

Paramedic Chiefs of Canada  
Educational Series  
Teleconference



Paramedic Chiefs  
of Canada  
Chefs Paramédics  
du Canada

## Advancing Despite Adversity

Presented By:

**Jurie Rossouw**, CEO of Driven

**Mike Taigman**, Improvement Guide for FirstWatch

We will take a virtual role call today for those on the WebEx.  
Please use the “Chat” window on the right to enter your:  
**Name, Agency Name, and # of people** joining from your location.  
*Please send chat messages to “Host, Presenter & Panelist”*

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## Facilitators:



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Participants

Speaking:

▼ **Panelist: 1**

Todd Stout (Host)

▼ **Attendee: 1**

Jenny Abercrombie (me)

Audio

Chat

Send to:

Select a message

- ✓ Host
- Presenter
- Host & Presenter
- Host, Presenter & Panelists**
- All Participants
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- Todd Stout
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**Step 2.** Enter: **Name, Agency Name and # of people** joining from your location into the Chat box and hit return.

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Press to raise hand if you would like to  
be unmuted for a question or comment.

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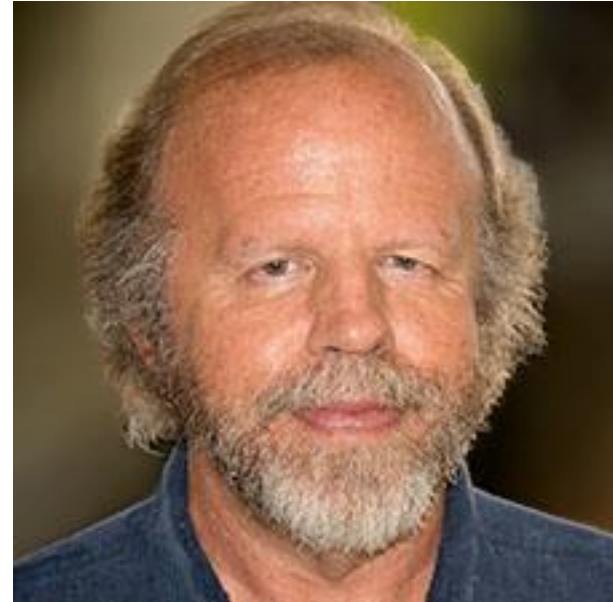
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# Presenters

**Jurie Rossouw, CEO  
Driven**



**Mike Taigman, Improvement Guide  
FirstWatch**



driven

# What is Resilience?





# Resilience Defined

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**Advancing despite adversity**

