

**CFSA**   
*Women in*  
**LEADERSHIP FORUM**  
APRIL 25, 2022 | JW MARRIOTT INDIANAPOLIS

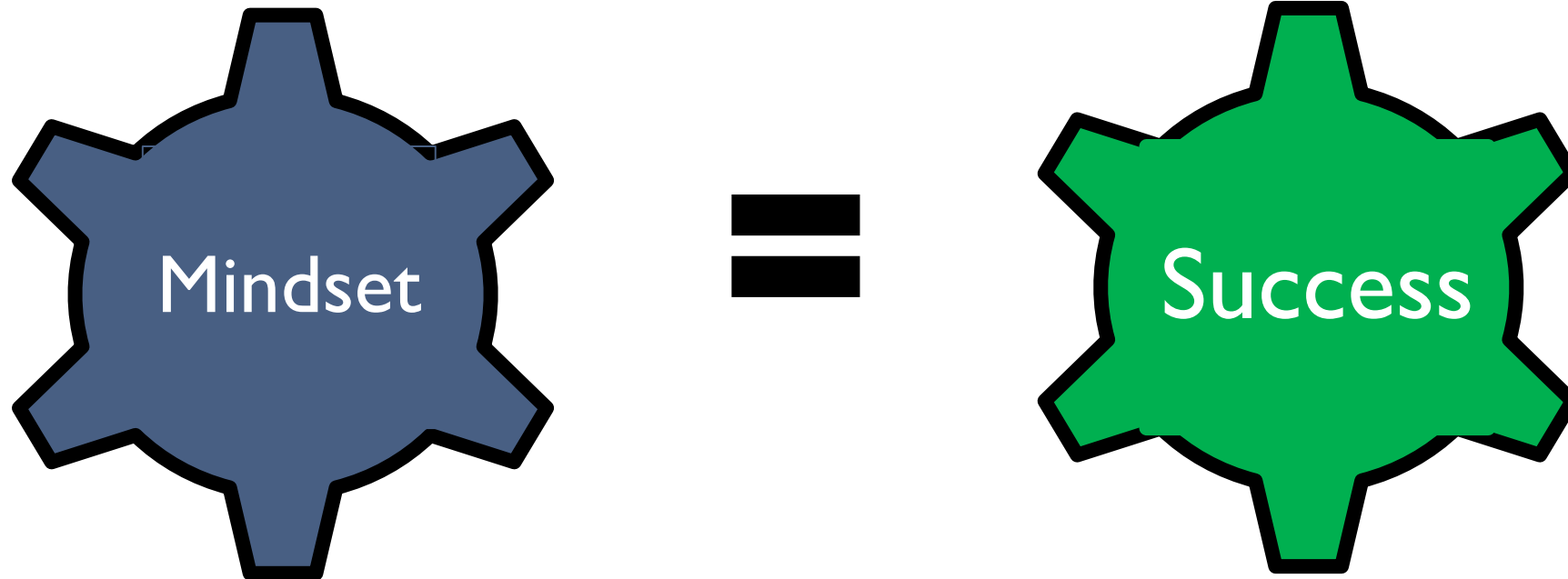
# GRIT AND RESILIENCE

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**if you  
can see it  
you can be it.**



# COMMON PARADIGM



# NEW PARADIGM





# GRIT

THE POWER *of* PASSION  
*and* PERSEVERANCE





“GRIT IS  
STICKING WITH  
YOUR FUTURE  
DAY IN, DAY OUT  
AND NOT JUST  
FOR THE WEEK,  
NOT JUST FOR  
THE MONTH, BUT  
FOR *YEARS*.”

Angela Duckworth  
Professor of Psychology, University of  
Pennsylvania  
Author, “Grit: The Power of Passion and  
Perseverance



**HOW MUCH  
GRIT DO  
YOU HAVE?**

- Setbacks don't discourage me. I don't give up easily.
- I am a hard worker.
- I finish whatever I begin.
- I am diligent. I never give up.



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# ON THE OTHER HAND...



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- New ideas and projects sometimes distract me from previous ones.
  - I have been obsessed with a certain idea or project for a short time but later lost interest.
  - I often set a goal but later choose to pursue a different one.
  - I have difficulty maintaining my focus on projects that take more than a few months to complete.



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- Disappointments happen, we need to know how to deal with them
  - Things take time, we need to stay on track
  - Some things are just very boring, yet they need to be done and they might take time

# WHY DO YOU NEED GRIT?

Because it will help  
you achieve your  
goals and enjoy the  
journey...not just  
the results or end  
goal



