

# LEARNED RESILIENCE

NEWSLETTER ∞ SEPTEMBER 2020

Volume 1/Number 7

## 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 will develop your inner resources and a network of support that will guide you through your journey.



Welcome to the *September* Newsletter devoted to all things about *learned resilience*! This month, we honor Ruth Bader Ginsberg, Associate Justice on the Supreme Court, who passed on the 18th. Justice Ginsberg was a fierce advocate for equal protection under the law. She was a role model who encouraged us to *stand up for ourselves through well-considered action*. We look at *making our voices heard and taking action on our own behalf*. *Effective ways to act are to complete your census and [vote](#)*.

Each month, we aim to deliver valuable strategies to your virtual doorstep to build your confidence as you navigate the uncharted waters of our world. Waterfalls demonstrate life's turbulence. Rapidly changing events and emotions can seem overwhelming at times. As you can surmise from the photo, there is little in life that is a clear, straight course to happiness and success. Let's find tools to overcome obstacles that inevitably occur during your journey.

You can find **calm\*** amidst the calamity.

\*Listen to the waterfall while you read.

## Inspiration for September



September welcomes autumn with crisper days and joys of last blooms as the warmth of summer wanes. It's a good time to reflect on how far we've come and how much we've changed.

Our lives have been forever altered by the pandemic, which colors every aspect of our lives now. These past few months we've learned to listen and tune out the noise, just to focus on what is most important. The world has become a cacophony of messages and memes, not all good. So take a moment to enjoy some beautiful noise by two talents artists who will lift

your spirits.

Jeff Oster, [Gardens of Varanasi](#) (2015) on [Next](#)

Kelly Andrew, [Glistening Waters](#) (2014) on [Journey](#)

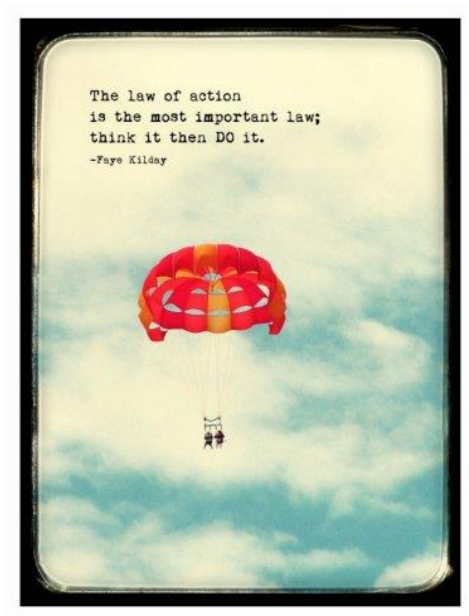
## SEPTEMBER'S HAIKU

The law of action

Is the most important law;

Think it then DO it.

∞ [Faye Kilday](#), [Law of Action](#)



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is the most important law;  
think it then DO it.  
-Faye Kilday

## Reflection on Turning Thinking into Action

RBG prepared thoroughly before arguing before the Supreme Court. Her record of success speaks for itself as do the results that changed the lives of millions of disenfranchised Americans. While most of us can't sustain for long her workload on four hours of sleep, we can prepare thoroughly for more effective action. One of the best ways is thinking holistically about problems we encounter. Despite the rap journalists are taking these days, their methods of inquiry can be effectively put into practice. Here's a short-hand to holistic thinking like an investigative journalist or an extraordinary jurist:

### 1. Who and what is involved?

This is basic information about the artifacts of the situation – the people are stakeholders and data are pieces of the puzzle. Take care to notice the distinctions embedded in who and what.

### 2. Where and when is the action taking place?

These two dimensions, time and space, make up the context, the environment, and the boundaries of the situation.

### 3. How are people and things interacting?

These are the behaviors and relationships you observe occurring in the situation.

### 4. Why is this happening?

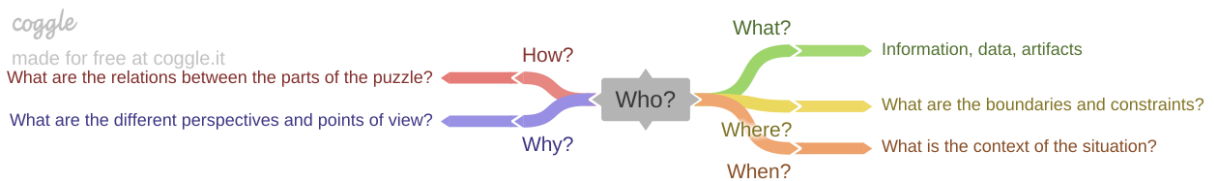
Inquiry into why something occurs must encompass multiple points-of-view about the situation and the perceptions of the stakeholders.

In sum, before taking action, you want to ask yourself, "Do I know who, what, where, when, how, and why this is happening?"

## Resilience Practice

### Thinking into Action

When you have “done your research,” as Sherlock Holmes said, you can move toward informed action. To make the information easier to understand, you might try mapping it using the tool introduced last month, [Coggle](#).



This month’s resilience practice moves us from effective thinking through inquiry and mapping to effective action. You might refer to last month’s tips to integrate appreciative inquiry into this process to gain better results.

To get your voice heard so that you have influence over the direction of your life, get the facts, understand the situation or system, make a plan, and take action through connecting and networking.

[Coalition building](#) is powerful. You can feel a sense of accomplishment when you complete your census and vote so your voice is heard in the direction of our country. Make Ruth proud!

Next month, we will delve into how trusting the process is an important part of the process of getting results. Until then, remember to be as understanding and kind to yourself as you are to others.

## MANTRA FOR THE MONTH

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*"Fight for the things that you care about, but do it in a way that will lead others to join you."*

∞ Ruth Bader Ginsburg (1933-2020)

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## News and Events

Mary is now facilitating professional development certificate courses through Cornell University's online platform, [eCornell](#). She continues to provide articles to [Mutual Aid](#) in the [Ithaca area](#). These articles are available to you in the [website blog](#). Share these resources with others as you think useful.

Mary has begun working on two 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](#)).

Keeping you on course is our top priority, so Mary will continue to meet with you and her other coaching clients during this time. Please reach out whenever you feel the need, even if to ask a question about this newsletter or explore ideas.





## CLOSING THOUGHT

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*“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*

*∞ Margaret Mead*

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*Cornell Arboretum*

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

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## 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.