

# GIG-ECONOMY & RESILIENCE: The Future is Beyond Milestones

## Seminar Session

Jakarta, 3 May, 2025

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Deck Presentation | 2025

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# Professional Profile



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Trainer | Consultant | Sportscaster

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# Be Ready For The Session

To obtain an optimum learning result, let's follow these ground rules!



Raise Hand if there's  
**concern/questions**  
along the way



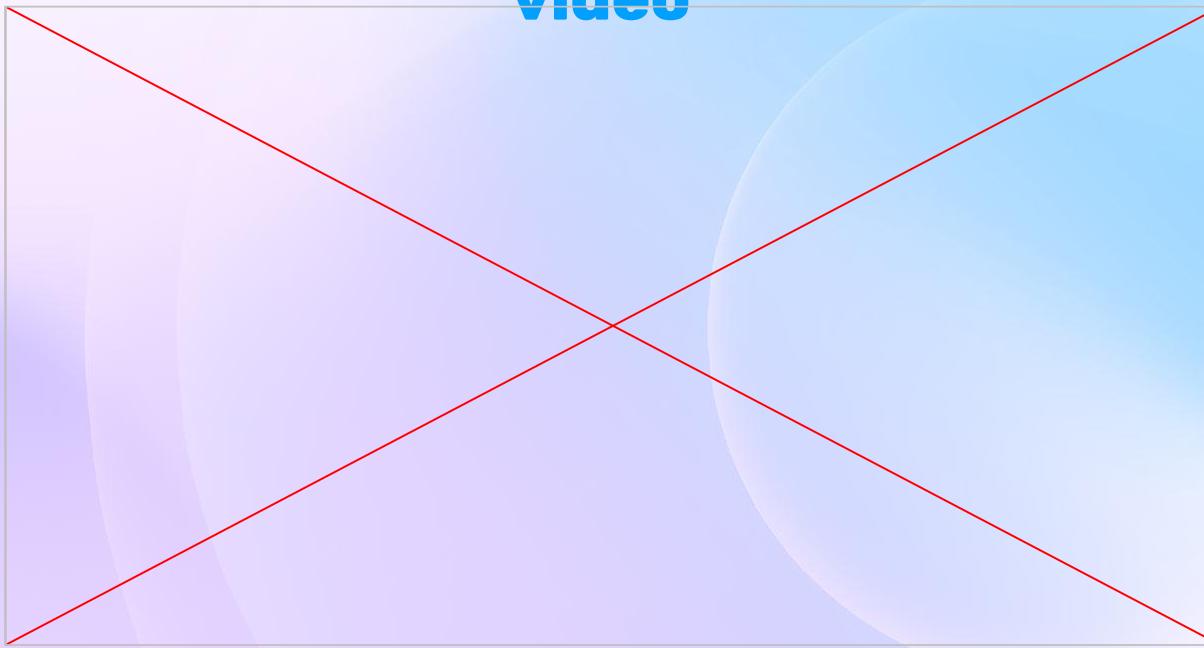
Actively participate  
throughout the session  
**(reciprocal approach)**



**Turn off devices** ensure  
the learning journey  
landed in safe and sound  
experience

Kc!

Let's take a look at the **following**  
**video**



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# What is the video about? Can anyone explain...

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Can anyone explain...

**“How is Rachel (the girl in the video)  
able to work on side hustles even  
though she has full-time job?”**

Can anyone explain...

**What about you? Would you be able to  
work on the side even you have  
full-time job?**

Can anyone explain...

**What is the relationship between the video and today's topic?**

# Today's Discussion



## Definition & Examples Gig Economy



## World Trend Gig Economy



## Benefits & Downside Gig Economy



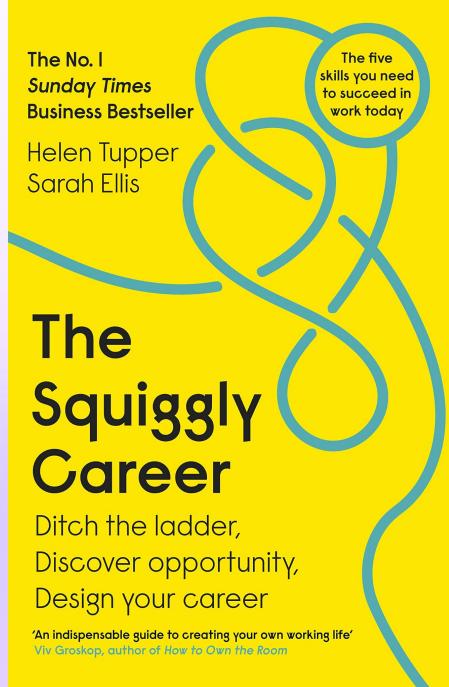
## Benefits & Downside Gig Economy



## Resilience The Engine that Moves

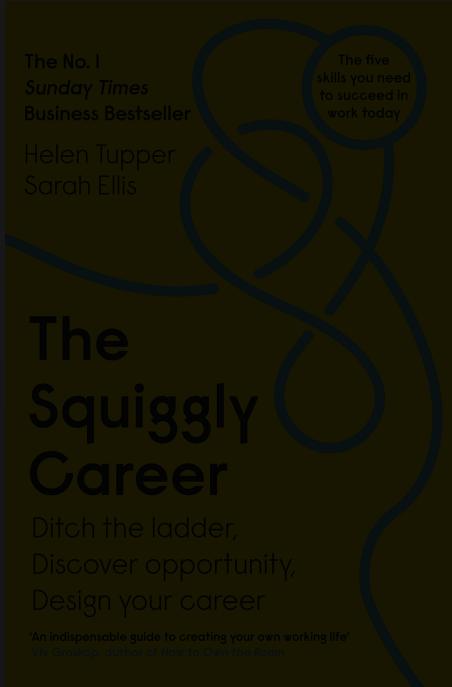


## Worksheet Resilience



*Careers used to be about **climbing a ladder**; they were predictable, linear and we knew what was coming next. Now everything feels much more **uncertain**.*

**Helen Tupper & Sarah Ellis**  
On their book "The Squiggly Career"



CAREERS IN PAST

CAREERS TODAY

*Careers used to be about climbing a ladder; they were predictable, linear and we knew what was coming next. Now everything feels much more uncertain.*

