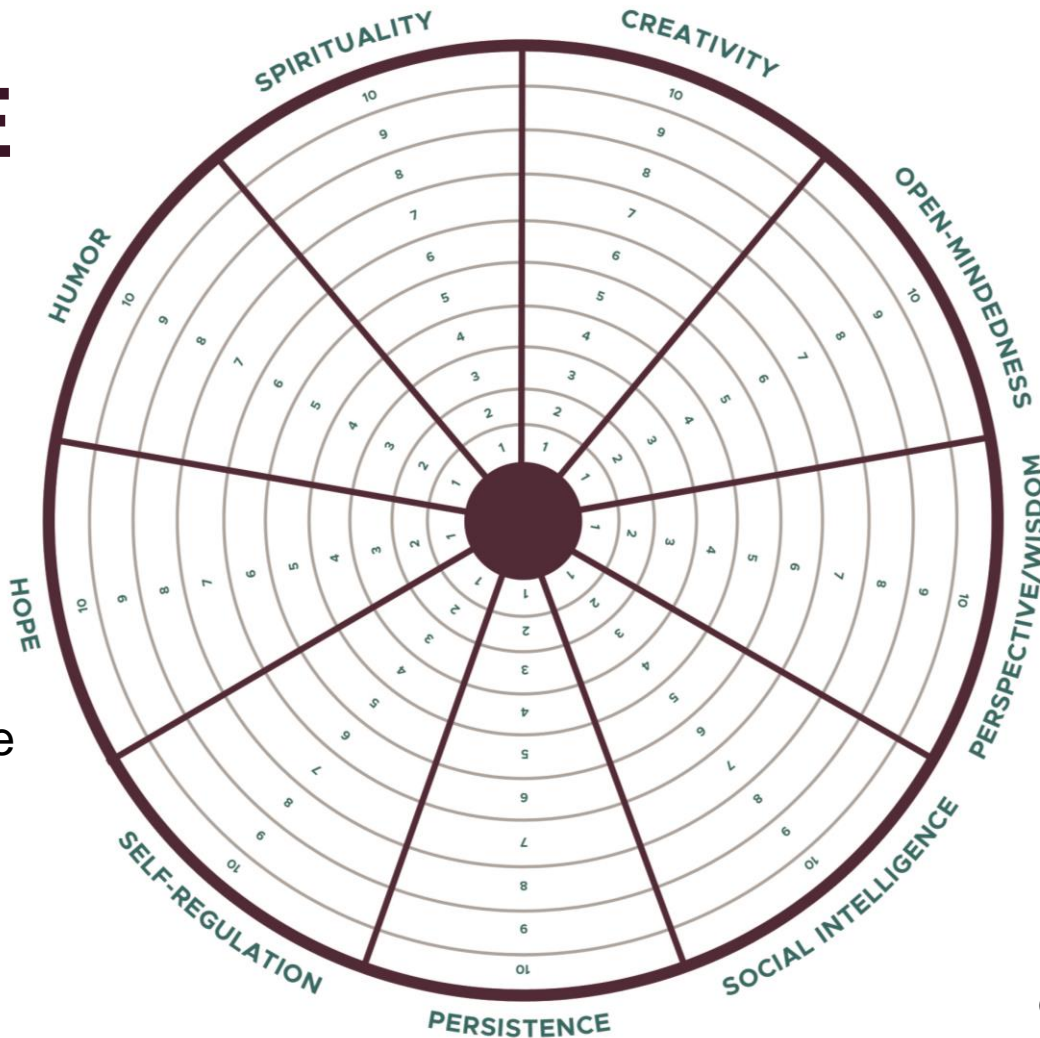
- Persistence Defined
- Benefits of Persistence
- Mindset
 - Decentering Stress
- Discussion
- Persistence Strategies
 - Keep your focus, manage distractions, take breaks

WHEEL OF RESILIENCE

For each section of the wheel, circle your current level of satisfaction.

10 = Utmost Satisfaction.
1 = No satisfaction at all

Draw a line to connect the “dots.”



Persistence Defined

- Perseverance
- Finishing despite obstacles
- Pleasure getting the job done
- Follow through, accountability
- Dedication, focus, patience



Benefits of Persistence

- Accomplish goals
- Get results, feel productive
- Feel good, satisfied, proud
- Know when it's time to call it quits
- “Perfection is the enemy of good”



Mindset and Persistence

- “Decentering stress”
 - Not denying your stress

- Pause, take 3 breaths
 - Neuro-physical shift out of emotional center

- Observe thoughts, feelings, reflect, label
 - Move back to rational thinking center

- Resolve, “I could . . . “

- Our stories and negative self-talk distracts us

Persistence Strategies

- Reframe failures as learning opportunities
- Chunk it down
- Foreshadow
- Accountability partner
- It's your choice how you want to feel



Keep Your Focus

- The Pomodoro Technique
 - Creates urgency
 - Get in the zone
 - Forced breaks
 - Apps – Focus Keeper, Pomodoro Timer Lite, Chrome plugin
- The 52/17 rule
 - Tasks dependent on inspiration



