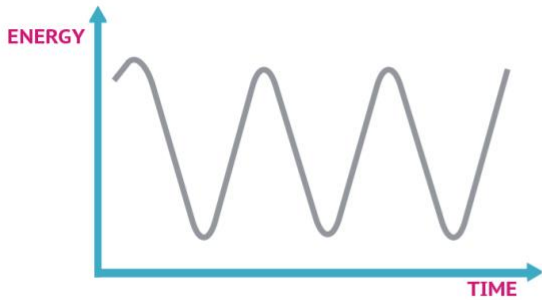


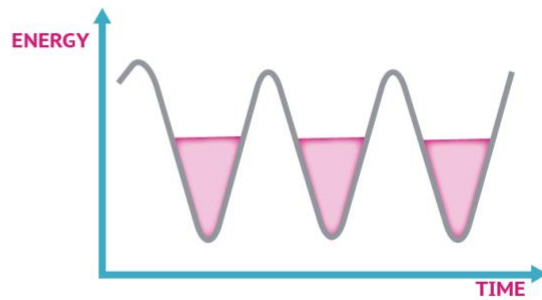
Double your capacity

Most good performers within organisations have ‘bounceback’ levels of resilience. It means they rise to the challenge. But there is a tail effect. See the infographic below of how to stop the downside of bounceback and double your capacity.

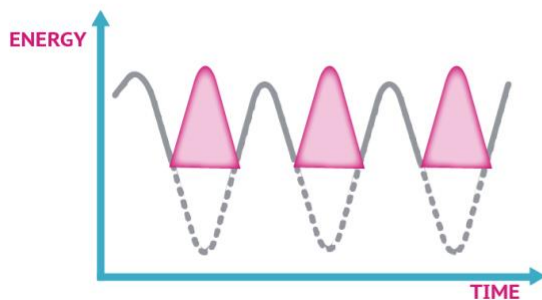
- 1** In bounce back, your energy looks something like this:



- 2** You lose a lot of energy in the down bits – the exhaustion from getting through the challenge:



- 3** You can double your capacity if you do this. Flip it!



- 4** With resilience, you end up with something smoother. By focussing on how to stabilise energy, you can double your energy. It means minimising the drain, but also maximising the energies through connecting with meaningful tasks.

