

# EMOTIONAL RESILIENCE



TOP TIPS HANDBOOK

# COMMITMENT

## the first key pillar

*The capacity of an individual to deal effectively with stressors, pressures and challenges, and perform to the best of their ability*

The first pillar of Emotional Resilience is Commitment. All that are successful in sport, music and business have this in abundance. When they say they are going to do something they do it. Their resolve to achieve what they have set out to do is remarkable and is one of the main reasons they so often make it, alongside the hard work needed for their success.

It doesn't matter which industry we look at; the same common theme occurs – you have to work hard! From Michael Jordan, the best basketball player to ever play the game, to Alan Sugar. It doesn't matter what skills and talent you have – you won't ultimately succeed without putting the hard work in.



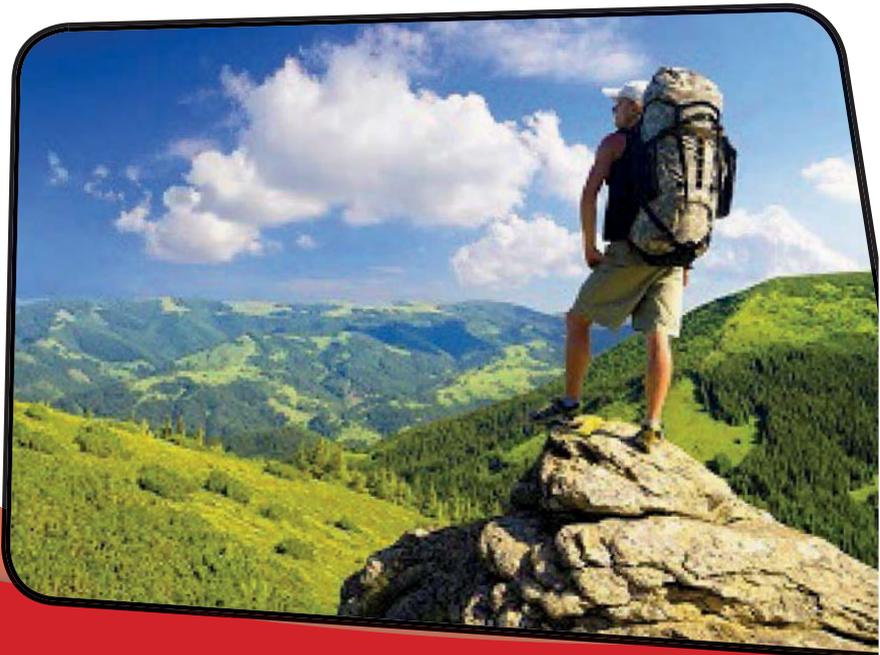
# COMMITMENT

## Commitment Versus Interest

Why is commitment so important? Because there is a huge difference between being 'interested' in success and being 'committed' to it – Interest is merely a dim and distant relation of commitment.

Being interested in success is a good start, but that's all it is: nothing more than a start. You can visualise where you want to go, the milestones you want to pass on the way, and you understand some of the things needed to get yourself there. You're interested in learning how to do some of those things, and you can probably imagine the need to do them. But you will remain exactly where you are if all you are is interested.

Our job is to find the motivation to get the tough things done. This is easier said than done, but it is possible and there are practical techniques which can help.



# MOTIVATION

## the second key pillar

*The state or condition of being motivated or having a strong reason to act or accomplish something*

We all need a reason to accomplish things in life and the bigger the challenge, the bigger the motivation required. In my Emotional Resilience Workshops, I often describe motivation this way: if the reason you are doing something is bigger than the pain of doing it, you will do it. If the reason isn't bigger than the pain of doing it, you will never do it.

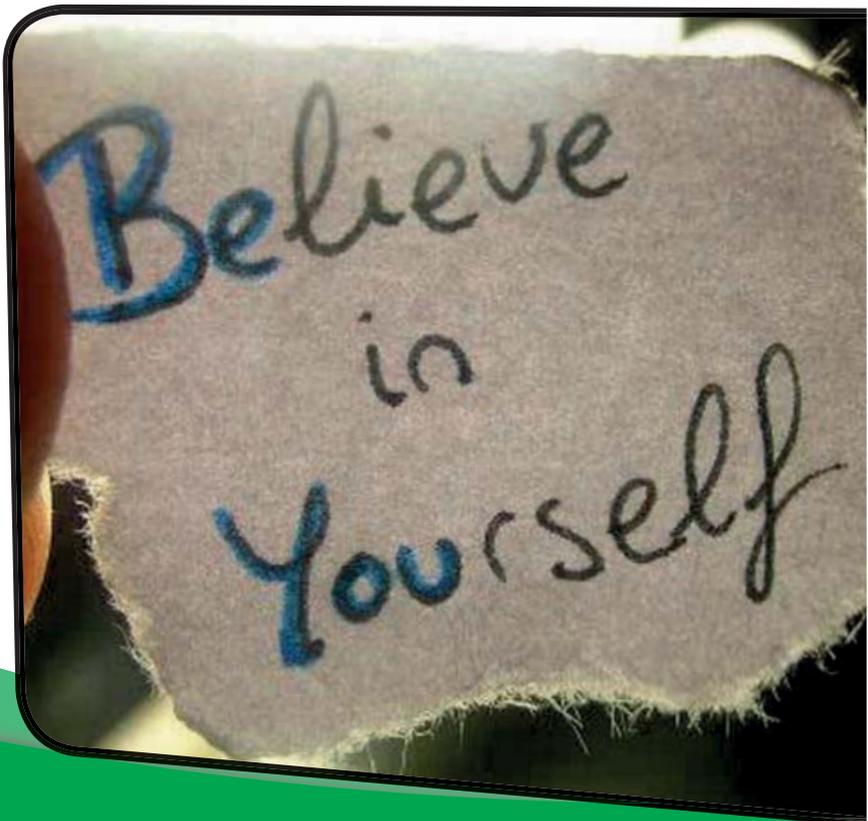
It is easy to make a cup of tea because the pleasure of enjoying the tea far outweighs the pain of putting the kettle on, brewing a tea bag and pouring some milk. However, it's a completely different story when the bedroom needs tidying or homework need completing.



