

NICOLA LIPSCOMBE

KEYNOTE SPEAKER



APA Conference -25 May 2018



VUCA

Your Plan



Reality



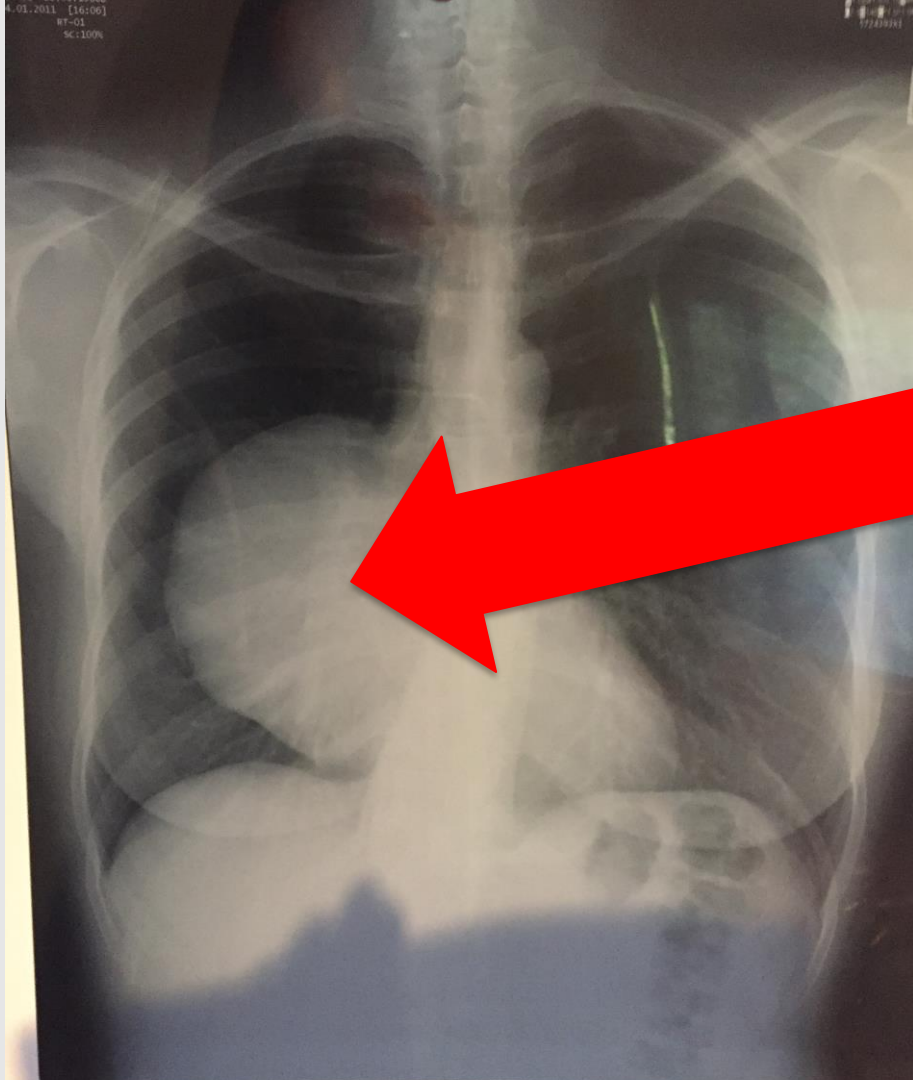
















RESI

RESILIENCE

RESILIENCE

IENCE







Be a Resilient Thinker

- Perspective
- Realistic
- Specific
- +ve and –ve
- Possibilities – options, solutions, learning



Be A Resilient Thinker

- Will this matter in 5 years time?
- Will I laugh about this when I'm 80?
- Is it **really** true?
- What else **could** this mean?
- What good can I find ?
- What can I learn ?







