Resilience in the Human Machine:
Developing and deploying Resilience in the Wildfire Environment
Crisis: Any event that is, or is expected to lead to, an unstable and dangerous situation affecting an individual, group, community, or whole society.

Critical Incident: Any situation faced by personnel that causes them to experience unusually strong emotional reactions, which have the potential to interfere with their ability to function either at the time or later.
Wildfire: The Business of Crisis
The Human Function Curve

- **Optimal Performance**
  - **Energised**
  - **Focused**
  - **Work feels effortless**

- **Level of Stress**
  - **CALM**
  - **EUSTRESS**
  - **DISTRESS**

- **Performance**
  - **Seeing Improvement**
  - **Bored**

- **States**
  - **Fatigue**
  - **Exhaustion**
  - **Health**
  - **Breakdown & burnout**
The Realm Of Critical Incidents
PTSD in WW2 versus Vietnam
Critical Incident Stress Management Program

An organized, comprehensive and thoughtful approach which deals with preventing, reducing and controlling harmful stress symptoms resulting from a critical incident.
DEDICATION BEATS TALENT, PRACTICE TRUMPS GENETICS, AND A STRONG CHARACTER IS MORE IMPORTANT THAN A LUCKY BREAK.

-Robin Sharma
Resilient Traits Employed After a Critical Incident
A staunch acceptance of reality
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① A staunch acceptance of reality
② The uncanny ability to improvise
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③ The deep belief that life is meaningful.
1. A Staunch Acceptance Of Reality
Bricolage Culture

The mental processes through which an individual develops novel solutions to problems by making use of previously unrelated knowledge or ideas they already possess.
YOU CAN’T STOP THE WAVES, BUT YOU CAN LEARN TO SURF.

-Jon Kabat-Zinn
2. The Uncanny Ability To Adapt
3. The Deep Belief That Life Is Meaningful
THE LAST OF THE HUMAN FREEDOMS: TO
CHOOSE ONE’S ATTITUDE IN ANY GIVEN
SET OF CIRCUMSTANCES, TO CHOOSE
ONE’S OWN WAY. –Viktor Frankl
Other Traits of Resilience
Other Traits of Resilience

- Accountability
Other Traits of Resilience

- Accountability
- Collaboration
Other Traits of Resilience

- Accountability
- Collaboration
- Initiative
Other Traits of Resilience

- Accountability
- Collaboration
- Initiative
- Good Relationships
Other Traits of Resilience

- Accountability
- Collaboration
- Initiative
- Good Relationships
- Physical Health
Other Traits of Resilience

• Accountability
• Collaboration
• Initiative
• Good Relationships
• Physical Health
• Humor
Threats to Resilience
Threats to Resilience

- Complacency
Threats to Resilience

- Complacency
- Arrogance
Threats to Resilience

- Complacency
- Arrogance
- Greed
Threats to Resilience

- Complacency
- Arrogance
- Greed
- Rigidity
Threats to Resilience

- Complacency
- Arrogance
- Greed
- Rigidity
- Learned Helplessness
Post Traumatic Growth
Three things to help you take care of your people
Three things to help you take care of your people

- Your Thumb
Three things to help you take care of your people

- Your Thumb
- Your Thumb Drive
Three things to help you take care of your people

- Your Thumb
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- The 3 Key Traits of Resilient People
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