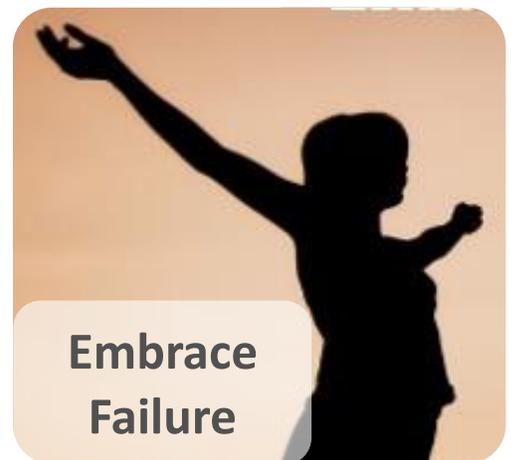


# 5 Habits of Highly Resilient People

Procter & Gamble hosted over 80 attendees from the Forward Together Community (Thank you to the teams from American Express, Canadian Tire, Corus, Pepsi, Samsung and Starbucks who came into the P&G office!) for an event centered around educating attendees about the Growth Mindset, the importance of acknowledging challenges and how to embrace failure as a learning experience to minimize negative impacts.



## TAKEAWAYS

A “Growth Mindset” is the key to resilience – an individual with this mindset believes intelligence is dynamic and embraces challenges, persists in the face of setbacks, sees efforts as a path to mastery, learns from criticism and finds inspirations in others success.

The main message was to be intentional.

- Habit 5 - Establish a Vision and Recruit a Support System: We need relationships built on trust to help achieve our vision. Be intentional about earning support with integrity, and being part of others support network as well.
- Habit 4 – Take Time for Self-reflection: We cannot be in high performance all the time, no matter what! The important shift is from managing your time, to managing the quality of your energy and self-reflecting with a growth mindset. Be intentional about not self bashing or dwelling on the negative.
- Habit 3 – Embrace Failure: Key to continuous growth! Determine your boundaries and how you can introduce ‘safe guards’ for yourself as you work through difficult situations.
- Habit 2 – Know Your Priorities and Own It: Be intentional about setting priorities, communicating the priorities and making choices to allocate your time based on them.
- Habit 1 – Get Comfortable Being Uncomfortable: Adapt to change – some of the most rewarding experiences come with being flexible and open to taking risk.

## PANELISTS

**Cristina Juarez Nilsson**  
Canadian Tire



Associate Vice President,  
Marketing Planning & Integration

**Vandana Juneja**  
Catalyst



Senior Director,  
Corporate Engagement  
Canada & Asia Pacific

**Megan McKee**  
American Express



Vice President,  
Consumer Charge & New  
Business Development

## Recommended Ted Talks

**Gregg Steinberg**  
How to Fall Up

**Carol Dweck**  
The Power of Believing  
That You Can Improve

**Kelly McGonigal**  
How to Make Stress  
Your Friend

## Recommended Books

**Charles Duhigg**  
The Power of Habit

**Dale Carnegie**  
How to Stop Worrying and Start Living