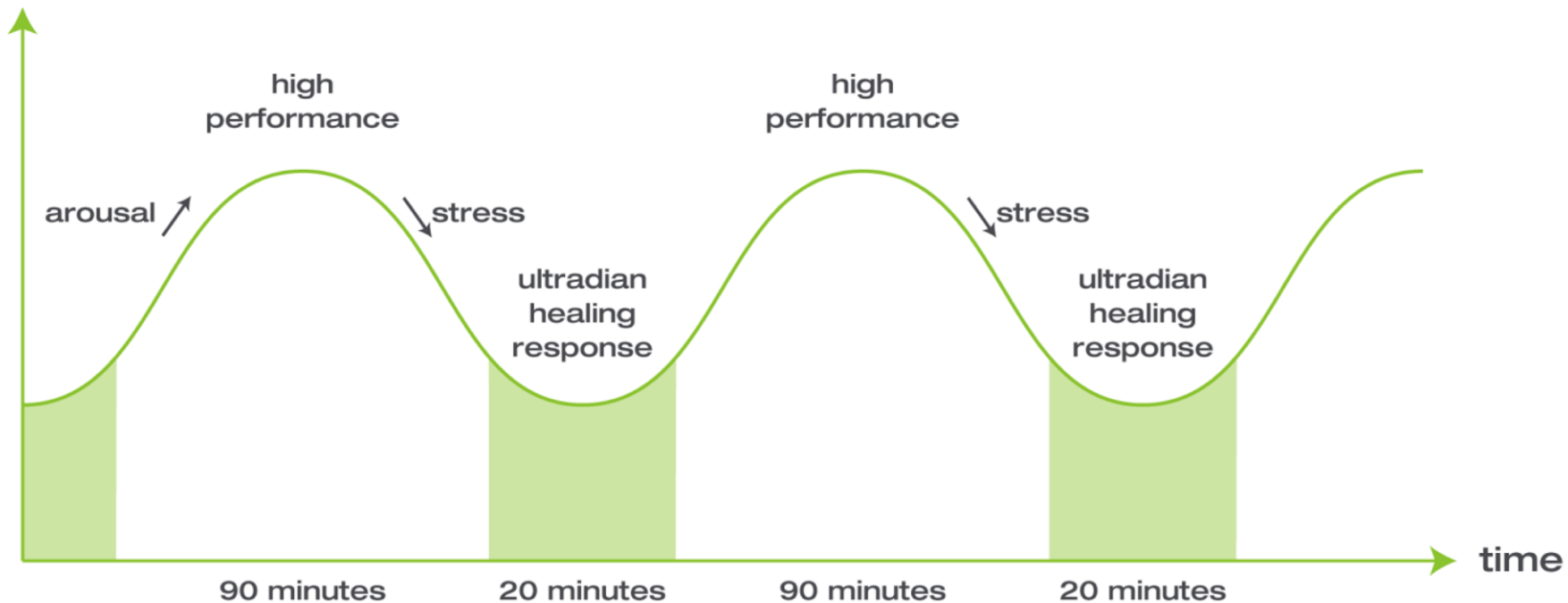


"It's what you do with what happens
that counts" - Nicola Lipscombe

unplug  

