

# Inclusion 247 Podcast

Show notes

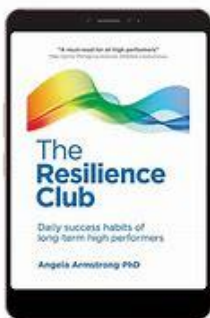
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## Episode #9 Resilience – daily success habits



There has never been a more important time than now to focus on resilience, Not only for managers and leaders, who undoubtedly will have had to, and will continue to make some difficult decisions, but for everyone to focus on personal resilience as we adjust to the emerging situation.



In this episode we talk with **Angela Armstrong** author of **The Resilience Club – Daily success habits of long-term high performance**

Angela shares details of her **FREEDOM** methodology which are the seven categories of resilience most common to people who have experienced adversity and come out the other side stronger.

Angela's **FREEDOM** Methodology include:

- **Focus**,
- **Role models**
- **Energy**
- **Emotions**
- **Downtime**
- **Optimism**
- **Meaning**

Angela defines resilience as the ability to take the challenges and changes of life in your stride and to be able to say 'yes' to the opportunities that excite you.

Angela also shares how it is necessary to focus on four areas which are within our control, these include:

- **Mental health** includes choosing where you put your focus, effective decision-making, managing your workload commitments.
- **Physical health** includes sleep, hydration, nutrition and movement.
- **Emotional health** includes a sense of belonging, community, recognizing and managing your emotions.
- **Spiritual health** is about hobbies and activities that make you feel like 'you', things that make you laugh or feel good about who you are.

Angela's top tip is to do one thing for yourself each day in each of the categories of mind, body, spirit and emotions. Just 5 minutes attention on each will really help.

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## Contacting Angela

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## About the Show

The **Inclusion 247** podcast is for busy professionals who want to know 'how' to create an inclusive workplace culture.

Throughout this series Teresa will speak to some of the most inspiring thought leaders of today, who will share their knowledge and insight into what it takes to build an inclusive workplace culture.

She will guide listeners through her tribe5 Diversity & Inclusion® methodology - from taking stock, raising awareness, to inspiring all stakeholders, building for the future and embedding positive Diversity & Inclusion practices.

The format of the Podcast is 30 minutes of conversational-style discussion about ideas relating all aspects of equality, diversity, inclusion and belonging.

## About your host

Teresa Boughey is an Award-Winning Diversity and Inclusivity specialist with over 25 years' Senior Leadership experience working with large organizations and their executive boards.

Teresa is a TEDx speaker, a UK Female Entrepreneur Ambassador and a Non-Executive Director. She has been recognised as a Top 100 F:entrepreneur. She is business board member of two All-Party Parliamentary Groups, influencing Government on Policy.

She has appeared on BBC One's Sunday Politics Show and local BBC Radio. Teresa has also been a judge at the UK Biz Awards and UK Employee Experience Awards.

Teresa is the author of the #1 best-selling book ***Closing the Gap – 5 Steps to Creating an Inclusive Culture***.

*Closing the Gap* has been 'Highly Commended' as an Exceptional book that promotes Diversity in the 2020 Business Book Awards.

<https://www.inclusion247.com/closing-the-gap-1-best-selling-book>



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Teresa has aligned her business with the United Nations Sustainable Global Goals, in particular:

- Goal 5 (Gender Equality) and
- Goal 2 (No Hunger)

Teresa is an active fundraiser for various charities including The Hunger Project – **Unleashed Women’s Project.**