**Helen Tupper & Sarah Ellis**  
On their book 'The Squiggly Career'





CAREERS IN PAST

CAREERS TODAY

*Careers used to be about climbing a ladder; they were predictable, linear and we knew what was coming next. Now everything feels much more uncertain.*

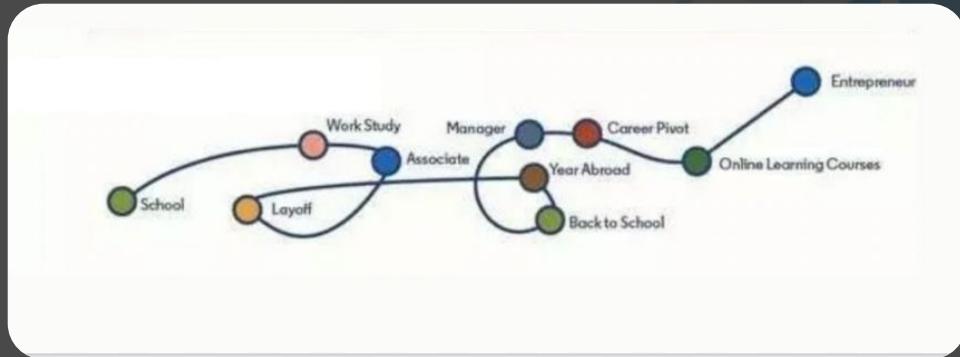
**Helen Tupper & Sarah Ellis**  
On their book 'The Squiggly Career'



# The Ladder In Industrial-related image



# The reality we discover lately



Fresh Graduates/  
Junior Engineer

**Quick Question**  
**“Have you ever heard of the term ‘Gig Economy’?”**

# Gig Economy

*“Activity where **people earn income providing on-demand work, services or goods**”*

- Internal Revenue Service (IRS)



# Gig Economy (Analogy)

Think of the gig economy **like a video game** where you can **pick and choose mini-missions to earn coins**.

**Instead of playing one-long level** over and over (like a regular job), you get to do **quick tasks (side-quest) for different people** whenever you want.

**Each time you finish a task, you earn money**—just like leveling up!





**GIG ECONOMY  
= SIDE HUSTLE\***

**\*) But done beyond the regular job**

# Side-hustle

A side-hustle is when you **decide to make some extra money by doing something fun or cool on your own time**. Maybe you sell lemonade at a stand, make friendship bracelets to sell to your friends, or even draw pictures for people who pay you.

So, the **gig economy is like a big menu of quick jobs you can choose from**, and a **side-hustle is what you call it when you pick something off that menu to make extra money on your own time**.

# Background Gig Economy

**Year 1915**

The word "Gig" was **first used by Jazz musicians** to mean Job



**Year 1940**

**The first temporary agency was opened** (Kelly Services), providing jobs to typists and other clerically trained staff on a **temporary basis**

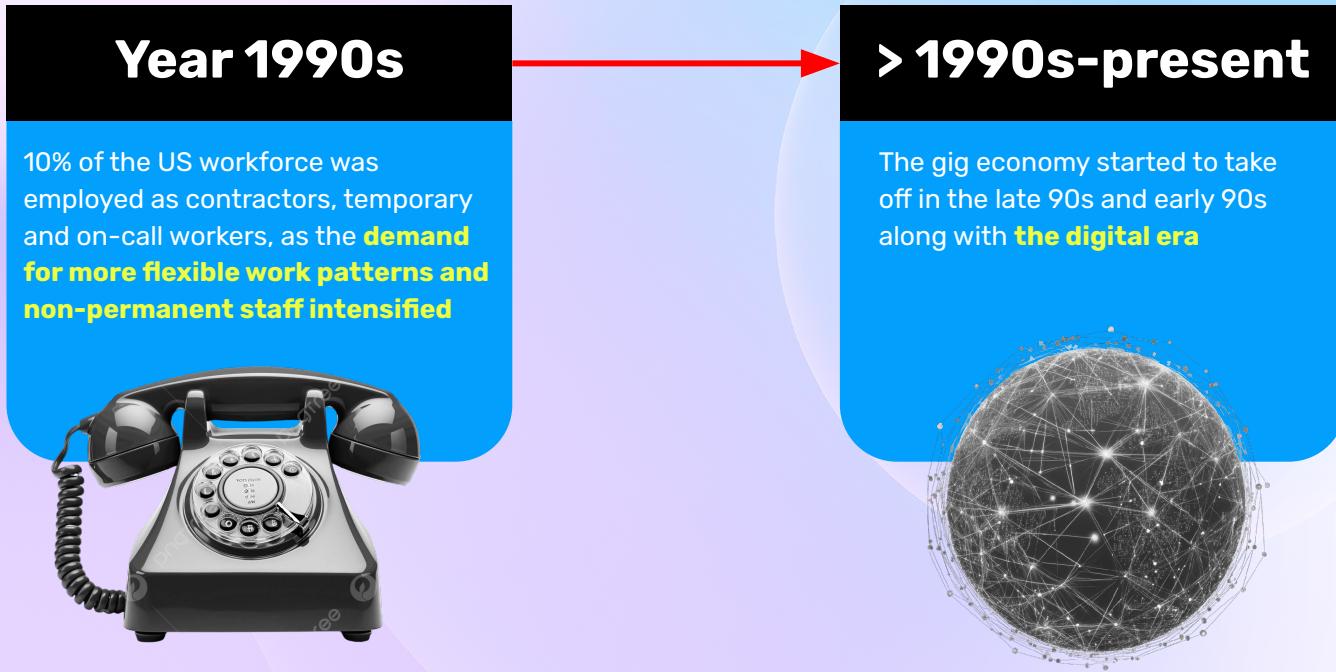
**KELLY®**

**Year 1970**

Neo-liberalism promotes the **re-commodification of work** through **trade liberalization, small government, and an emphasis on employability**, raising the question of whether Uberization/decentralization is the next step.