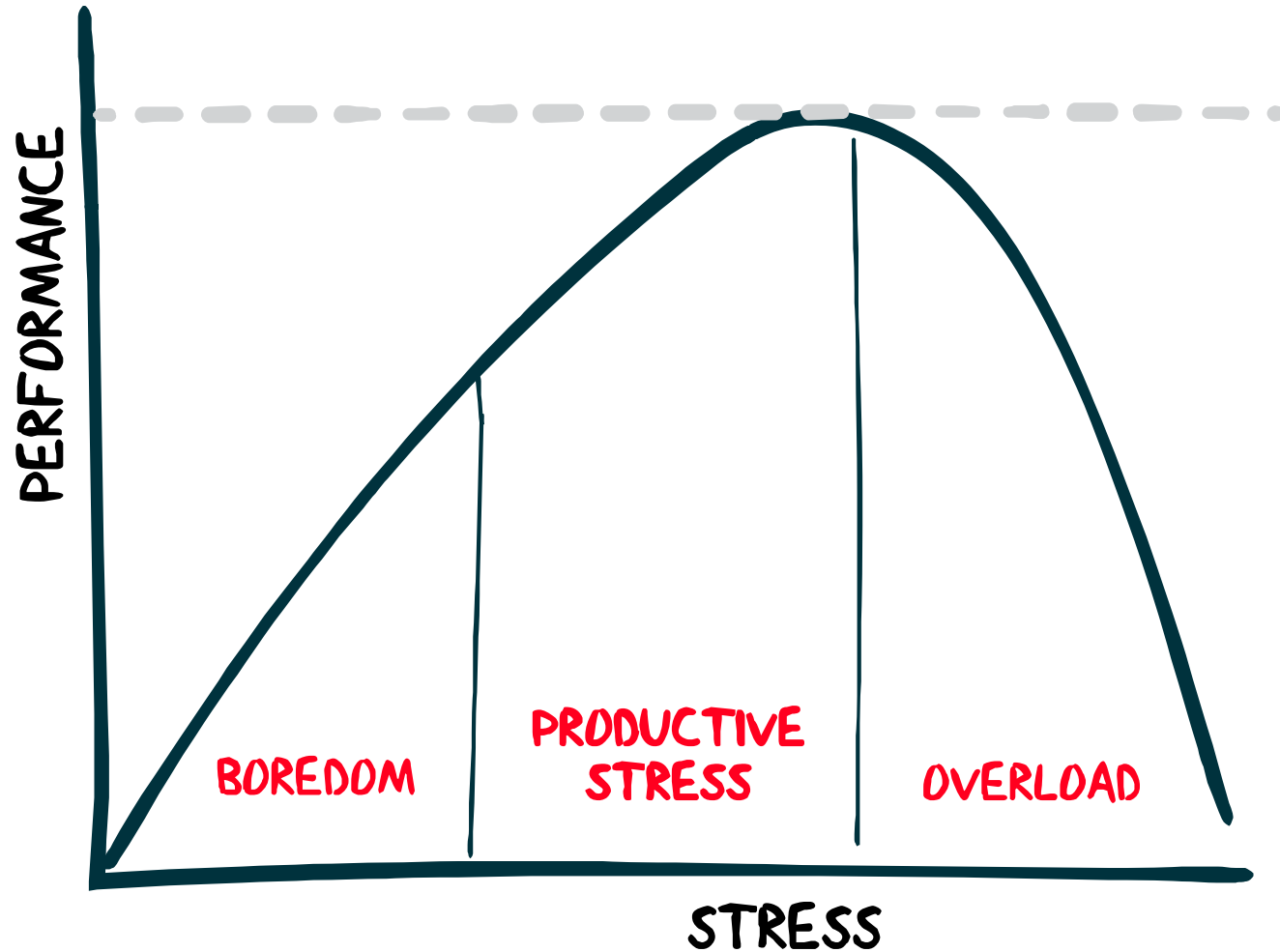




# Wellbeing is 'what', Resilience is 'how'

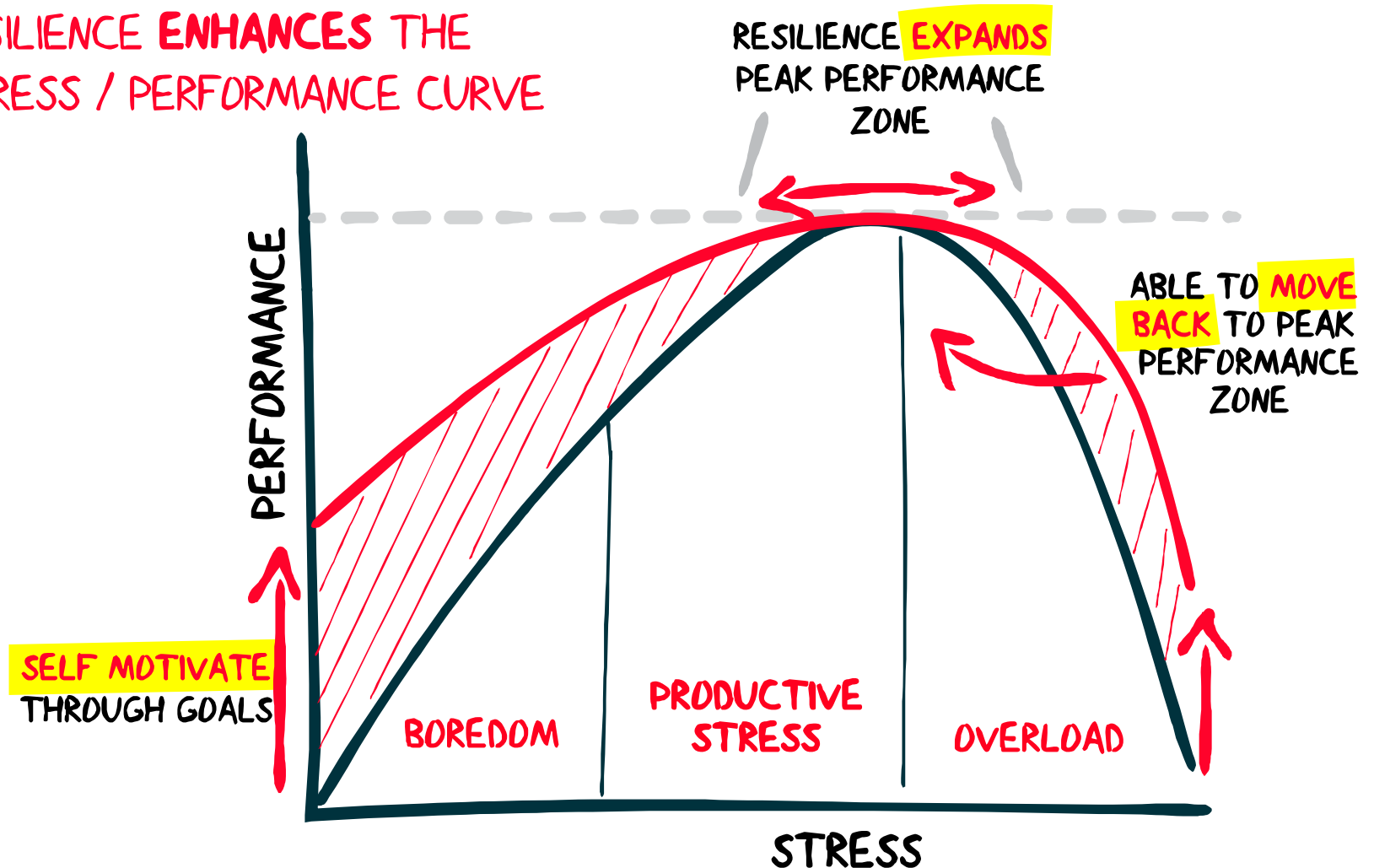


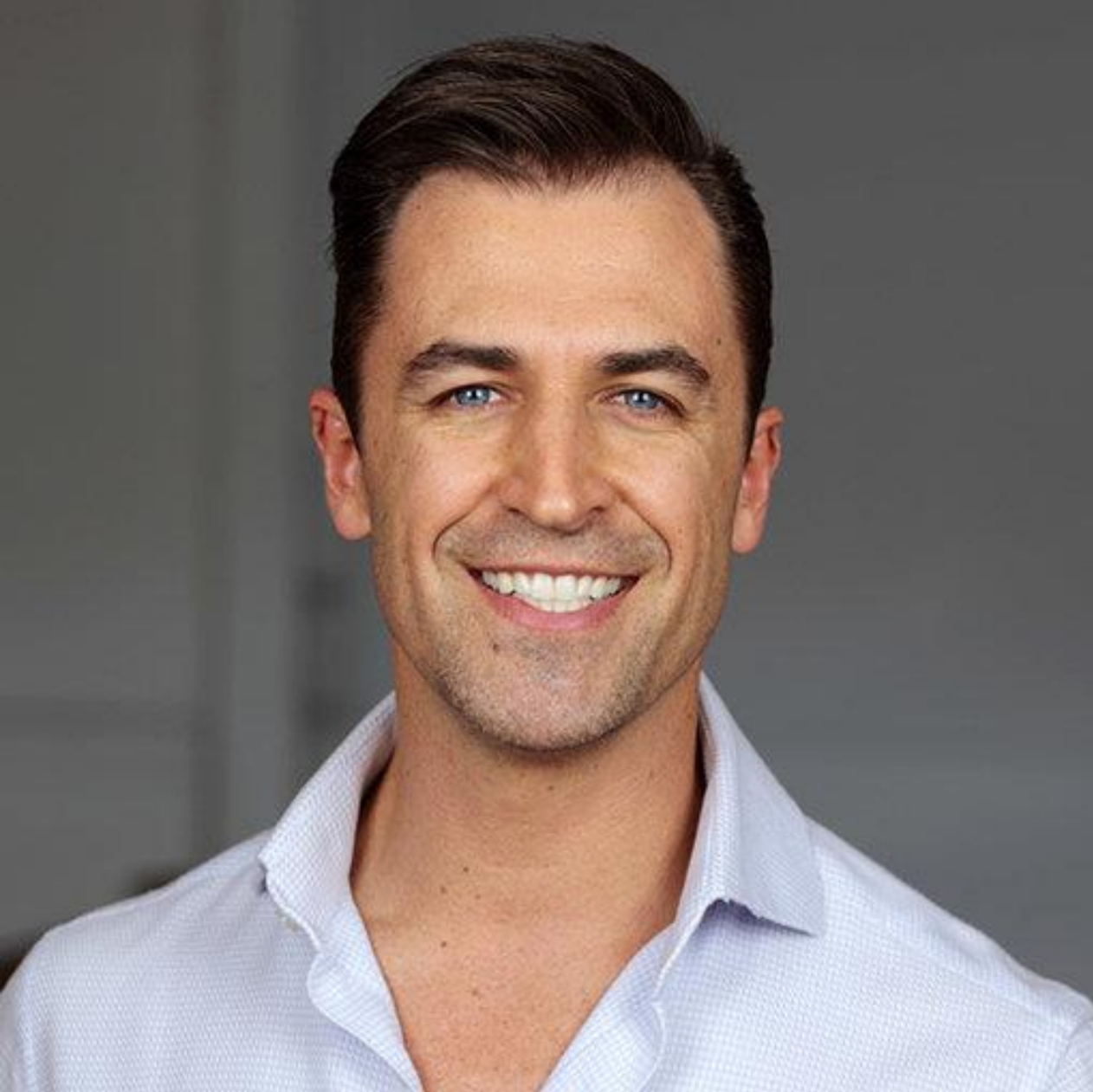