Manage Distractions

- Short distractions double mistakes
 - Focus on irrelevant info
 - Disrupts flow; hard to shift gears
 - Decreases retrieval accuracy
- Remove phone, block FB, limit email checks, full screen, one tab
- Get offline
- Quiet spaces, virtual working sessions

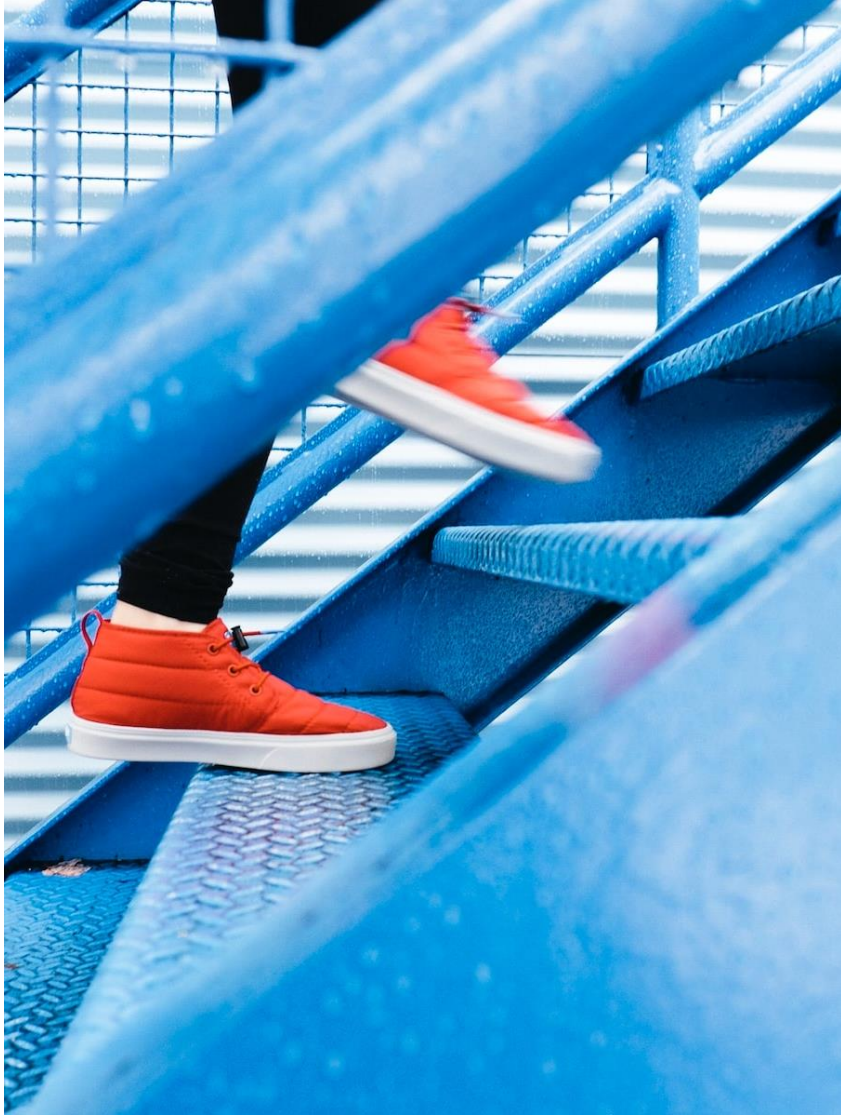


Take Breaks

- Create a stretch routine, walk, get some sun
- Do breathing exercises, meditate
- Make yourself a snack, drink
- Listen to a motivational song
- Do a quick clean up, set the table
- Fold laundry, empty dishwasher, take out trash
- Water plants, put food out for birds

Wrap Up

- Focus and be patient
- Tap into how good it feels when you're finished!
- Reframe failure
- Chunk down large tasks
- Create accountability
- Manage distractions, take breaks



Next Steps

Homework

- Apply one persistence strategy
- Find an accountability partner, check in
- Watch for tips, articles, inspirations, workshops

Bonus

- Turn Winter Pandemic Blues into Rock Solid Resilience
- Complimentary Consultation

Post Survey

Contact Information

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Webinar Resources in the Libraries

SMPs

 SMP Login

- Step 1: Login at www.smpresource.org (click the blue SMP Login padlock).
- Step 2: Search for keyword “resilient.”

SHIPs

 SHIP Login

- Step 1: Login at www.shiptacenter.org (click the orange SHIP Login padlock).
- Step 2: Go to the Resource Library.
- Step 3: Search for keyword “resilient.”

MIPPA grantees: Resources will be emailed to the MIPPA listserv.

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“Never give up on things that make you smile.”

Heath Ledger

“It always seems impossible until it’s done.”

Nelson Mandela

“If you can’t fly, then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

Martin Luther King, Jr.



Artwork by Alissa Blumenthal