

From overwhelm to ownership

What a Rice Krispies box
taught me about resilience

CGI Ireland Conference 2025

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inpho.ie/506292

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Who am I?



What's on the agenda?

1. PushMe overview
2. Rewind to December 2014
3. Embracing change
4. Building resilience – The 7 C's
5. Practical exercise – Taking control of your morning
6. Wrap up / Q&A

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PushMe



PushMe

A digital coaching
platform changing
the way...



...Firms

attract, develop and
retain their
key...



...Employees

by helping them solve
problems and achieve
their goals.



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PushMe's platform

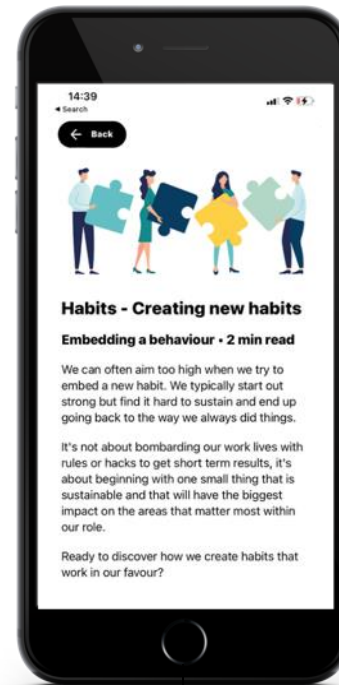
Bridge the gap between learning new skills and applying them.



Periodic
self-assessments



One-to-one
business coaching



Customised,
bite-sized learning



Personalised
support offering



December 2014



Resilience



Get more from yourself.

Embracing change



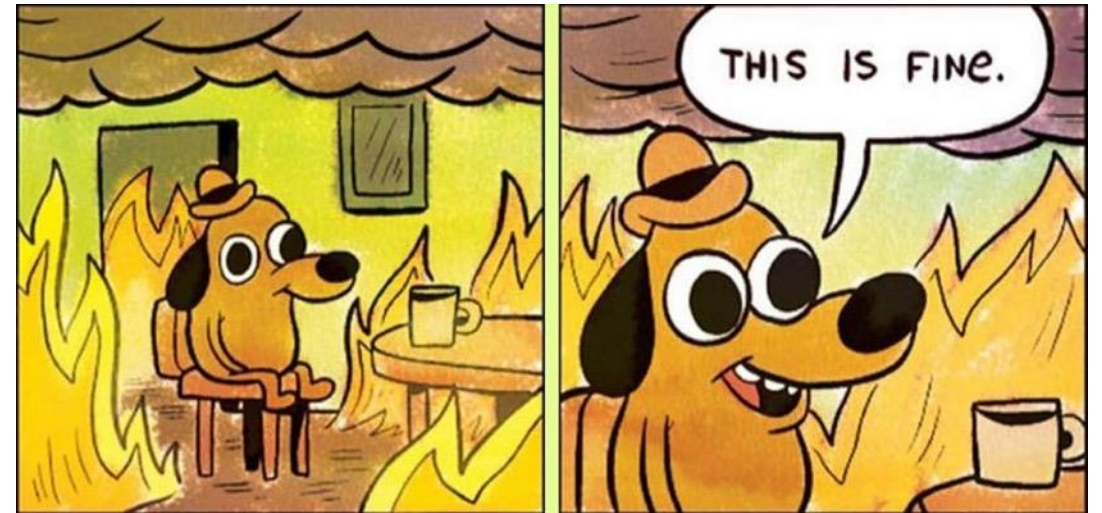
“Change is the only constant in life.”

Source: Heraclitus, Greek Philosopher

“Ones ability to adapt to those changes
will determine your success in life.”

Embracing change, what's in it for me?

- Building resilience
- Enhancing emotional well-being
- Expanding skill set
- Honing problem-solving abilities
- Improving self-esteem and confidence
- Increasing opportunities
- Developing internal sense of safety



**Curiosity is the engine of
achievement.**

Ken Robinson

Failure to embrace change



- + 9,000 stores
- + 84,000 employees
- ~ \$6bn revenue

- \$50m sale offer to BB

NETFLIX



BUILDING
RESILIENCE

Market
share

49%



3%



Resilience



“Resilience has been described as the ability to recover quickly **but** recovery alone **is not** an adequate goal.