# Background Gig Economy



# Examples Gig Economy

## white-collar Jobs



### Designer/ Editor:

Graphic Designer, Video Editor

### Coach/Mentor:

Counselor, Mentor, Coach, Tutor, Virtual Assistant

### Content:

Podcaster, Digital Marketer, Content Creator

# Examples Gig Economy

**Driver:** Grab/Gojek/Shopee Food

**Construction:**  
Building projects, painting, or repairs

**Street Vendors:**  
Sells homemade snacks/craft online

**Designer/ Editor:**  
Graphic Designer, Video Editor

**Coach/Mentor:**  
Counselor, Mentor, Coach, Tutor, Virtual

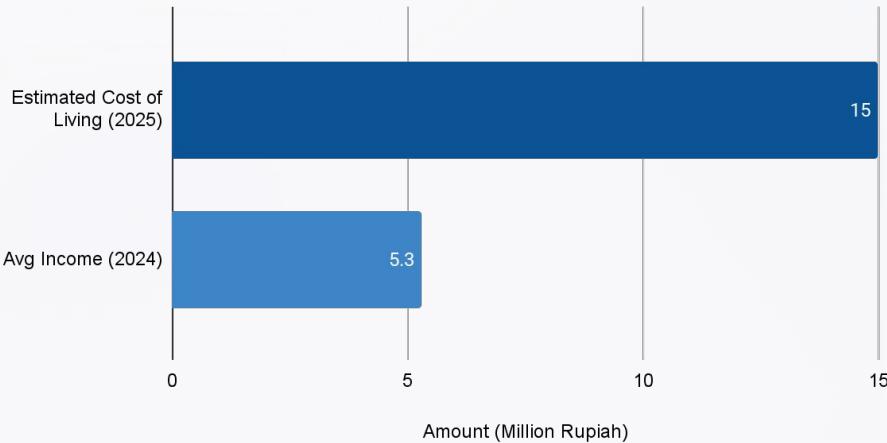
**Content:**  
Podcaster, Digital Marketer, Content

Blue-collar Jobs



# Why Full-time Job Isn't Sufficient

There is 10 Million Rupiah Deficits Between Income and Cost of Living in Jakarta



## KEY FINDINGS

In Jakarta there are:

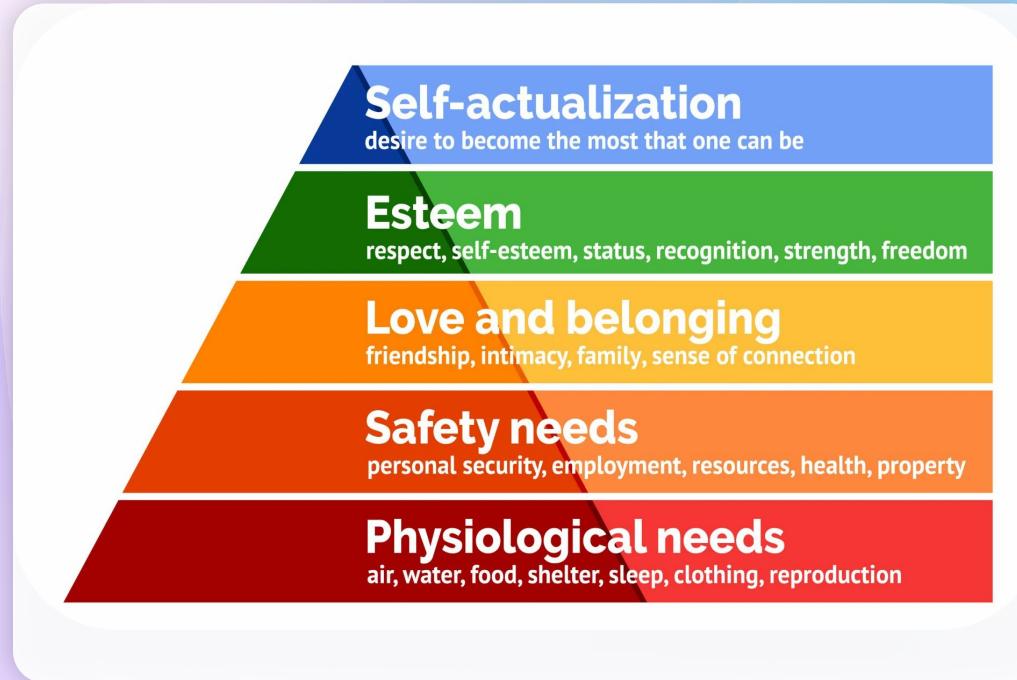
Cost is estimated Rp15M

Avg income is Rp5.3M

There is Rp10M gap between ideal and actual

**Meanwhile we have so much needs**

## **Maslow's Hierarchy of Needs**



**Research Shows...**

# **Minimum Pension Money**



**DANA PENSIUN  
IDEAL**

**Rp5,37 miliar**

**According to wealthy customers 2024**  
*(even 32% of them didn't have  
comprehensive pension plan yet)*



**DANA PENSIUN**

**Rp30 miliar**

**The amount Gen Z needs**  
*(considering inflation, longer life expectancy and lifestyle)* **(HSBC Quality of Life 2024)**

Based on that fact, can anyone explain...

**“How much is how much is average  
Indonesian minimum wage (UMR)?”**

Based on that fact, can anyone explain...