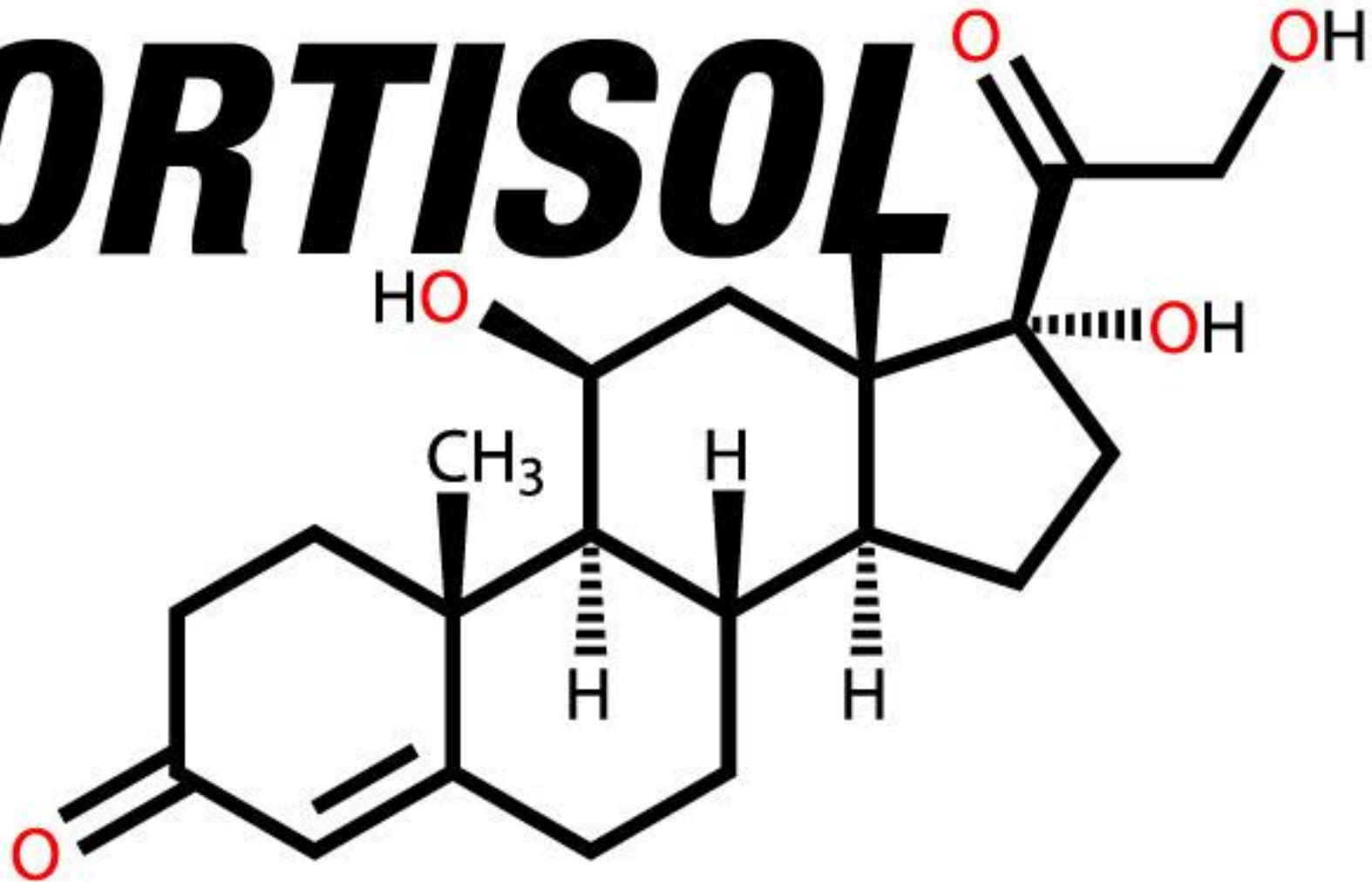


activity levels





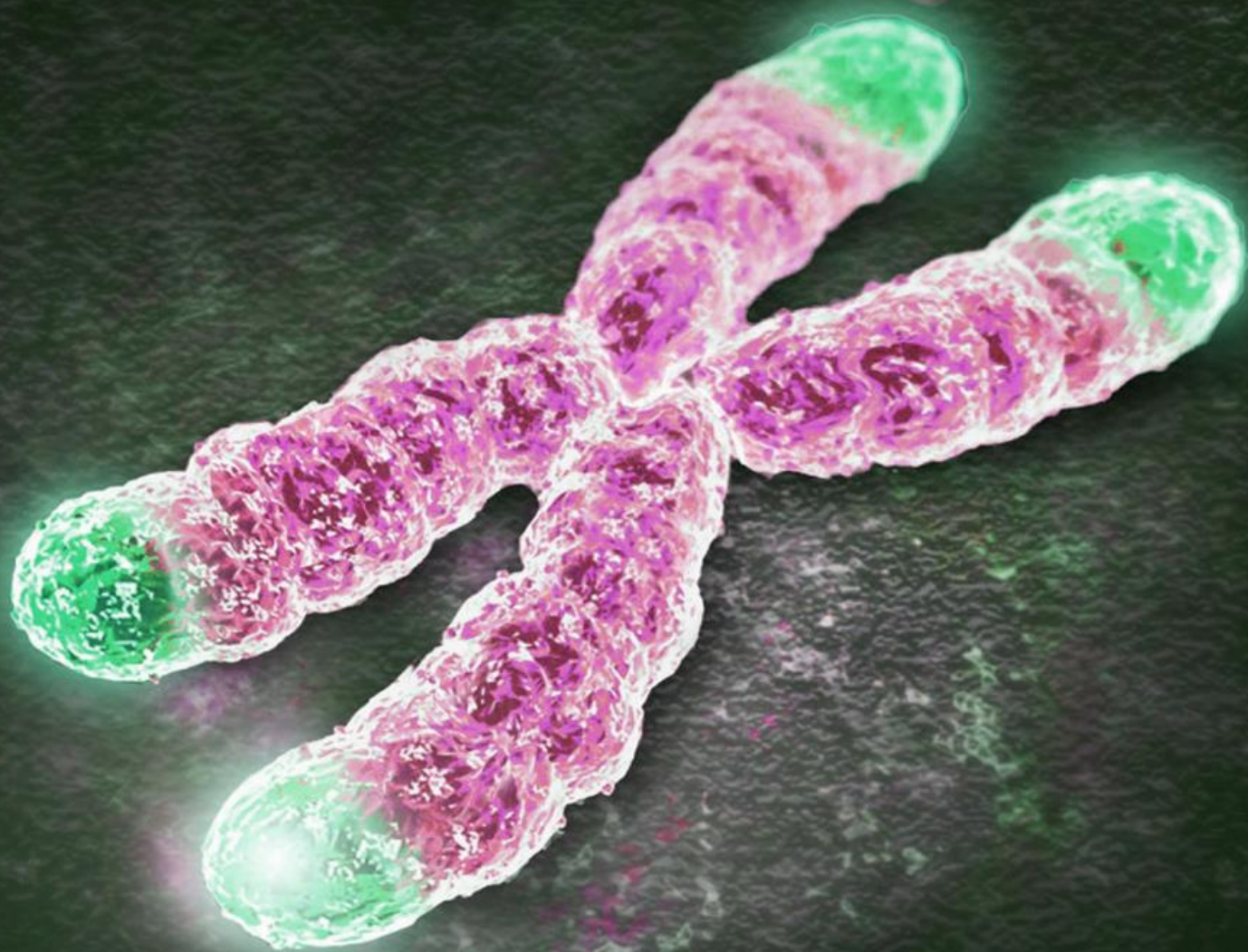
CORTISOL











unplug  



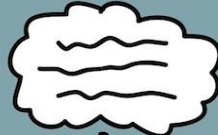
JUST
BREATHE







Your body is present.



Is your mind?