**Courage**

**Conscientiousness**

**Perseverance**

**Resilience**

**Passion**

# **5 TRAITS OF GRITTY PEOPLE**

# COURAGE



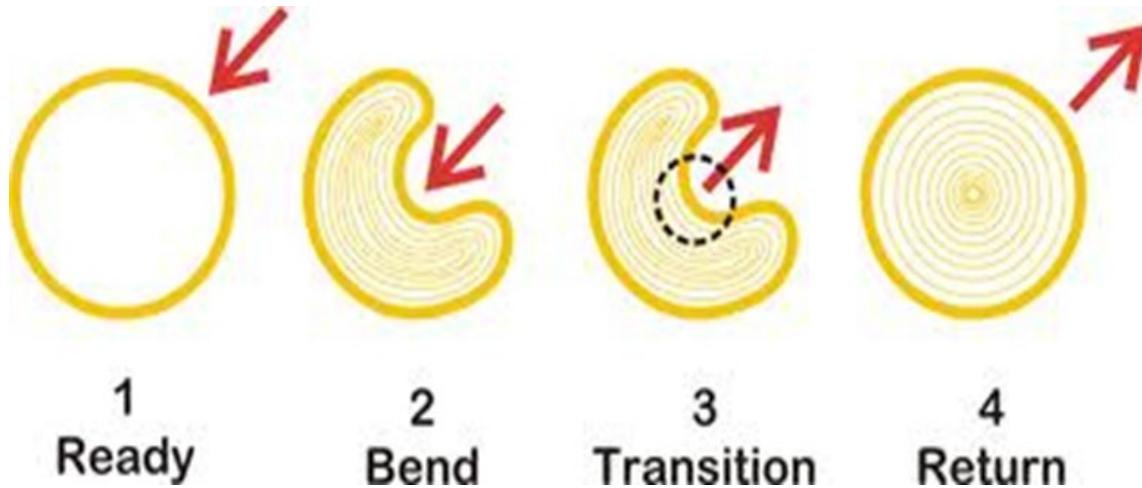
# CONSCIENTIOUSNESS



# PERSEVERANCE



# RESILIENCE



**Often termed as ‘bounce-back’, resilience is the ‘grit’ to keep going when we face adversity or stress.**

# PASSION



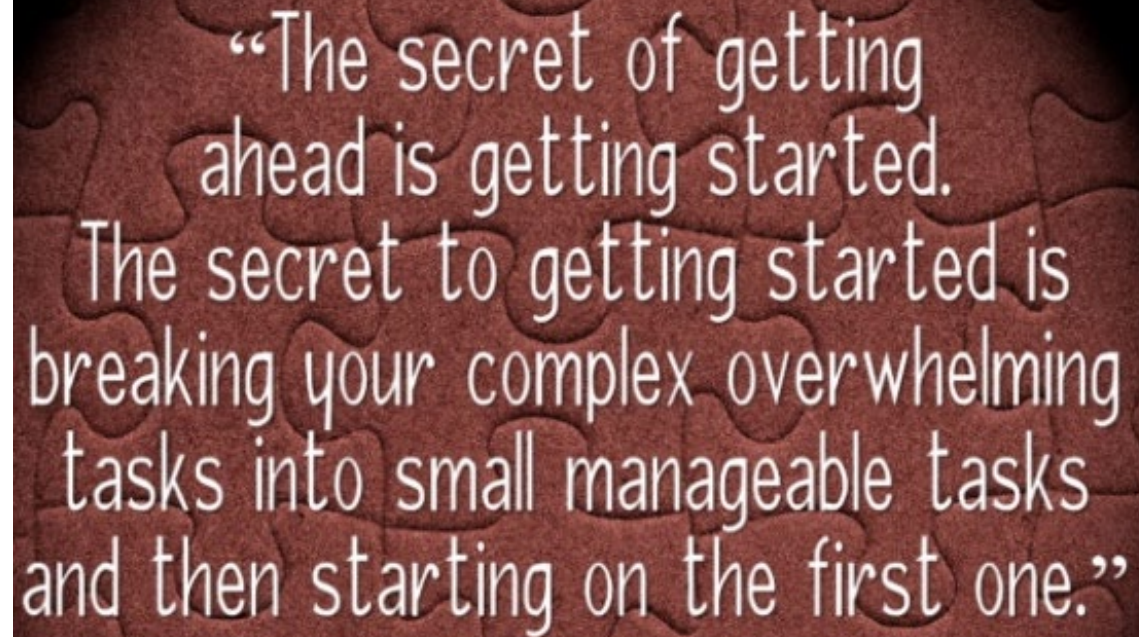


# **TECHNIQUES TO BUILD YOUR RESILIENCE**



# **TECHNIQUE #1: GROW ENDURANCE**

# TECHNIQUE #2: DIVIDE & CONQUER



“The secret of getting ahead is getting started.  
The secret to getting started is breaking your complex overwhelming tasks into small manageable tasks and then starting on the first one.”