**“Do you think that’s enough for living  
compare to the cost?”**

# Today's Discussion



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## World Trend Gig Economy



## Benefits & Downside Gig Economy



## Benefits & Downside Gig Economy



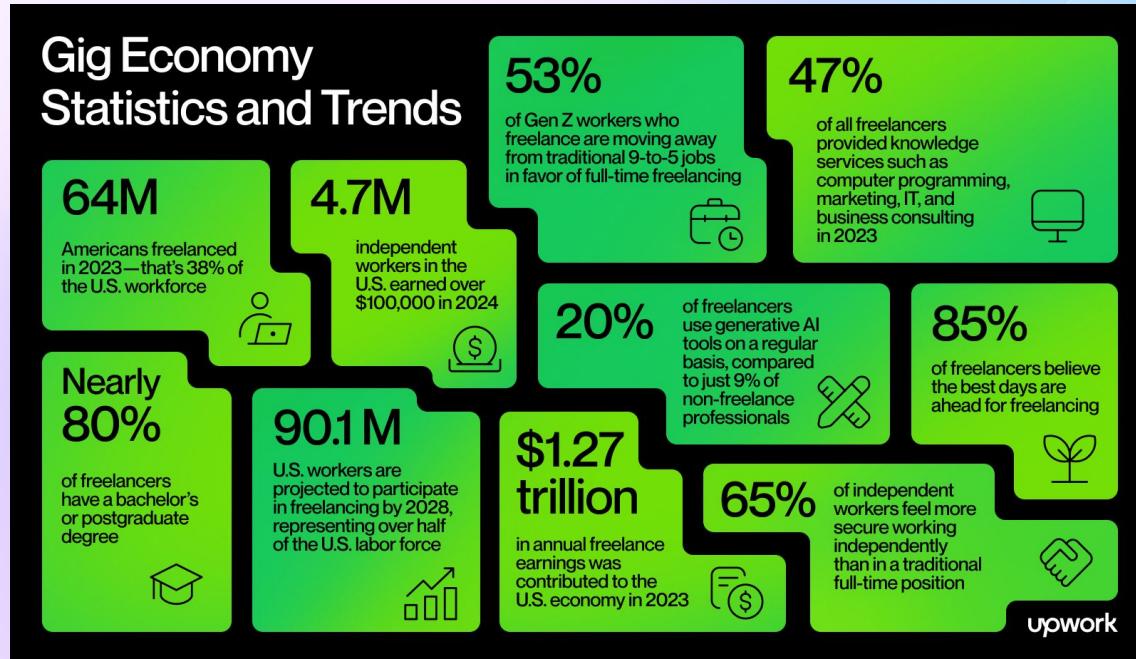
## Resilience The Engine that Moves



## Study Case Gig Economy Dilemma

# World Trend

## Gig Economy



### KEY FINDINGS

**Freelancers are:**

**Bachelor degree**

**Gen Z**

**Provide knowledge services**

**Use AI regularly**

**Trust best days are ahead**

# World Trend

## Gig Economy

### THE FACE OF THE Gig Economy

There is still a shortage of comprehensive data on gig workers, and while the Bureau of Labor Statistics collected data on gig workers in 2017, they have yet to compile that information into a report. Though it is the first time before now detailed information on the gig economy is available, the following infographic delivers a brief demographic overview of gig workers.

### ETHNICITY IN THE GIG ECONOMY<sup>2</sup>



### PARTICIPATION IN GIG ECONOMY BY AGE



However, this varies by industry:  
UBER DRIVERS BY AGE<sup>19</sup>



### EDUCATION

Overall, gig workers are

**2X** more likely to not have a high school diploma<sup>18</sup>

This varies by industry.

**48%** of Uber drivers have a college degree<sup>20</sup>



### OCCUPATIONAL PRESSENCE OF GIG WORKERS BY INDUSTRY<sup>1</sup>

25% of construction

25% of professional business

15% of transportation and communication

15% of education and health

10% of manufacturing

10% of retail

10% of arts and entertainment

10% of public administration



In the United States and the EU-15<sup>1</sup>

Independent workers make up  
**20–30%**  
of the working age population

this is up to **162 million** people

### KEY FINDINGS

#### Most freelancers in are:

**30-64 years old**

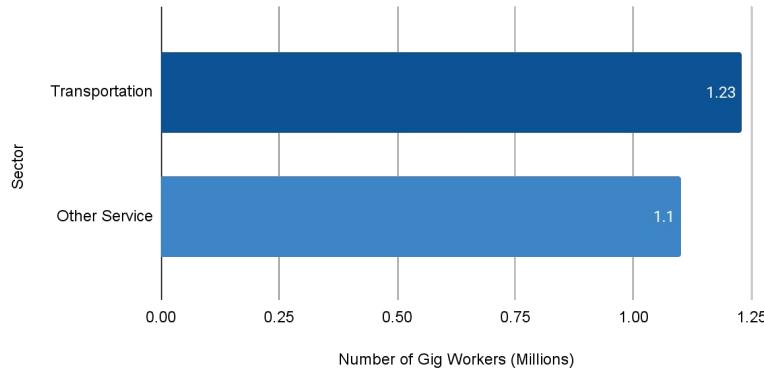
**Male**

**Have college/bachelor degree**

**In construction & professional business industry**

# Size and Scope of Indonesia's Gig Economy

Most Gig Workers (Millions) in Indonesia are in Transportation Sector



Number of Worker

**2.3M**

**1.7% of 140 Million workforce**

Contribution to GDP

**\$7 Billion**

**Rp99 Trillion**

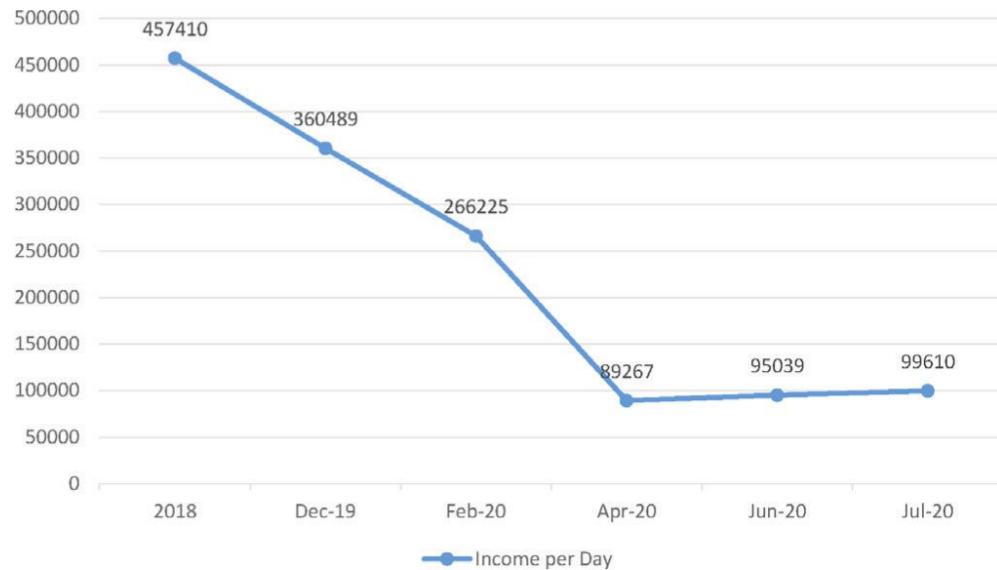
**yearly**

Permana and Izzati using Sakernas (National Labor Force Survey) data in 2019

# Size and Scope of Indonesia's Gig Economy



# Size and Scope of Indonesia's Gig Economy



Platform driver's revenue per day in 2018–2020 (in rupiah) for Gojek, Grab and Maxim.