# MOTIVATION

## Motivation in Practice

The motivation factor comes in to play whenever we have something that needs to be completed or achieved. When I was younger and practising basketball, I needed a reason to shoot the basketball into the basket thousands and thousands of times in order to improve my game. This motivation came with the visualisation of me playing for the England basketball team. I had this vision that I created using the techniques I have since developed and honed.



# CONTROL

## the third key pillar

*Self-control is the ability to control one's emotions, impulses, behaviour and reactions in the face of external demands and is another name for self-discipline*

Self-control is vital for overcoming fears, obsessions, addictions, or any kind of negative thinking and it puts you in control of your behaviour and your reactions. It helps to develop patience, improve relationships and is an important tool for attaining success and happiness.

Imagine that you are doing something important, like being interviewed for a university place, or preparing for a big exam. Then suddenly something happens: perhaps an interview question confuses you, or you receive an upsetting call before your exam. Suddenly you are no longer at your best – now you are nervous, sad, or angry.



# CONTROL

If you've ever worried about something, you know how stressed and anxious it can make you feel. It can be hard to let go of the temptation to obsess about a problem and the thoughts and emotions feed on themselves, becoming stronger and stronger until they overwhelm you.

How can you develop strategies to overcome these negative thoughts and learn to control your reactions?



# CONFIDENCE

## the fourth key pillar

*A feeling of trust in one's abilities, qualities and judgement*

The fourth pillar of Mental Resilience is confidence or self-belief. This isn't the show off kind of confidence where 'look at me, aren't I great' oozes out, but it's the quiet inner confidence that allows you to perform really well under pressure.

Your body language, your behaviour, how you speak and how you react to different situations can often portray to others how confident you are and how much belief you have in yourself.



# CONFIDENCE

Your level of confidence is not static; it can change and develop. Remember you were born into this world with no sense of what you could or couldn't do. Then, slowly, life started to teach you to limit yourself. A very young child never says: 'I'm not the kind of person who could...' – they haven't yet learned to limit their own horizons or listened to pessimistic people.

Confidence is a great personal resource which enables you to face any situation knowing you can handle it. Without confidence, any situation has the potential to be a threat.



# FOCUS

## the fifth key pillar

*Intensely paying attention to a single object, concept, person or activity, to the exclusion of everything else*

Focus is your ability to centre your attention and energy on a specific task, object or activity for a sustained length of time. If you want to succeed in life you need to master the art of focus, applying it to every aspect of your life including your studies, career, or learning new skills.

When you focus on short-term tasks and goals, your motivation levels remain high because you see results quickly. However, it is much more difficult to focus on goals that might take months, years or even decades to achieve. One reason for this is that you may lose sight of what you wanted to achieve, and more importantly why you wanted to achieve that goal.



# FOCUS

## Developing Focus

Reaching and maintaining a state of focus and concentration takes practise and discipline. It is a skill that can be developed by learning to identify long-term goals, creating a specific plan of action to meet them, avoiding distractions which can break focus and always tackling tasks according to their relevance.



# BE POSITIVE

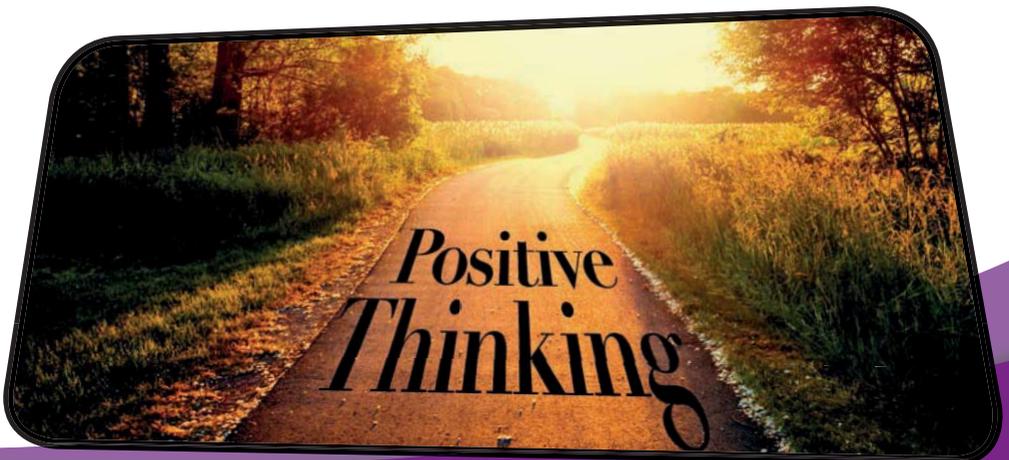
## the right mindset

*A positive mental attitude is the belief that one can increase achievement through optimistic thought processes*

