

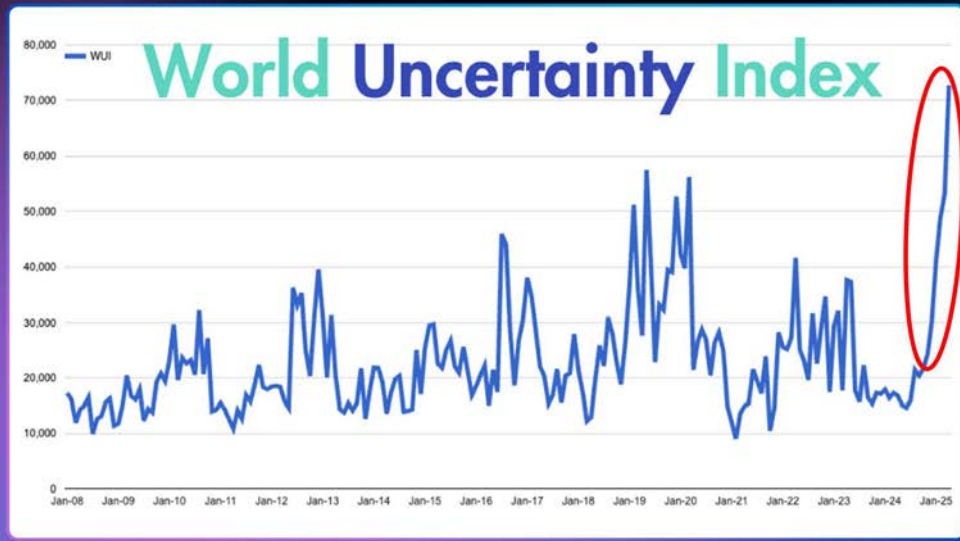
# BECOMING SHATTERPROOF

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*How to thrive when  
resilience alone isn't enough.*

Dr. Tasha Eurich

WHAT DID I  
JUST DO?!





## 5-YEAR RESEARCH PROGRAM

- **Extent Science:** 1,300 empirical journal articles
- **Qualitative:** 300+ in-depth interviews with working adults
- **Quantitative:** Surveyed thousands globally; over a half-dozen samples

# RE•SIL•IENCE

Our **capacity**  
to cope  
with hard things.



## PROTECTIVE PRACTICES

- ☐ Gratitude
- ☐ Optimism
- ☐ Social Support
- ☐ Reframing
- ☐ Exercise
- ☐ Sleep
- ☐ Meditation

# 3 OUTCOMES

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1. *Broken*
2. *Bounced Back*
3. *Got Better*

# BREAKING THROUGH

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*Resilience Myths &  
Shatterproof Mantras*



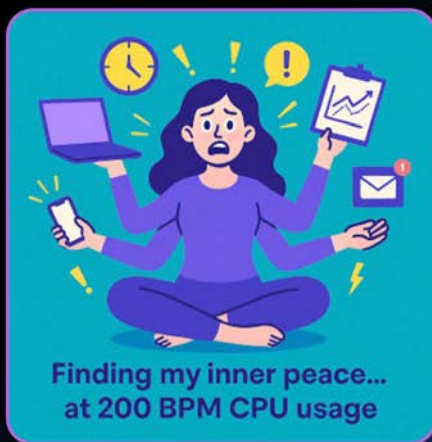
# MYTH 1

*Resilience is a **muscle**.*

# TRUTH

*We **can't** (all) always improve our resilience.*

## MY TYPE A QUARANTINE



Tasha's Resilience Spreadsheet					
Week of _____					
	Monday	Tuesday	Wednesday	Thursday	Friday
DAILY: Did I meditate?					
DAILY: Did I actively cope?					
DAILY: Was I optimistic?					
DAILY: Did I reframe challenges?					
DAILY: Did I seek social support and share struggles?					
DAILY: Did I do my best to manage my stress?					
WEEKLY: 4 strength training 10+ mins (note mins)					
WEEKLY: 3 foam rolling (note mins)					
DAILY: Did I spend < 30 mins on EDS homework?					
WEEKLY: Did I take a 10 min walk? (goal = 5)					

## MYTH 2

*What doesn't kill us  
makes us **stronger**.*

## TRUTH

*Stress **drains** our  
resilience resources.*





Hitting  
your  
resilience  
ceiling

# STRENGTH

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*means never stopping.*





# SHATTER THE SHAME:

## FORGIVE YOURSELF

- *This is not the oppression Olympics.*
- *You're not failing – you've hit your resilience ceiling.*
- *It's physically impossible to power through everything.*

## THEN GROW FORWARD

- *Just surviving isn't sufficient – it's time to reinvent myself.*
- *This season needs a new strategy.*
- *Focusing on my needs is key to a better future.*

## BECOMING SHATTERPROOF

*Proactively harnessing tough times to **grow forward** and **deepen our core needs**.*



*"When I move so quickly to resilience, I miss a chance to fully feel into my needs."*

BARATUNDE THURSTON

## THREE-TO-THRIVE NEEDS

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1

**CONFIDENCE**

*Effective & Growing*

2

**CHOICE**

*Agency & Authenticity*

3

**CONNECTION**

*Belonging & Support*

Am I a **need-frustrating**  
leader or a  
**need-fueling** leader?

## TOOL: NEED SCAN

1

### CONFIDENCE

*Did I feel  
doubted or  
dismissed?*

2

### CHOICE

*Did I feel  
pressured or  
controlled?*

3

### CONNECTION

*Did I feel  
unsupported  
or overlooked?*



# RECLAIMING CONFIDENCE: MEET GRACE

## THE 10% BUFFER



*Pick 1 part of your role, project,  
or identity.*

*Ask: "Can I give myself permission to be  
excellent only 90% of the time?  
**Who would even notice?"***



*"Last week, I felt  
**completely comfortable  
in my own skin.**  
More than I'd ever felt.*

*I'm no longer trying to  
pretend. **I am who I am.***

*And I DO know  
what I'm doing.  
**I've got this."***

***-Grace (our hero)***



## KEY LESSONS

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- 1. Resilience has limits;** a good life isn't about bouncing back — it's about **breaking through.***
- 2. Grit gaslighting** is the **lie that keeps us stuck.** Name it. Banish it. Set yourself free.*
- 3. Your needs aren't selfish.** They're essential — and **non-negotiable.***



**SHAMAYIM  
HARRIS**

**"MAMA SHU"**

**THIS IS NOT WHERE  
MY STORY ENDS.**



*"I was going to **build a village...** to heal myself, my people — and transform my neighborhood into something beautiful."*

MAMA SHU,  
SHATTERPROOF HERO





*"I chose to transform my  
**pain** into **power**...  
my **grief** into **glory**...  
and my **loss** into **love**."*

MAMA SHU,  
SHATTERPROOF HERO





***In the  
times that  
break us,  
we can  
uniquely  
remake us.***