



# *Resilience* & Nature

**RESILIENCE INSTITUTE GLOBAL  
COMPANY UPDATE, MAY 2023**





## A MESSAGE FROM OUR CEO

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Aged 57, with 35 years of entrepreneurship experience worldwide and having initiated and led 5 ventures, I have always felt the multiple benefits of being immersed in nature. Around the world, this has helped me recharge my batteries, adopt new perspectives and gain inspiration.

We are now able to explain and evidence these benefits in a science-based manner.

In the last version of our Resilience Diagnostic - which has already been tested on over 1'000 people and will be released in Autumn - we observe a clear correlation between the level of resilience individuals hold and the time they spend immersed in nature. Interestingly, we have also observed a correlation between resilience and an individual's commitment to nature stewardship.

Businesses will need to adapt their strategy to become nature-resilient and contribute to the global objective of halting and reversing loss by 2030, as set out by the UN Convention on Biological Diversity (CBD)'s Post-2020 Global Biodiversity Framework (GBF), agreed in Montreal in December 2022.

At Resilience Institute, we believe that resilient individuals are core to creating resilient organizations able to contribute to a resilient planet.

As such, it's time to take a screen break today and immerse yourself in a bath of nature!



**Benoit Greindl**  
CEO, Resilience Institute





# Discover our enhanced Digital Toolkit and website

I am thrilled to report that over the past two months we successfully launched our refreshed website and digital toolkit. The goal was to showcase our vibrant culture and innovative solutions through a modern color palette and inspiring imagery, demonstrating our commitment to both people and the planet. The website now features a magazine-style blog, new product and testimonial videos, and a significantly improved structure.

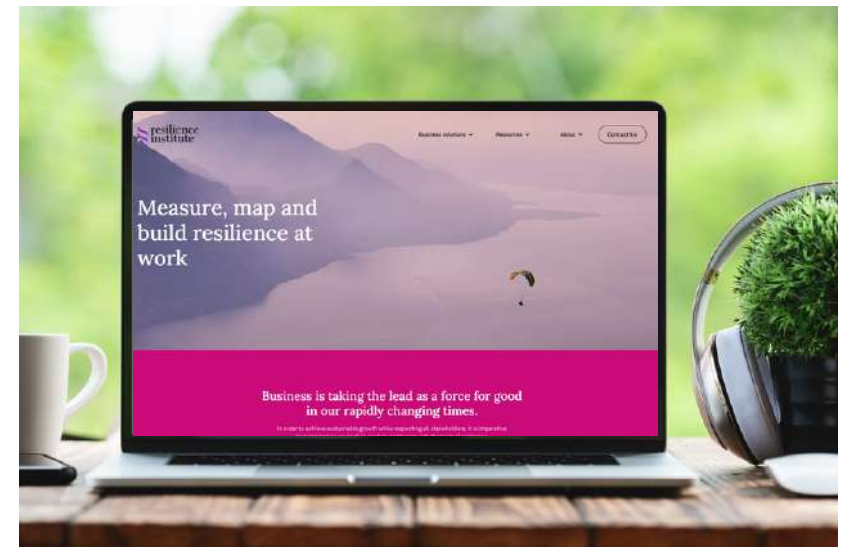
The Digital team, under the leadership of Nicolaas Bijvoet, reimagined and revamped the Resilience Digital Toolkit, delivering improved access to essential content and features. The Resilience Diagnostic experience has been fine-tuned, with stronger connections to core tools, while the dashboard provides links to our monthly RISE live sessions, meditations, weekly tips, micro-coaching, and more. This modular interface offers a fantastic user experience across all platforms.

A special thank you to our Marketing team, Karolina and Pauline, and our Digital team, Nicolaas, Maarten, and Evgeniy, for your unwavering dedication to delivering an exceptional experience for our clients and community.

**Brad Hook**  
Partner



[Read more about the Resilience Digital Toolkit](#)



[Explore our website](#)



Resilience as a concept is applicable to any type of system. At Resilience Institute, we measure, develop and practice resilience on the individual and collective level. Our system is thus a single or a group of human beings. Yet, resilience can be and is used for many other types of systems in a variety of contexts.

## *Resilience Thinking* Applying the Concept to the System Earth

[continue reading on the next page]





Hereafter, I would like to highlight the vast and nowadays well-established branch of resilience research that explores resilience thinking on the scale of the system Earth. Championed by the Resilience Center in Stockholm, the field emerged in the 1970s when resilience was used to analyse ecosystems. It defines resilience as the capacity of a system to deal with and develop under change and, also due to its origins, has always been coupled to sustainability, and especially environmental, considerations. Not surprisingly, it is at the origin of some important findings and concepts regarding sustainability – most famously, the planetary boundaries defining quantifiable thresholds of our ecosystems, which we should not overshoot if we want to preserve the stable conditions of the Holocene.