—Mark Twain

# TECHNIQUE #3: REWARD YOURSELF





# TECHNIQUE #4: USE MANTRAS

**WHAT OTHER  
PEOPLE THINK  
OF YOU IS NONE OF  
YOUR BUSINESS.**

**TECHNIQUE  
#5:  
FORGET THE  
“HATERS”**



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The  
unfortunate  
truth about  
haters is that  
the most  
difficult ones  
usually come  
from our  
inner circle



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## START WITH THESE STEPS

- Consider the person
- Set aside your ego
- Adjust, and keep going
- Forge your own path
- Love people more that your fear them



## **TECHNIQUE #6: MAKE CONNECTIONS**



# **TECHNIQUE #7: FOCUS BREATHING**



# TECHNIQUE #8: VISUALIZE SUCCESS

# HOW GRITTY ARE YOU?



	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to pursue a different one.	5	4	3	2	1
4. I am a hard worker.	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin.	1	2	3	4	5
7. My interests change from year to year.	5	4	3	2	1
8. I am diligent. I never give up.	1	2	3	4	5
9. I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

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# CALCULATE YOUR TOTAL GRIT SCORE:

- Add up all the points for the boxes you checked and divide by 10
- The maximum score on this scale is 5 (extremely gritty), and the lowest possible score is 1 (not at all gritty)

# BUILDING RESILIENCE PAYS BACK

- ✓ Feel less stress, depression and anxiety.
- ✓ Get less fatigued.
- ✓ Feel more capable = self-efficacy.
- ✓ Perform better on the job.
- ✓ Attain more personal goals.





**SUMMARY**

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**“Grit is the ‘extra something’ that separates the most successful people from the rest. It’s the passion, perseverance, and stamina that we must channel in order to stick with our dreams.”**

-- Travis Bradberry, “Emotional Intelligence 2.0”

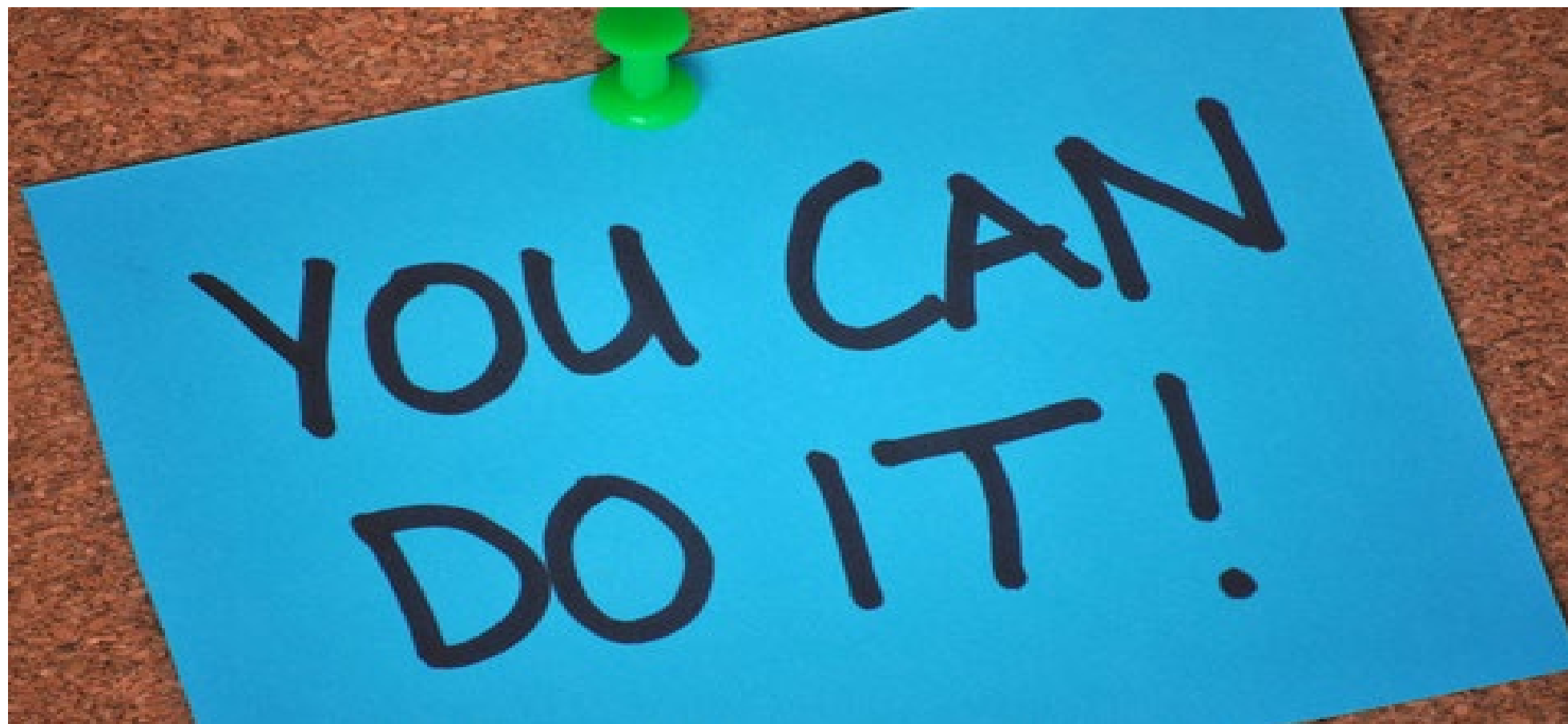


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**“Grit grows as we figure out our life philosophy, learn to dust ourselves off after rejection and disappointment, and learn to tell the difference between low-level goals that should be abandoned quickly and higher-level goals that demand more tenacity.”**

-- Angela Duckworth, “Grit: Passion, Perseverance, and the Science of Success:





**THANK YOU!**

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