

# Believe in yourself

*Duncan Kirkwood*  
Global Resilience Advocate



@Duncan Kirkwood Speaks



@DuncanKirkwood



@DuncanKirkwood



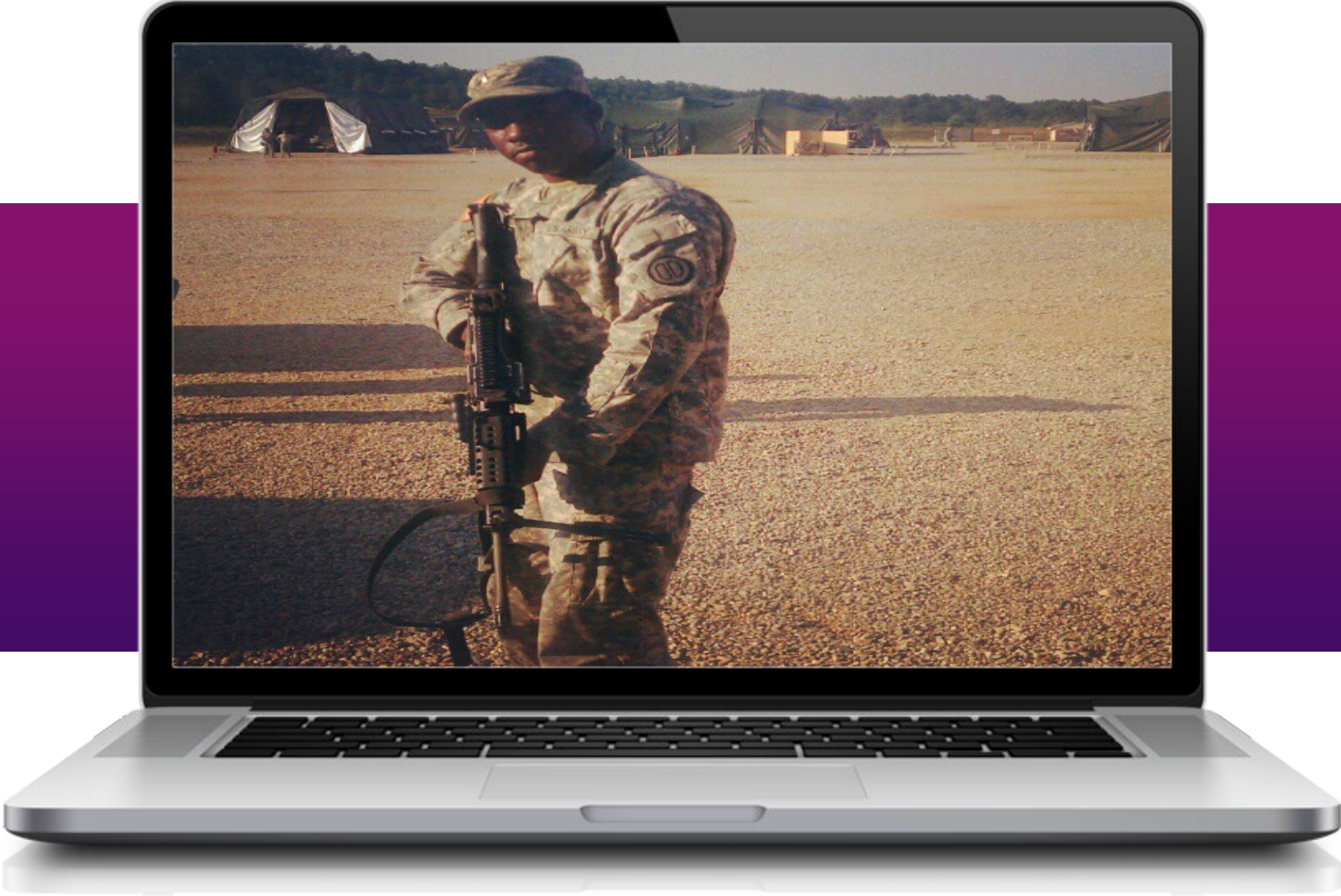
@DuncaneKirkwoodSpeaks

**TOP  
YOUTH  
SPEAKERS®**



**Villa Maria**  
COLLEGE







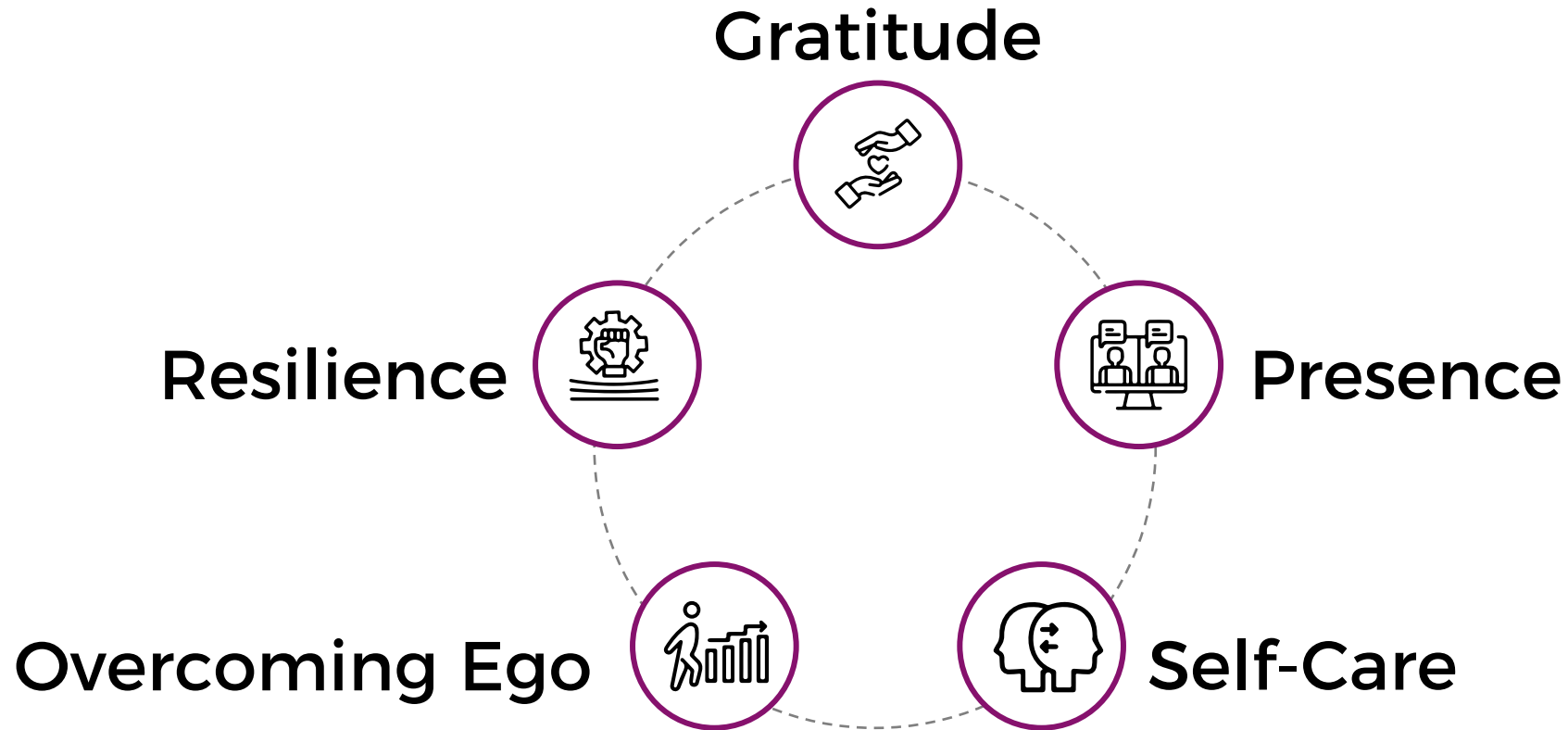
— —  
**80% OF YOU  
WILL GET THIS**

**Wrong !!!**

***Pay Attention***

# UNLEASH YOUR GREATNESS

Helping Educators and Administrators Build Resilience



“

RESILIENCE PLEDGE

I will always place my  
**mission first**

I will never accept  
**defeat**

*I will never*

**QUIT”**

# RESILIENCE OVERVIEW

○ Resilience is teachable

○ If someone is not resilient, they can become resilient

○ Think of your resilience as a cup full of water





— —

# Hunt The Good Stuff

# HUNT THE GOOD STUFF

According to Dr. Barbara Fredrickson, positivity researcher at the University of North Carolina, for every heart-wrenching negative emotional experience you endure, you need to experience at least three heartfelt positive emotional experiences that uplift you.