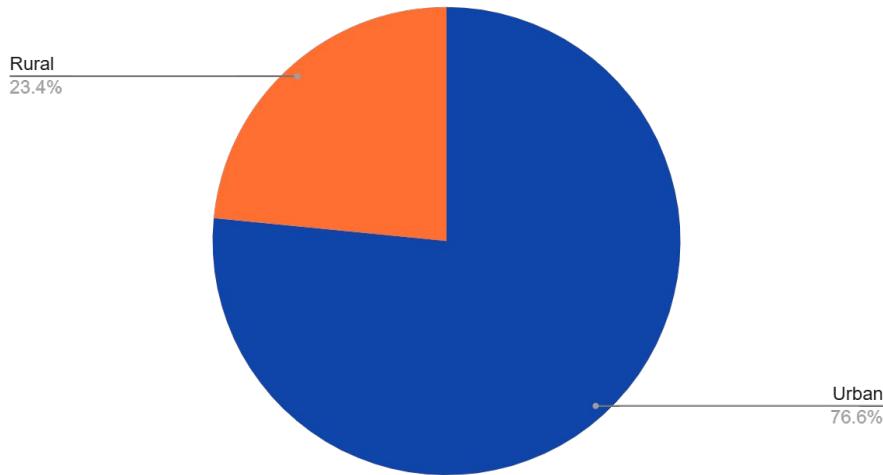
## KEY FINDINGS

Drivers in IDN are:

Got lower revenue per day since 2020  
(-/+ 4 millions/month)

# Size and Scope of Indonesia's Gig Economy

Most Gig Workers in Indonesia are in Urban Area



## Key Factors for Urban-Rural Disparity

**Better digital infrastructure  
in urban areas**

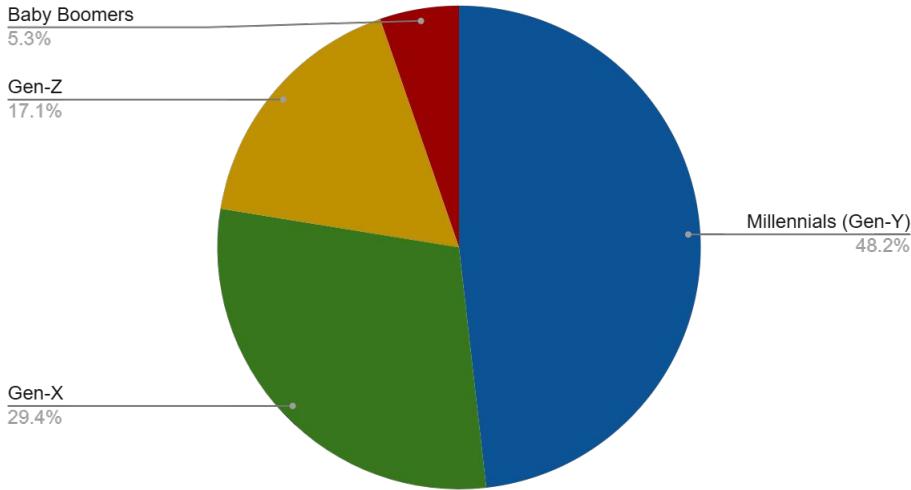
**Higher population density in cities,  
driving demand for services**

**Gaps in access to digitalization and  
technology between urban and  
rural regions**

Center for Employment and Labor Studies at the University of Indonesia in 2020

# Demographic Profile of Indonesia's Gig Economy

Most Gig Workers in Indonesia are in Millennials Generation



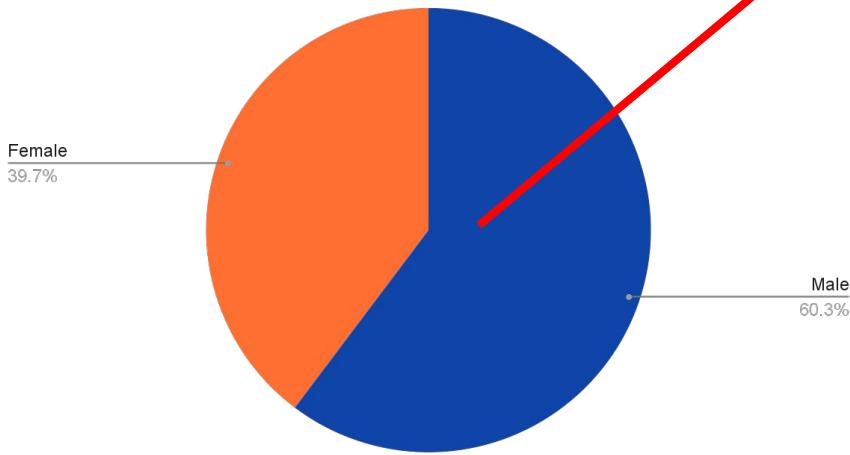
## Key Factors for Generation Disparity

**Gig work is more common among younger generations (Millennials and Gen-Z)**

**Likely due to greater technological familiarity and a preference for flexible work arrangements.**

# Demographic Profile of Indonesia's Gig Economy

Most Gig Workers in Indonesia are in Male



Despite the imbalance, gig work can empower women economically by offering flexible income opportunities, especially in sectors like e-commerce, freelancing, or caregiving

## Key Factors Contributing to Disparity

**Accessibility barriers for women (e.g., safety concerns, cultural norms).**

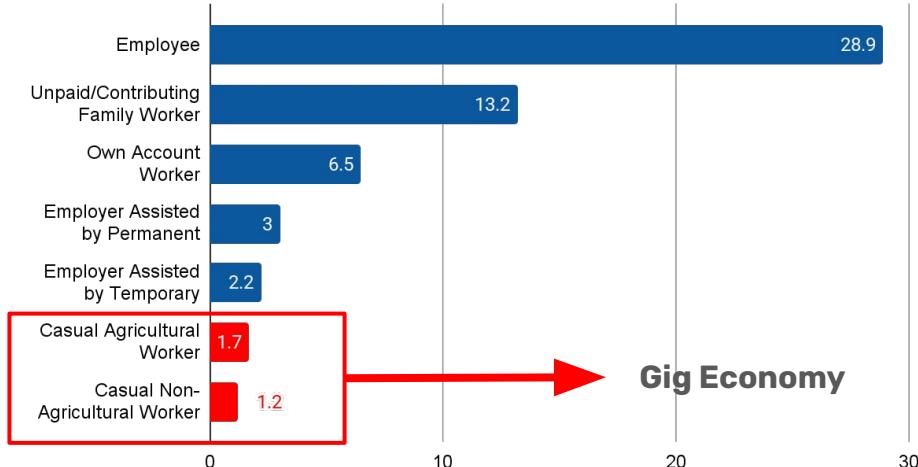
**Unequal access to technology or digital platforms in certain regions.**

