



Nancy Hightshoe Seminars

LifeSkills

By Nancy Hightshoe

The Second Secret of Resilient Individuals and Organizations

Resilience is an essential life skill for dealing with the business and safety environments of the 21st century. RESILIENCE CAN BE LEARNED.

In this issue of LifeSkills, I am sharing the Second Secret for Surviving and Thriving.

All of us face reversals in fortune. What are the secrets for getting back in the game as quickly as possible? How does one hang on until either the situation changes or a solution has time to take effect?

Resilient individuals and organizations spend as little time as possible in chaos, worry and upset. After a loss or missed opportunity, they quickly move into the problem-solving mode. Since challenges seem to arrive on our doorsteps not singly, but in groups, bouncing back quickly is both more difficult and more important.

What follows is the second secret in a series of tips to help you quickly regain that equilibrium in your life and your organization whether the challenge occurs in a business, school, house of worship or, on a more personal level, a friendship or within your family.

Once you have regained your balanced outlook, you can successfully search for and evaluate solutions.

Second Important Secret

to fight that drowning in chaos feeling

(better known as coming up for the third time):

You have just enough time to _____.

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"The Lady Was A Cop"

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Nancy Hightshoe is an accomplished speaker, coach and consultant. She is an expert in:

- Professional and Personal Effectiveness
- Safety, Security and Survival.

Nancy's Background:

- Business and Life Strategies Coach
- Police Officer, Detective and Entrepreneur



One year, I floated the Buffalo River in flood stage which is the most, shall we say interesting, time to make the float from Ponca to Pruitt in northern Arkansas. The river boasts class II rapids and drops 15 feet per mile. (The drop in the more peaceful sections is 3 feet per mile.) If you fell out of your canoe, you could easily float a mile and a half downstream before finding a swimming hole quiet enough to be able to climb out. A life preserver was more than a fashion statement. It could, literally, save your life. If your canoe got wedged sideways against a rock, it stayed there until the water receded during the summer drought.

On the plus side, in addition to the hold your breath excitement of the float, the experience is incredible! Some sections have magnificent 440 foot high river bluffs and mid-America's highest waterfall at Hemmed In Hollow. At a quiet bend in the river was an Arabian horse farm. These gorgeous horses came to the river to drink merely curious about the strangers who arrived in shiny metal tubes. Wildflowers grew from every crevice. The wildlife included everything from whitetail deer to foxes to an occasional mountain lion. No, I didn't see the lions or the black bears.

I paint this word picture because, in many ways, the float trip is just like real life. It so well describes the difficult situations in which we sometimes find ourselves in our business and personal lives. We thrive on the challenges, excitement and opportunities to grow. Then, in a moment's time, an event or series of events changes everything and we are staring disaster in the face.

If you have ever been canoeing in rough water, you know how quickly an unbalanced situation occurs and how your mind can go absolutely blank, forgetting all those pearls of wisdom you've been taught about righting the canoe and shooting safely through the rapids. Just like in the real world!

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- Has spoken throughout the United States and in 17 foreign countries

- On-camera expert for St. Louis NBC affiliate

- Represented a Fortune 100 corporation as their media spokesperson

- Master's Degree in Human Relations and in The Administration of Justice; Bachelor's Degree in Psychology

- Designed one of the first Personal Assault Investigative Units in the country

- Cleared 85% of her felony assault crimes cases (national average is 49%)

- Recognized POST-certified continuing education instructor (Police Officers Standards and Training)

- Named to the *World Who's Who of Women*

Nancy's Commitment and Philosophy

My background in personal courage

- both as a police detective and entrepreneur

- is reflected in all my presentations.

Remember the secret:

You have just enough time to _____!

Think about it...

What are your challenges?

What do you have Just Enough Time To Do?

What strategy do you need to develop?

What is your first step?

General Motors' new car sales record has been abysmal. They had ***Just Enough Time to change their marketing campaign*** to treating customers like family and giving them the GM Family Discount. The campaign was so successful, GM had to impose a deadline.

Space shuttle, Discovery captain, Eileen Collins executed a perfect back flip with her craft and observers discovered filler sticking out between the thermal tiles. The astronauts have ***Just Enough Time to space walk to repair the damage.***

Twelve-year-old Mickenzie Smith was abducted July 26 while she was walking home with her **9-year-old brother, Kaiden**, in West Haven. ***Mickenzie had Just Enough Time to fight*** like a mini-tornado. ***Kaiden had Just Enough Time to run to a nearby home*** for help. Mickenzie escaped and her assailant is awaiting trial.

Shelley Billings discovered that her daughter, **Breezy** (serious high school athlete who never drank alcohol, was popular and a good student) was using crystal meth. Shelley never hesitated in seeking counseling. ***Shelley had Just Enough Time to put Breezy in a treatment program.*** When Breezy ran away and wanted to come home, ***Shelley had Just Enough Time to return Breezy to the center.*** Breezy is now meth-free and flourishing.

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My philosophy of personal responsibility and purpose resonates throughout all of my programs.

Each seminar participant comes away with new skills and ideas on how to approach every challenge with creativity, resourcefulness and tenacity

- all qualities even more essential for success in today's world.

Future issues of ***Life Skills*** will include a wide range of topics from Nancy Hightshoe Seminars.

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Most of us will not face life-or-death situations but, in many ways, the day-to-day challenges are every bit as stressful and demand as much wisdom and courage as the choices men and women and boys and girls make in dangerous situations.

So, if you have developed a strategy to put into action what you have **Just Enough Time** to do, you are ready for Secret Number Three, which will be in a later newsletter. If you missed the First Secret, please email me and we will be happy to send it to you.

RESILIENCE - Rebounding During Turbulent Times and Meeting the Challenges of Change

In our current climate, when organizations must produce results during economic uncertainty and shifting world events, more commitment and effectiveness will be required from each individual in your organization.

Resilience is the force which allows people to go beyond day-to-day survival and to actually prosper in environments that are increasingly complex and demanding.

It is no longer sufficient to merely *adapt* to new demands, *cope* with the stress of uncertainty, or *adjust* to disruptions in the workplace. Resilient individuals and organizations, whether government agencies, corporations, associations, universities or other groups, constantly rework and improve strategic plans in order to meet their goals and objectives.

As anxiety-producing as our current threats are, without change there is stagnation and decline. An individual's **resilience** is the key to using change, whether chosen or involuntary, as part of the process toward increased creativity, productivity and the fulfillment of professional and personal goals.

An individual's resilience can be strengthened by learning concepts and applying techniques that reinforce the key characteristics of highly resilient people.

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