The 10th dimension... the power of ten

Dr Ed Bonner and Adrianne Morris discuss what it means to be resilient

A recently published book by Jane Clarke and Dr John Nicholson called Resilience, Bounce Back From Whatever Life Throws At You, considers the personality characteristics that allow individuals to triumph in difficult circumstances. In the current economic climate, which unfortunately fosters a litigious mentality, we observe many traumatised people – yet some seem to weather the storm far more easily than others. What sets these people apart? Using psychometric testing, Clarke and Nicholson have measured individuals’ resilience levels and have coined a new term called RQ – Resilience Quotient – to sit alongside IQ & EQ.

Who is resilient? Think of individuals such as Barack Obama, Nelson Mandela, Terry Waite and John McCarthy. These individuals were not born with silver spoons in their oral cavities; they have all endured hardship, poverty and/or incarceration – yet each has emerged with head held high and spirit intact to achieve the highest levels of respect.

The 10 skills

1. Taking care of our health by regular exercise and controlled diet
2. Dealing with issues as they arise (avoiding procrastination)
3. Living in the present rather than the past or future
4. Developing interests other than work: staying busy, and being prepared to learn new skills
5. Breaking down indigestible big problems into bite-sized smaller ones
6. Being willing to apologise – we are not always right
7. “Reframing” – turning ill-considered confrontation into reasoned negotiation
8. Avoiding sticking to untenable or unreasonable positions, for example, being prepared to move on
9. Replacing aggression with assertiveness
10. Developing an internal “locus of control”: creating solutions rather than waiting for others to bring them to you.

About the author

Adrianne Morris is a highly trained success coach whose aim is to get people from where they are now to where they want to be, in clear measured steps. Ed Bonner has owned many practices, and now consults with and coaches dentists and their staff to achieve their potential. For a free consultation, or a complementary copy of The Power of Ten e-zine, email adrianne at alplife-coach@yahoo.com or Ed on bonner.edwin@gmail.com, or visit www.thepoweroften.co.uk.