

# LEARNED RESILIENCE

NEWSLETTER ∞ MARCH 2020

Volume 1 / Issue 1

## MISSION

Learned resilience focuses on building your adaptive capacity by developing strategies for life's changing seas. Our goal is to coach you through rough waters by building your confidence to face inevitable changes and transitions in your life. Through coaching and workshops you'll develop your inner resources and a network of support that will guide you through your journey,



Watkins Glen

Welcome to our first newsletter devoted to all things about *learned resilience!*

Each month, a new issue will arrive on your virtual doorstep packed with news and ideas to help you feel more confident as you navigate the uncharted waters of our world today. As you can surmise from the photo above, there is little in life that is a clear, straight course to happiness and success. There is turbulence in those waters. Rapidly changing events and emotions can seem overwhelming at times. Let's develop your personal plan and find the tools that help you overcome the obstacles that inevitably occur along your journey. You can find calm amidst the calamity.



## Inspiration for March

After a long winter, we look toward spring with hope that the season will burst forth with opportunities to grow into the beings we envision and aspire to manifest.

## Spring and all its flowers - Hafiz

*English version by Homayun Taba & Marguerite Theophil  
Original Language Persian/Farsi*

Spring and all its flowers  
now joyously break their vow of silence.

It is time for celebration, not for lying low;  
You too -- weed out those roots of sadness from your heart.

The Sabaa wind arrives;  
and in deep resonance, the flower  
passionately rips open its garments,  
thrusting itself from itself.

The way of Truth, learn from the clarity of water,  
Learn freedom from the spreading grass.

Pay close attention to the artistry of the Sabaa wind,  
that wafts in pollen from afar,  
And ripples the beautiful tresses  
of the fields of hyacinth flowers.

From the privacy of the harem, the virgin bud slips out,  
revealing herself under the morning star,  
branding your heart and your faith  
with beauty.

And frenzied bulbul flies madly out of the House of Sadness  
to unite with the flowers;  
its love-crazed cry like a thousand-trumpet blast.

Hafez says, and the experienced old ones concur:

All you really need  
is to tell those stories  
of the Fair Ones and the Goblet of Wine.

#### MANTRA FOR THE MONTH

---

*"Intelligence is the ability to adapt to  
change." ∞ Stephen Hawking*

---



#### News and Events

As you may already know, Mary launched a new website in February and began working on two new projects - writing a book and designing a workshop, both focusing on learned resilience. As these projects come into clearer view, stay tuned for the latest updates about publication and invitations to events through this newsletter and the website ([maryedson.com](http://maryedson.com)). Keeping you on course is the top priority, so Mary will continue to meet with you and her other coaching clients during this time.



Cornell Arboretum

Do you have questions? Do you want information about a coaching session or workshop?

**Contact:**

Mary  
607.288.2550  
resiliencecoach@msn.com  
www.maryedson.com

**ABOUT THE ∞**

You've likely seen the use of ∞ as a sign of infinity or eternity in mathematics, science, and elsewhere. The use of this symbol relative to resilience is evocative of the Adaptive Cycle researched and developed by Lance Gunderson and C.S. "Buzz" Holling, published in *Panarchy: Understanding Transformations in Human and Natural Systems* (2002). Their model illustrates the cycle of adaptation as exploitation, conservation, release, and reorganization. My group development research drew parallels with this model extending it through principles of complexity – self-organization, hierarchy, emergence, and learning. This forms the foundation of learned resilience. Be sure to check out the blog and future newsletters for more details about how this cycle applies to you and your life.