**Gendered expectations around work roles (e.g., transportation gigs being male-dominated)**

Center for Employment and Labor Studies at the University of Indonesia in 2020

# Demographic Profile of Indonesia's Gig Economy

Number of Woman Workers per Job Status (Millions)



## Key Factors Contributing to Disparity

### Employee:

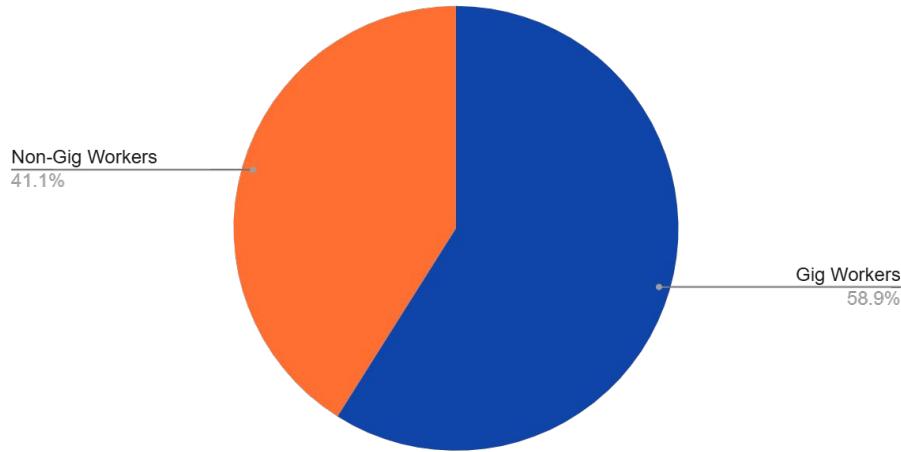
**Women prefer formal employment due to its stability, benefits, and alignment with societal norms around "acceptable" work for women.**

### Contributing Family Worker:

**Aligns with traditional gender roles, offers flexibility, and requires no formal skills, making it more accessible for women in rural areas.**

# Demographic Profile of Indonesia's Gig Economy

Gig workers are more likely to hold university degrees than non-gig workers



## Key Factors Contributing to Disparity

This challenges the stereotype that gig work predominantly attracts less-educated individuals.

Higher education workers may opt for gig work due to its flexibility, autonomy, and opportunities to apply advanced skills (e.g., tech, freelancing).

Center for Employment and Labor Studies at the University of Indonesia in 2020



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malik\_assyam 2w

Beruntungnya aku punya gelar S2  
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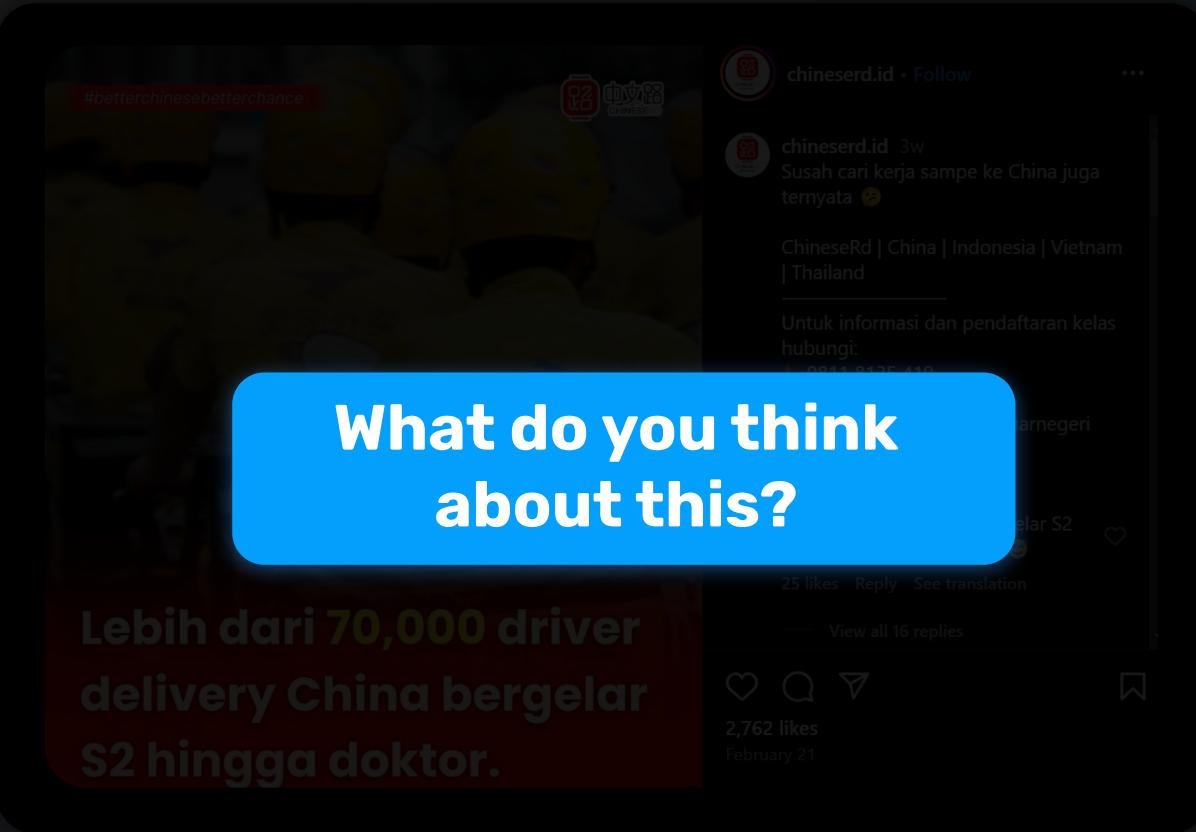
2,762 likes

February 21



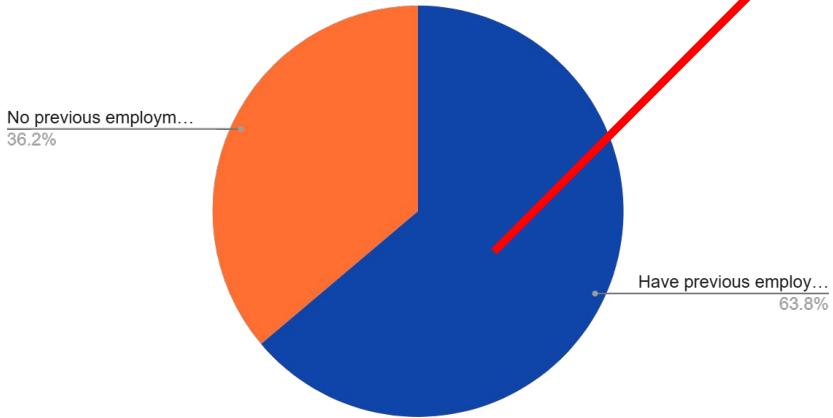
What do you think  
about this?