# Stress and Performance



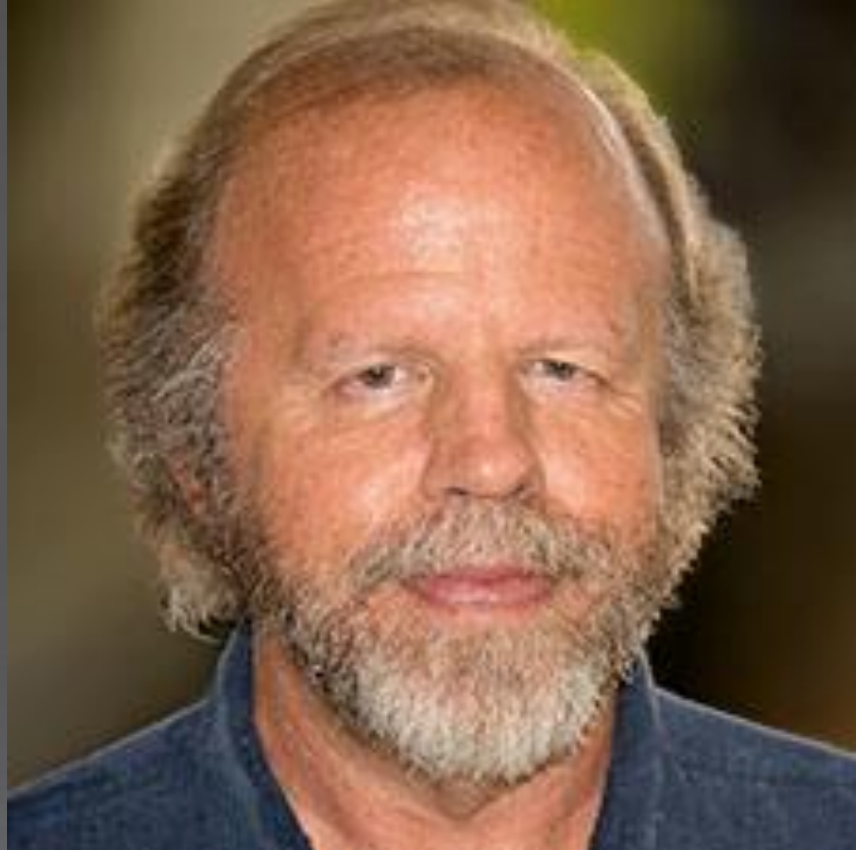
# How Resilience helps

RESILIENCE **ENHANCES** THE  
STRESS / PERFORMANCE CURVE



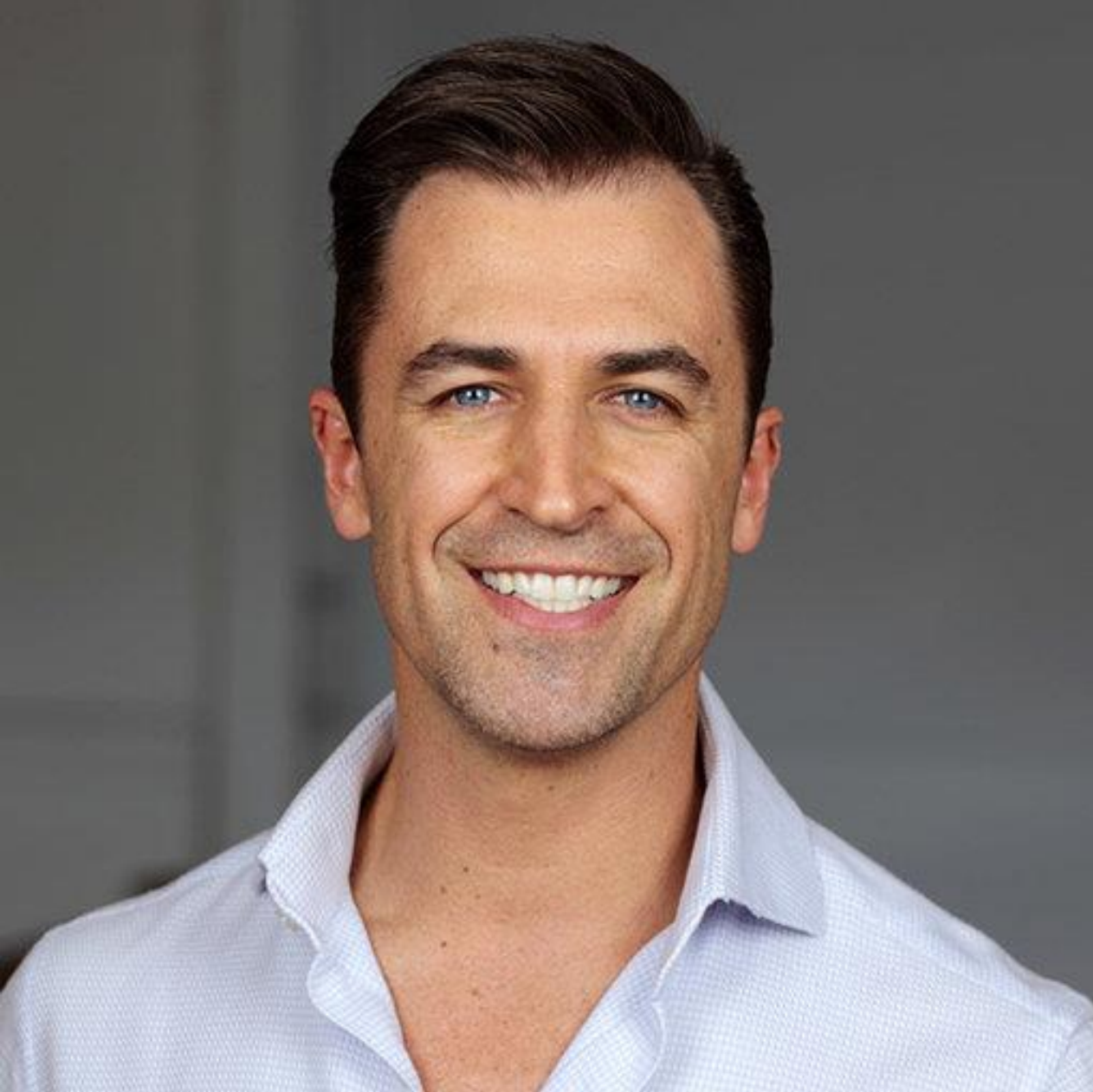


Jurie Rossouw, CEO - Driven