Past

Present

Future









Increases Happiness

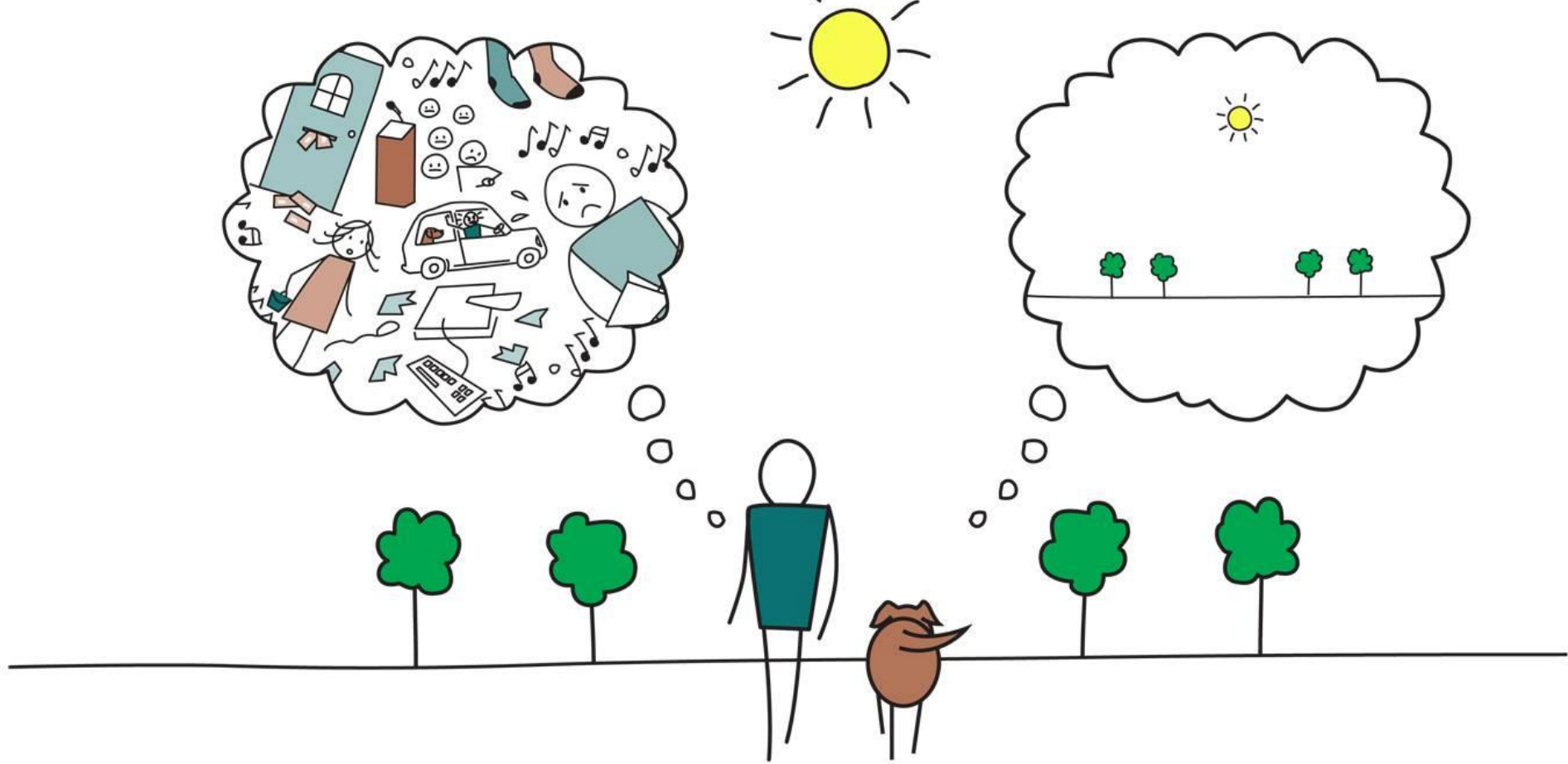
- A Wandering Mind is an Unhappy Mind
- 46.9% of the time people 'mind wandering'

Killingsworth & Gilbert, 2010

what the hell is that?



oh,
just my mind



Mind Full, or Mindful?







