Being resilient is a critical skill for a successful career and for life.

What is resilience? “the ability to adapt to change, even when the circumstances are discouraging or disruptive” (London 1997)

If you notice, it’s not about pushing through difficulties and ignoring your mental health. It’s about adapting, which includes seeking assistance when you need it. When you need help and support, there are a lot of resources at King’s you can draw on, such as:

Big white wall  a very highly rated moderated online mental health support group.

King’s Counselling Service offer a range of excellent workshops on topics such as resilience and mindfulness, as well as one-to-one sessions. http://tiny.cc/KingsCounselling

Why is resilience essential for my career?
The world is constantly changing and we are all expected to adapt to change. Experiencing change can affect our health as well as our ability to perform well at work. Resilience is needed because of:

1. **Challenges for those starting their careers**
   Transitioning from university to the world of work is daunting. Students are required to adapt to new and unfamiliar systems (application forms, interviews, tests, dinners). Resilience is required here because after performing all of the above, students report making multiple applications and getting nowhere; networking and nothing coming of it; performing poorly at interview/assessment centre and getting discouraged; others seeming to prosper around them; fear of picking a career and not liking it; losing hope when rejected after making an application.

2. **A Competitive market** – Competition for roles is fierce.

3. **Continuous change** – changes to roles, organisational structures, and strategy on an ongoing basis.

4. **Uncertain futures** – Gone are the days of one career for life. People change jobs and careers for a number of reasons.

5. **The economy** – The need for a career resilient work-force is more important now owing to global economic recession (which comes in cycles) and we are living in a riskier society.

6. **Health** – Employee health, which is directly linked to resilience, has become an economic issue with the replacement cost for staff sick leave in the UK alone costs £5 million per year (Bevan 2010).

How to develop your resilience
The good news is, resilience is a skill that can be developed over time. Once you’ve mastered what resilience looks like for you, you are more likely to be able to handle the changes that a career and circumstances in life can bring.

Here are some ways to develop your resilience:

- **Embrace failure.** Learn from your mistakes and adapt your approach until successful. (Les Brown: Getting unstuck; Huffington post – How to bounce back from setbacks.)
- **Develop a positive perspective.** Challenge unhelpful thoughts and turn challenges into opportunities to grow.
- **Aim for mastery** by creating goals that will enhance your skills and performance: e.g. attending networking events to improve your interpersonal skills or to build your network.
- **Commit to self-management.** Take responsibility for your own actions and do things to the best of your ability. Build your Self management skills by Youth Employment UK.
- **Support.** Create/maintain a solid support network of family, friends and mentors.

Utilise coping strategies that fit you

- Having an image of your future self-motivates you. Some people create their own vision boards and look at it daily to keep them on track when things become challenging.
• Self-care. e.g. nutrition, sleep, exercise, relaxation.
• Planning and time management (How to create a plan.)
• Goal setting (Brian Tracy – How to create an effective action plan; Jim Rohn – The importance of setting goals.)
• Self-reflection
• Asking for help when you need it.

Here is a genuine case study of a former King’s students’ journey to a successful career.

Podcast: Change and Transition Podcast https://anchor.fm/CandTpodcast
If you are about to start your career, or transitioning between careers, this podcast offers tips on how to make the move. Interviews and advice covering different topics related to careers.

Design Your Life – Stanford course: https://www.youtube.com/watch?v=m6Pa4ZB4myQ&index=2&list=PLjwFGCpXfsbcwkoYlMtonFbG7qm xqNovT
Helping you to decide on your career from a holistic perspective – considering your whole life, not just your professional decisions.

F**k Up Nights: https://fuckupnights.com/
People meet, share and answer questions about their experience of failure.

The Museum of Failure
A collection of failed inventions we can learn from. https://failuremuseum.com/

Excellent video course, very brief so won’t take up too much of your time! As a King’s student you’ll have a Lynda subscription, just log in using your KCL credentials.

CV of Failure
Ivy League Professor shows their history of failures, disappointments and rejections. Very entertaining and enlightening. You are not alone!