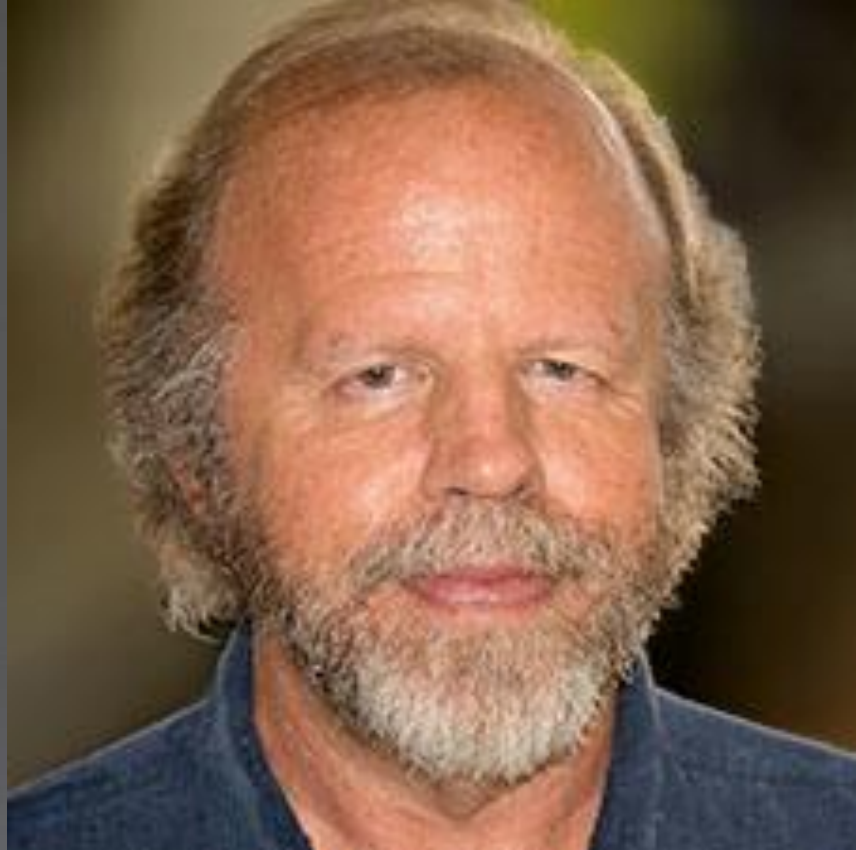


Mike Taigman  
Improvement Guide  
FirstWatch





Jurie Rossouw, CEO - Driven



Mike Taigman  
Improvement Guide  
FirstWatch

**Questions?**

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## 5<sup>th</sup> COVID-19 Webinar

### National Conversation on Employee Quarantine and Other Topics

Darren Sandbeck, Senior Provincial Director & Chief Paramedic  
Alberta Health Services Emergency Medical Services

**Thursday, March 26 – 10:30am Pacific (1:30pm Eastern)**

For further information visit  
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