Island

Bifurcation

Ridge ending

Delta

Crests

Crests

The case of fingerprint pattern

Short Break

The delta is where the ridges divide

The core of fingerprint pattern





To Listen Deeply is a Deeply Human Experience

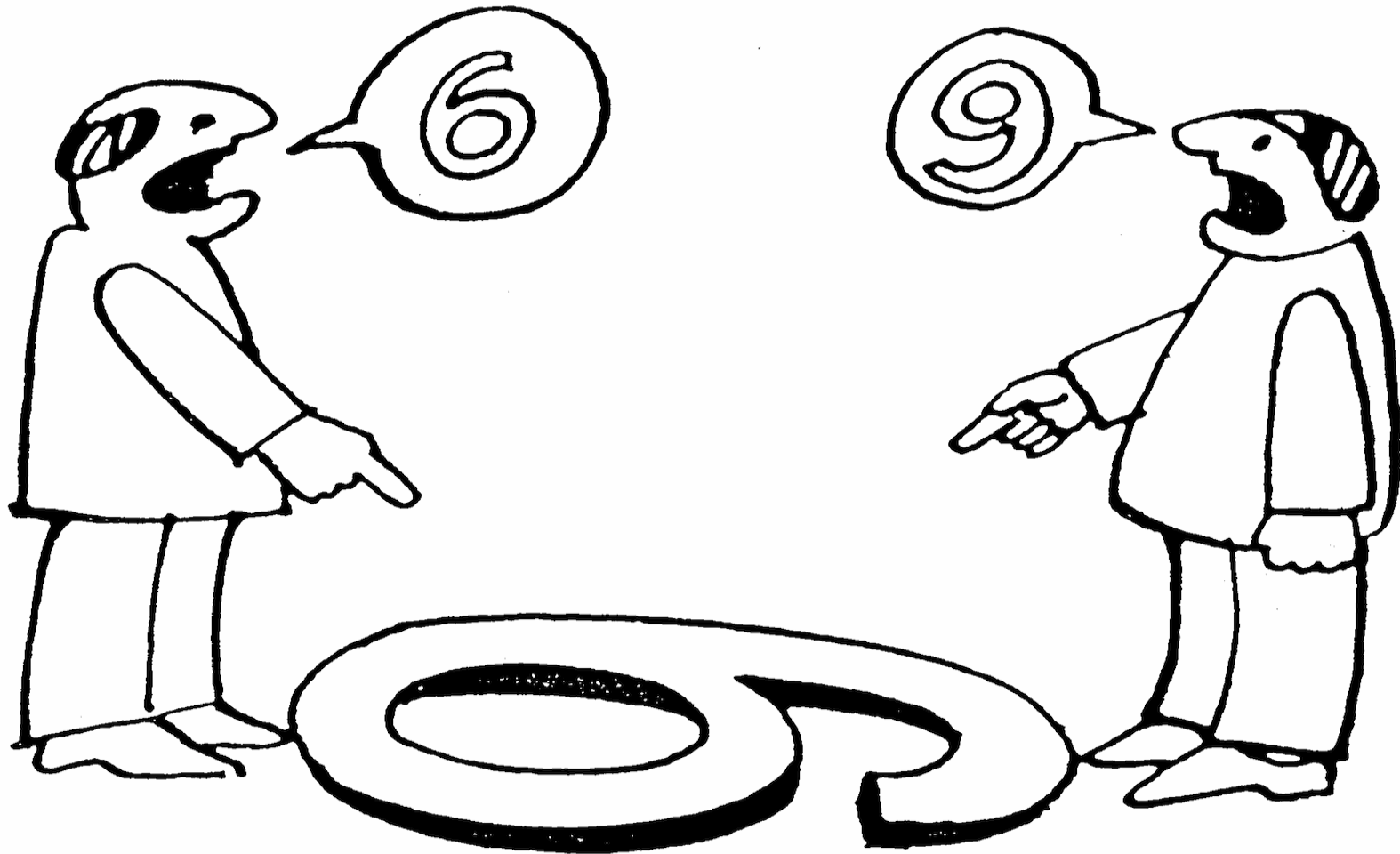




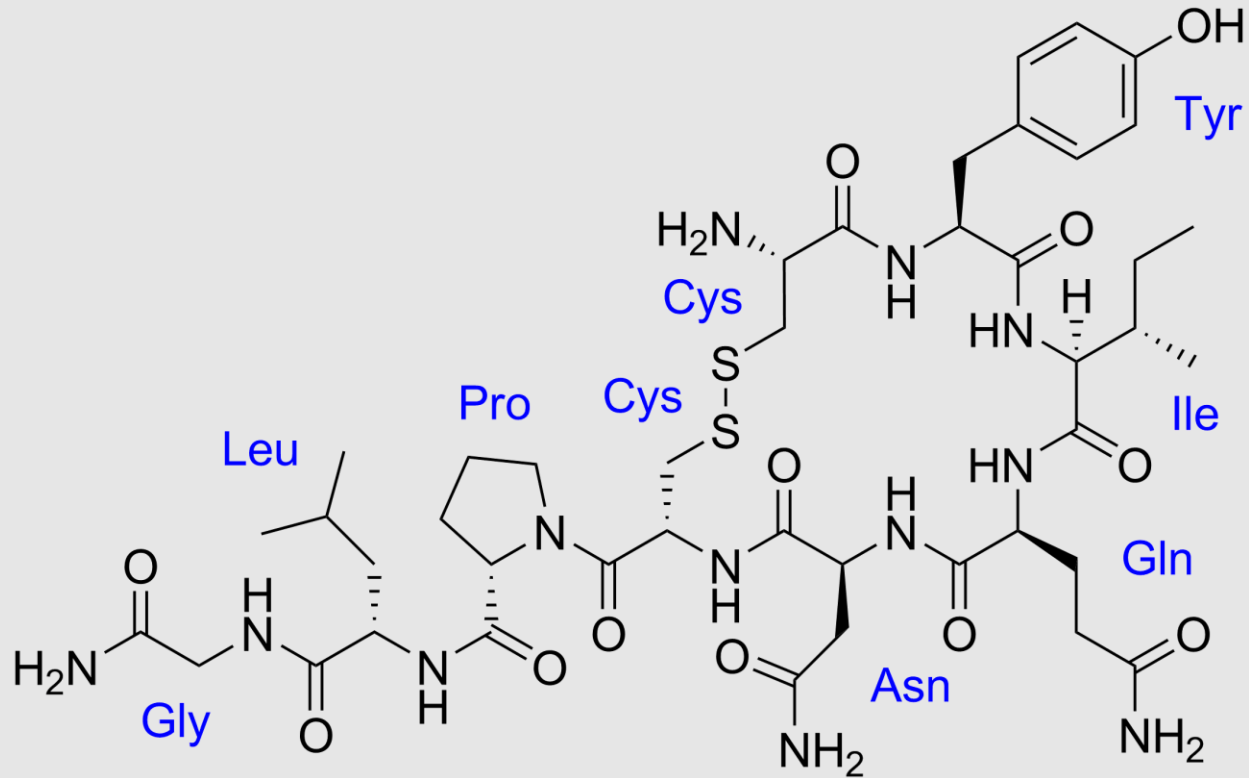









OXYTOCIN





A close-up portrait of a woman's face, focusing on her eyes and nose. She has teal-colored eye makeup around her eyes and a nose ring. The background is a colorful, geometric pattern of triangles in shades of blue, red, green, and white. The image has a slightly grainy, artistic quality.

"Listening is a hug
you give with your ears"

- Nicola Lipscombe



A person wearing a blue hoodie is seen from behind, with their arms raised in a fist against a vibrant sunset sky. The sun is low on the horizon, creating a warm orange and yellow glow. The person's arms are extended upwards, and their hands are clenched into fists. The overall mood is one of triumph and achievement.

UNPLUG &

HUG



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