APPRECIATIVE RESILIENCE
AND EDUCATIONAL DEVELOPMENT

Joan McArthur-Blair
&
Jeanie Cockell

#appreciativeresilience
IN OUR TIME TOGETHER...

- Examine the Appreciative Resilience Model
- Reflect on resilience as a practice in times of hope, despair, and forgiveness
- Take away ideas to apply
What is Appreciative Inquiry?

Appreciative Inquiry is a way of bringing about positive and generative change in human systems and a way of being in and seeing the world.
Appreciative Resilience
Hope is a powerful and generative force in the world.

Hope, against all odds, makes the world a better place.

The practice of hope in the everyday of leadership builds the capacity for resilience.
My beautiful friend – hope
You point me toward the sun
You shelter me in the rain
You trumpet my successes
And,
Hold me in my sorrow
Ever whispering,
Rise up.
Rise up.

Joan McArthur-Blair © 2018

#appreciativeresilience
CHAT BOX QUESTIONS
REFLECTIVE QUESTION

How are you practicing hope and a hopeful view?

Practice hope, as it is key to living a resilient leadership life.
Despair

- Despair is when the challenges of leadership and life have brought us to our knees.

- A focus on our strengths, however small, in times of despair can provide the capacity to continue on and/or reside with despair.
CHAT BOX QUESTIONS
REFLECTIVE QUESTION

Appreciative inquiry helps people in times of despair to focus on using their capabilities in these times and to move forward or reside in the state of despair.

What are your strengths in times of despair?
Forgiveness

 Forgiveness is an act of beginning anew where dialogue can happen and, perchance, change can take place.

 Forgiveness requires powerful will and determination.
Forgiveness is not a blank state
It does not offer absolution
It does not lighten the burden of past acts

Do not think it is easy nor is it kind

Rather,
It recognizes the power
of rising again
from ashes of fires we ourselves ignited
of dowsing
the flamethrowers gripped by circumstance
or evil

It is a letting go and a holding close
It abides in love and champions knowing

And,
It walks with a steely and willful force
Forgive me…

Joan McArthur-Blair © 2018
CHAT BOX QUESTIONS
REFLECTIVE QUESTION

What role does forgiveness play in your return to hope and a hopeful view?
Appreciative Resilience Practice
CHAT BOX QUESTIONS
Reflective Question

There may be nothing more important, not only to leadership survival but leadership thriving, than resilience.

How are you being your best resilient self?
CHAT BOX QUESTIONS
Tell someone in your life the one thing you have taken from today that can foster resilience for yourself and others
Subscribe at cockellmcarthur-blair.com to read the first three chapters, blogs, listen to podcasts

And, find our book at your favorite bookseller

And, if you have read our book support us by posting a review on Amazon

joan@cockellmcarthur-blair.com
jeanie@cockellmcarthur-blair.com
cockellmcarthur-blair.com

#appreciativeresilience