

Building a Resilient Mind: Keeping Your Head While All Around are Losing Theirs

With backgrounds spanning elite sport and military operations, the speakers shared their practical, science-backed approach to cultivating mental and organizational resilience. Attendees learned how stress affects the brain and body, how to build individual resilience through incremental exposure, and how to foster high-functioning, adaptable teams in fast-changing environments.



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Key Takeaways

1

Understand the Biology of Stress

Resilience is the ability to stay effective under pressure by managing how the brain responds to stress. More resilient individuals retain decision-making control and respond rationally rather than emotionally.

2

Harness the Optimal Stress Zone

Peak performance occurs in a "flow state" around 4% above your comfort zone. Balancing challenge and capacity helps prevent burnout while driving growth.

3

Build Resilience Through Intentional Habits

Daily practices like quality sleep, nutritious foods, breathwork, and nature exposure improve mental and physical stress tolerance. Gradually increasing exposure to manageable stress builds long-term resilience.

4

Foster Team Resilience with Structured Practice

Teams thrive when they regularly rehearse, debrief, and train for specific scenarios. A consistent review process helps normalize pressure and reinforce trust in preparation.