What is positive thinking? Positive thinking is an umbrella term for a range of ideas and techniques associated with the psychology of achievement.

More and more people, including doctors and scientists, are turning to positive thinking because studies have shown that it is a powerful tool for transforming our inner self into a remarkable health-generating entity.

We need to develop a positive mindset by changing our inner conversations and thinking positively in all situations.



# BE POSITIVE

Positive thinking is an optimistic state of mind that always sees the bright side of life and focuses on the glass being half full instead of half empty.

It is a mental attitude that produces constructive results – it brings inner satisfaction, peace and better health, improves relationships and attracts success into your life. Whilst we all have this powerful tool, many of us are not aware of it.



# THE AUTHOR

John Dabrowski is the founder of JD Mindcoach Ltd, a company that helps individuals and organisations develop world class Emotional Resilience. John has experienced great challenges and adventures in his life, from being the last pick 'off the wall' at school, to playing basketball for England in the Commonwealth games.

He played basketball from the age of 12 and quickly improved by using the techniques of Emotional Resilience that he discovered and developed. This led him into a professional basketball career where he played all over Europe, culminating in winning the Play-Off finals at Wembley live on BBC TV.

Following a serious back injury, he finished playing after the Play-Off victory and took up a position of Commercial Manager at Sunderland Basketball Club. It was here that he discovered a hidden talent for sales and marketing.

John then left the basketball world to enter the sales arena, initially in the capacity of regional sales executive for the Metro Radio station in Newcastle. He quickly established himself in the role and was soon promoted to regional sales manager where he flourished and brought in record sales for the station, as well as hitting a record 19 monthly sales targets in a row.

Over the next 20 years, he worked for some outstanding design and advertising agencies where he learned excellent sales and marketing techniques. He reached director level and won various national accounts as well as looking



after large key accounts. He learned great rapport-building techniques which helped him build his client base.

A few years ago, before he set up JD Mindcoach Ltd, he qualified as an NLP (Neuro Linguistic Programming) practitioner and coach, and completed various courses in Human Relations and Guided Imagery. He has attended many courses to develop his skills and is a member of the Professional Speaking Association. John now runs Emotional Resilience Master Classes around the country to various sized organisations, including Schools, the Probation Service, Salvation Army Housing, NHS, Nottingham University, and Wakefield Housing to name a few. He has also run Master Classes in Gibraltar, Dubai and Scotland, where they have been very well-received. He has worked with thousands of people, inspiring them to achieve more.

John's thriving speaking career includes the Rotary Club Convention, where he inspired 650 delegates with his stories and humour. He is a regular on BBC Radio and has been interviewed on TV. He speaks at various events inspiring people with his stories and techniques. He has developed his speaking skills over the past few years and has a dream to speak all over the world.

He is an advocate of the Law of Attraction, which states that doing the right things and working hard brings amazing benefits to your life. John has used a raft of Emotional Resilience techniques to help him succeed in life and to build his current successful business. He now shares these with people to help them discover things within that they weren't aware of, and to reach heights they never dreamed of.

John is 62 years of age with a plan to be speaking on stage at the age of 80 – he believes that when you boil life down to a core statement the following phrase he uses sums it all up:

**“It's not how you start in life that counts, but how you finish!”**

**John Dabrowski**  
*Emotional Resilience Expert*  
*Author*  
*International Speaker*

29 Bridgford Rd, West Bridgford,  
Nottingham, NG7 1JL, UK

[www.jdmindcoach.co.uk](http://www.jdmindcoach.co.uk)

T:+441159713344

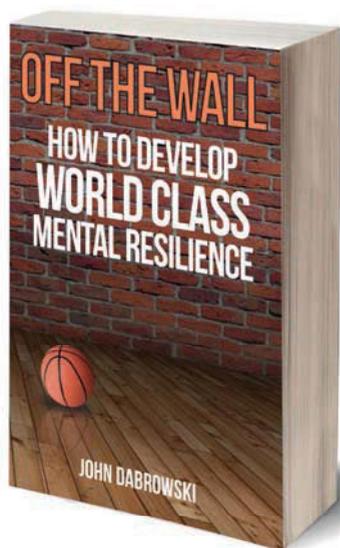
M:+447792982848

Twitter: @jdmindcoach

Linkedin: johndabrowski

Facebook: jdmindcoach

Email: [John@jdmindcoach.co.uk](mailto:John@jdmindcoach.co.uk)



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