One of the most important concepts in the field is the so-called social-ecological systems which define complex and interdependent networks of human and non-human entities. In simpler terms, they describe the strong coupling between humans and nature, the biosphere connection, which has always been present in the field's work on resilience and is essential in the context of sustainability. As Carl Folke, Chair of the board at Resilience Centre Stockholm, puts it:

**The biosphere connection is a central observation that has to be visible in work on resilience and social-ecological systems if sustainability is to be taken seriously.**

At Resilience Institute, we take sustainability seriously. This is why our newest version of the Resilience Diagnostic integrates questions on the relation to nature and the environment – and we have been astonished by the first results. Our pilot of the new version indicates that people with higher resilience scores tend to care more for the planet. These results are exciting and we will be thrilled to tell you more in a detailed report later this year – stay tuned!



Written by  
**Éric Bolliger**  
Impact and  
Business Analyst



### Science-based tips to improve your sleep

When your sleep rhythms are broken, every rhythm of your body, emotion, and mind is disrupted. Explore our tips to improve your sleep.

By Dr Sven Hansen

[Read more](#)



### Mastering relationships with Elizabeth Earnshaw

How to create relationships that support resilience? How to handle arguments? How to be curious not furious?

[Listen now](#)



### Discover your strengths with Daria Williamson

How to focus on your strengths instead of your weaknesses? How to discover your zone of genius? Tips how to self-coach.

[Listen now](#)



### Guide to measuring emotional intelligence

Find out why is measuring emotional intelligence is crucial at the workplace and the how you can do that.

By Nicklas Balboa

[Read more](#)







*Walking the talk*  
Snippets of  
company life



### **Adrienne Sumulong, Customer Support Manager**

If there's one general life tip I have always given to everyone I meet, it is to carry a water tumbler wherever you go! In my case, from island hopping to city errands, gym, driving, and even going out in a social setting, this comes in really handy. I do this because I hate buying plastic water bottles that are overpriced, so carrying one makes sure I drink enough water (which is very important!) without spending extra and I'm able to care for the environment by minimizing plastic waste. Lastly, the extra weight of carrying it around is a good physical exercise too.



### **Rubina Varma, Senior Consultant**

As a Sustainability Ambassador with the City of Atlanta, I ensure that we use the simple practice of Reduce, Recycle, Reuse in our homes.

**Reduce:** We stay conscious about creating less waste. We make a shopping list as this helps us resist temptations of over buying. We buy vegetables from the farmers' market and choose products with less packaging.

**Reuse:** We take reusable water bottles, lunch boxes and carry bags. We reuse mason jars for storing sauces, snacks, and sharing food with our friends. We donate clothes, shoes and linen. Back home in India we run a clothes bank for the underprivileged.

**Recycle:** We always separate items (plastic, paper, electronic waste) that can be recycled and put them in allocated bins.



### **Nicolaas Bijvoet, Digital & Operations Officer**

Photography has become a component in my pursuit of a sustainable work-life balance. By immersing myself in capturing moments, whether in my neighborhood, at home, or even during my daily commute, I have found a way to clear my mind and stay present. It serves as a powerful tool for training myself to focus on the here and now, embracing the beauty that surrounds me. Furthermore, tending to my vegetable garden has also played a crucial role in this endeavor. Witnessing the remarkable growth of plants from seed connects me with nature's miracles. Additionally, dedicating quality time with my family, and sharing meals filled with laughter, further enhances the harmony I strive for in my life.





## Team plank pose challenge

Resilience Institute is seriously stepping up its game by daring its team to tackle a range of wellness challenges. The People Experience team is bringing together healthy living and teamwork to build a resilient squad that practices what they preach. Let's get inspired!

**Victoire Demaison**

People Experience Manager



## Co-working in Lille

A beautiful start at the Resilience Institute under the amazing sun of Lille and with the pleasant and efficient support of Nathalie and Aurélie. These few days 'on site' have been fruitful and enlightening and being able to meet co workers face to face has been extremely beneficial and positif. Thank you for your warm welcome and very happy to be part of this new adventure !

**Marion Lavenir**

Program Support and Sales Administrator





## YPO Spouse/Partner Summit

I was invited to share my knowledge and experience at the recent YPO Spouse/Partner Summit 2023 in London on “Managing life transitions” and how cultivating resilience helps us navigate these critical times with agility, confidence and hope.

**Thierry Moschetti**  
Managing Partner Europe

## ACC Brussels

I am very privileged and honoured to share our insights on resilience at the ACC Europe annual conference and to explain how resilience can be a ‘bridge’ between High Performance and Care for people. It was also a great opportunity to connect with so many people in person and share insights on many important topics.

**Katrien Audenaert**  
Partner







## Coming soon

The 2023 Global Resilience Report assesses resilience trends globally, identifying a crucial need to enhance resilience among young individuals, particularly those under 30. The study, designed for HR Managers and executives, offers useful insights and strategies for companies to better support their young employees. A significant finding is the low Resilience Ratios among this group, notably among young women, who scored lower in certain areas, including fitness, tactical calm, and impulse control.

A section "To be Happy or Purposeful?" investigates happiness and purpose as factors for well-being, suggesting mastery of challenges as a path to fulfillment. The report, divided into five sections, presents infographics, employer recommendations, and practical advice for organizations aiming to nurture a resilient workforce amidst challenging times.

### Connect with us

Have an idea or suggestion for the next newsletter? Any other comments, questions or feedback?

Email [media@resiliencei.com](mailto:media@resiliencei.com)  
or visit [resiliencei.com/contact](https://resiliencei.com/contact)

### 2023 Global Resilience Report