Truly resilient organisations bounce back better **and even** thrive.”

Source: McKinsey & Co, Global Management & Consulting Firm

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Resilience

- Catastrophic nuclear accident
- Reactor explosion, safety test
- Deaths, cancers, evacuation

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Resilience

- **Symbol of nature's resilience**
- **High radiation levels**
- **Thriving ecosystem in extreme conditions**

The 7 C's of Resilience

- **Competence:** Knowing you're capable and have the skills to handle adversity.
- **Confidence:** Believing in your strengths and abilities.
- **Connection:** Having a support network and ties to others in the community, creating a sense of security.
- **Character:** Staying true to your values and beliefs.
- **Contribution:** Having a sense of purpose, and knowing that you have the power to positively impact others.
- **Coping:** Having an understanding of how to manage stressful situations.
- **Control:** Understanding that the choices you make have consequences, and acting accordingly.

The 7 C's of Resilience in practice

- **Competence:** Continuously learn and develop new skills, seek opportunities for growth.
- **Confidence:** Self-affirmation, celebrate your achievements, embrace a growth mindset, view failures as learning opportunities, surround yourself with supportive individuals.
- **Connection:** Meaningful relationships, build support network, foster open and honest communication, practice active listening, offer support, promote a sense of belonging and community.
- **Character:** Reflect on values and align actions with them, embrace integrity, honesty, and empathy, emphasise personal growth, embrace challenges as opportunities for character development.
- **Contribution:** Positive impact in the lives of others, engage in acts of kindness, volunteer, or support causes that resonate with you, contribute to something greater than yourself to cultivate a sense of purpose and meaning.
- **Coping:** Develop coping mechanisms to manage stress and adversity, including practices like mindfulness, exercise, journaling, seeking support from trusted friends or professionals.
- **Control:** Identify what is within your control and focus energy on this, let go of what you cannot change and embrace an adaptive mindset, seek alternative solutions when faced with obstacles.

Taking control of your morning

- 1 thing you are grateful for

"I am grateful for...my supportive family"

- 1 positive affirmation about yourself

"I am...a highly creative person"

- 1 positive intention for your day ahead

"I will...bring confidence to my presentation today"

- Rate how you are feeling from 1 – 10 and commit to taking one action during the day that could bring you up one notch on your rating scale.



Taking control of your morning

Option 1:

Scan QR code



Option 2:

Type the below url into your browser

or

tinyurl.com/pushmecgi2025

Vision Board



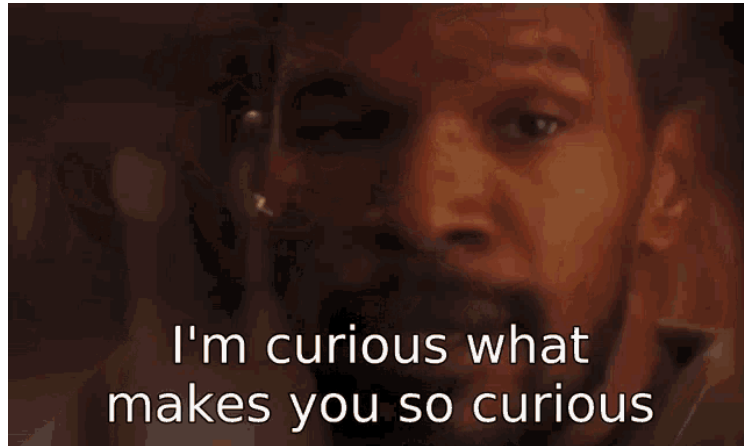
Get more from yourself.

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Vision Board



Wrap up



I'm curious what
makes you so curious

**Be curious when faced
with change**



**Invest time in the
7 C's of Resilience**



MANIFESTING IN PROGRESS

**Move closer to what appears
on your own Vision Boards**

Thank You!

www.pushmecoach.com

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