— —  
**Resilience**

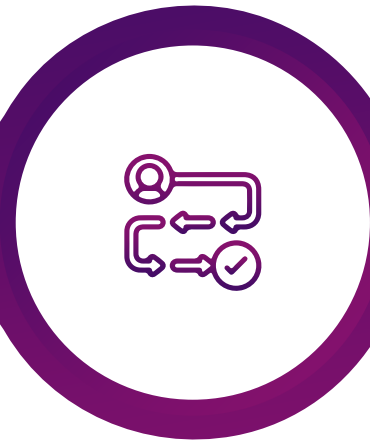






## ACCEPTANCE

Accept that everyone has setbacks, and you are strong enough to overcome them.



## JOURNEY

Understand that setbacks are actually part of your journey. Failing is how you find your balance.



## FIND THE JOY

Having setbacks while following your dreams can be a joyful reminder that you are working towards your purpose. You get smarter and stronger once you get back up from getting knocked down.



## KNOW WHO YOU ARE

Understand that your value as a person is not connected to the result, to a setback, to a social media post or anything. You are so much more than your low moments. So keep moving forward.

Presence









# HOW TO BE PRESENT



Fully embrace each moment (walking, driving etc)



Give all your attention to the task (notice sounds and smells)



Accept what is (give no resistance)



Treat each moment as a gift... not something that is in your way of getting somewhere else.

**SAGE**

**EGO**



**WHO  
ARE  
YOU**











The background features a low-angle, black and white photograph of a modern building's facade, characterized by horizontal slats and glass panels. A dark, semi-transparent rectangular overlay is centered over the image, containing the main text. On the left and right sides of the image, there are vertical purple bars. The overall aesthetic is professional and data-driven.