Lebih dari 70,000 driver  
delivery China bergelar  
S2 hingga doktor.



# Demographic Profile of Indonesia's Gig Economy

Most Gig Workers in Indonesia have prior employment experience



Prior employment experience helps gig workers build a portfolio or set of skills

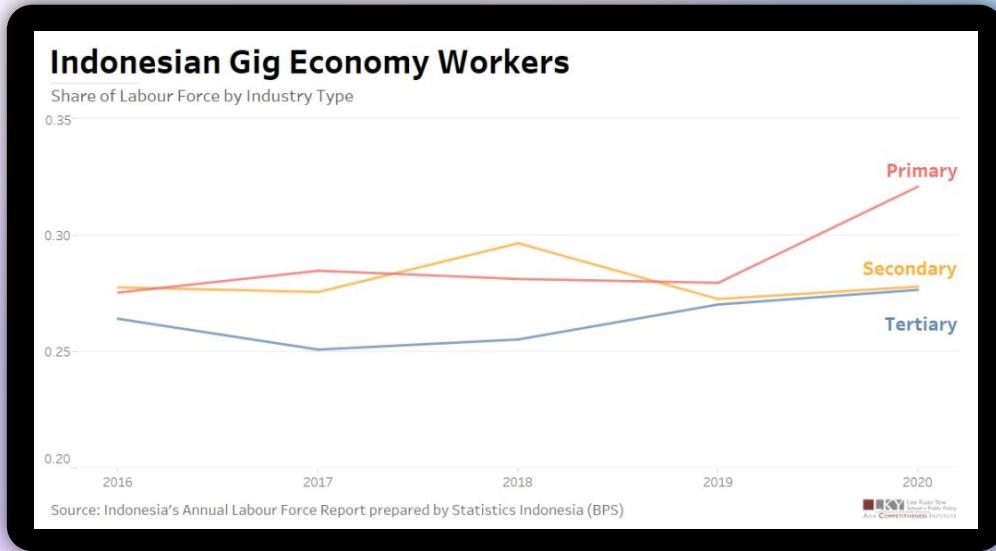
## Key Factors Contributing to Disparity

This suggest gig work is often a deliberate choice rather than a first-time entry into the labor market.

Prior work experience likely equips gig workers with transferable skills (e.g., time management, client interaction) that enhance their adaptability and success in the gig economy.

Center for Employment and Labor Studies at the University of Indonesia in 2020

# Demographic Profile of Indonesia's Gig Economy



# Economic Impact

## Gig Economy

Digital Economy  
Projections 2025

**USD 146  
billion**

Rp5880.6 Trillion

GoTo's contribution to  
GDP in 2022

**IDR 349-428  
trillion**

1.8% - 2.2% GDP

GoTo's ecosystem  
generated employment

**1.1 to 1.7  
million people**

0.8% - 1.2% population

GoTo's ecosystem reduced  
poverty rate

**0.317%**

2015-2022 period

Perplexity, 2022

# Unemployment & Layoffs

## Gig Economy

Unemployment rate

**7.47M**  
people

↓ 0.41% yoy Q3 2024

Layoffs in manufacturing sector

**295k**  
people

2023

**4150**  
people

January 2025

These lay-offs reflect structural vulnerabilities:

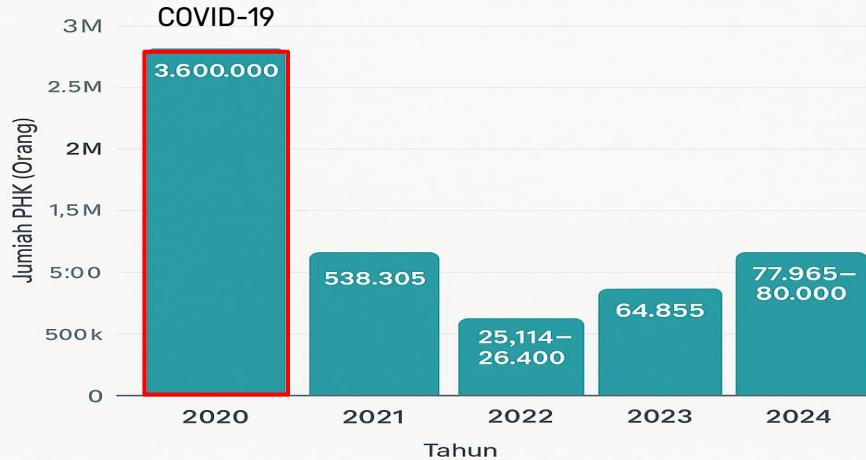
- The manufacturing PMI dropped to **51.5** in October 2023, signaling slowed expansion.
- Export revenues fell **12%** year-on-year in Q4 2024 for textiles, exacerbating workforce reductions.