# **44% OF TEACHERS ARE FEELING BURN OUT**

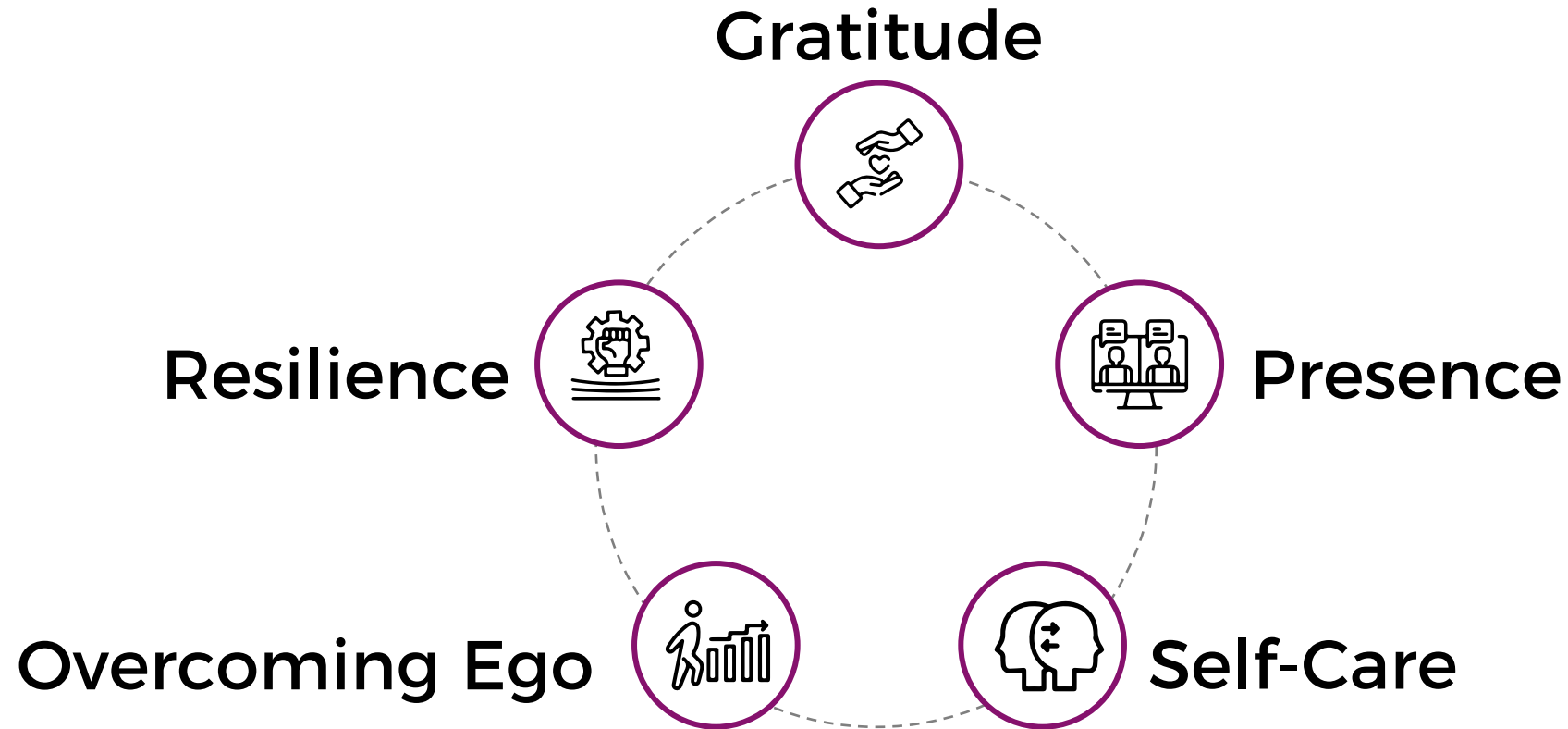
**Marken and Agrawal, 2022 Gallup Poll**





# UNLEASH YOUR GREATNESS

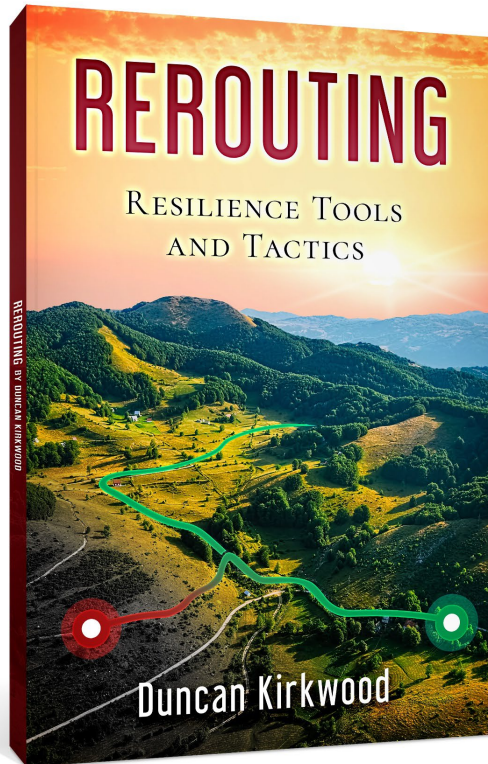
Helping Educators and Administrators Build Resilience



---

# UNLEASH YOUR GREATNESS

Helping Educators and Administrators Build Resilience



(716) 218-9176

“

RESILIENCE PLEDGE

I will always place my  
**mission first**

I will never accept  
**defeat**

*I will never*

**QUIT”**

# Believe in yourself

*Duncan Kirkwood*  
Global Resilience Advocate



@Duncan Kirkwood Speaks



@DuncanKirkwood



@DuncanKirkwood



@DuncaneKirkwoodSpeaks

**TOP  
YOUTH  
SPEAKERS®**



**Villa Maria**  
COLLEGE