# Unemployment & Layoffs

# Gig Economy

## Angka PHK di Indonesia

2020 – Today



Kurator PHK Lebih dari 10.000 Karyawan Sritex Group (SRIL) per 26 Februari 2025

Tim kurator telah melakukan PHK terhadap lebih dari 10.000 pekerja Sritex. Berikut perinciannya

Ni Luh Anggela - Bisnis.com  
Jumat, 28 Februari 2025 | 10:04

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Karyawan dan karyawati menyelesaikan pembuatan baju di pabrik milik PT Sri Rezeki Isman Tbk. (Sritex), Sukoharjo, Jawa Tengah. Bisnis/fayus Yuswoprihanto

# Pengangkatan CPNS 2024 Diundur Hingga Oktober 2025: Ini Penyebabnya



by **Penulis Fahum** — March 7, 2025 in Informasi

0



Pengangkatan CPNS 2024 Diundur Hingga Oktober 2025: Ini Penyebabnya

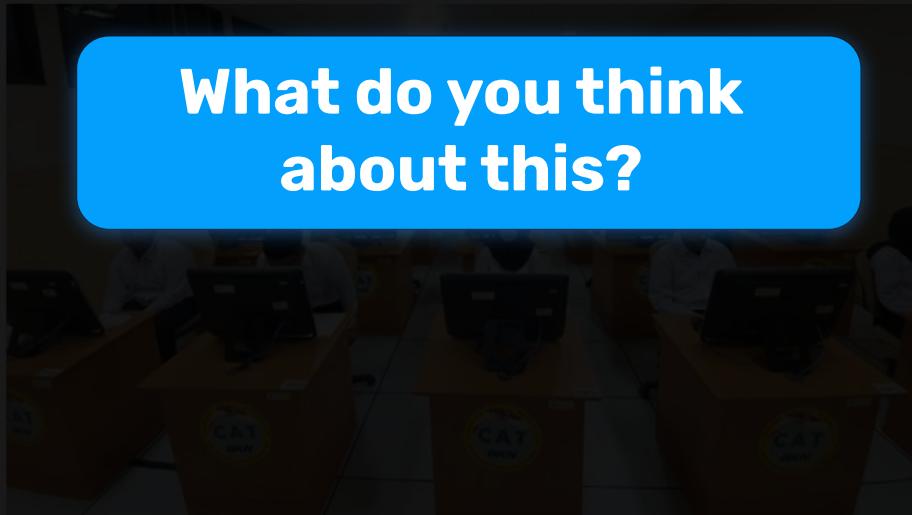
# Pengangkatan CPNS 2024 Diundur Hingga Oktober 2025: Ini Penyebabnya



by Penulis Fahum — March 7, 2025 in Informasi

0

What do you think about this?



Pengangkatan CPNS 2024 Diundur Hingga Oktober 2025: Ini Penyebabnya

# Today's Discussion



## Definition & Examples Gig Economy



## World Trend Gig Economy



## Benefits & Downside Gig Economy



## Benefits & Downside Gig Economy



## Resilience The Engine that Moves



## Study Case Gig Economy Dilemma

# Benefits of Gig Economy

Offer **flexible work arrangements** and a more **family-friendly work environment**

**Ability to choose projects** that align with our interests and skills.

Offers opportunities with **minimal barrier to entry**, making it accessible to a wide range of people

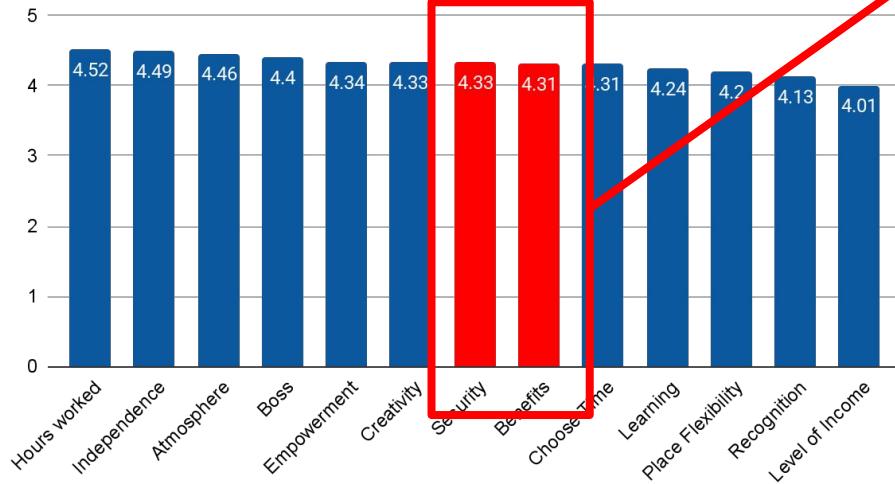


Difference Aspect	Gig Economy	Traditional Employment
Work Structure	Short-term, project-based, or task-oriented work.	Long-term, ongoing roles with consistent responsibilities.
Income Stability	Variable income; depends on gig availability and demand.	Fixed salary or hourly wage with predictable paychecks.
Benefits	Rarely includes employer-provided benefits (healthcare, retirement plans, etc.).	Typically includes benefits (health insurance, paid leave, retirement plans, etc.).
Job Security	Low; dependent on market demand and platform policies.	Higher; often tied to employment contracts or labor laws.

Difference Aspect	Gig Economy	Traditional Employment
Flexibility	High autonomy; workers choose hours, location, and projects.	Fixed schedules and workplace requirements (e.g., office hours, in-person attendance).
Employer Relationship	Independent contractors or freelancers; no formal employment contract.	Direct employer-employee relationship with formal contracts.
Legal Protections	Limited protections (e.g., no minimum wage or overtime guarantees in many cases).	Covered by labor laws (e.g., minimum wage, anti-discrimination, unemployment insurance).
Career Progression	Self-driven; relies on personal networking and skill development.	Structured advancement (promotions, raises) within an organization.

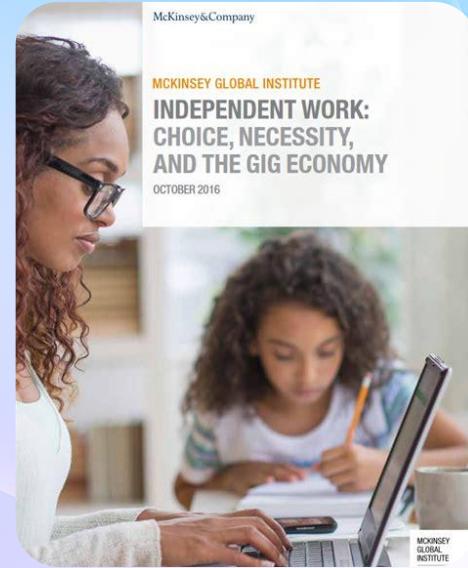
# Work Satisfaction Gig Economy

Gig Work Satisfaction Aspect



**Traditional employment is more satisfying at only these aspects**

Manyika, J., et al (2016)



# Downside Gig Economy

Lack of Job Security

High Competition

Absence of Benefits

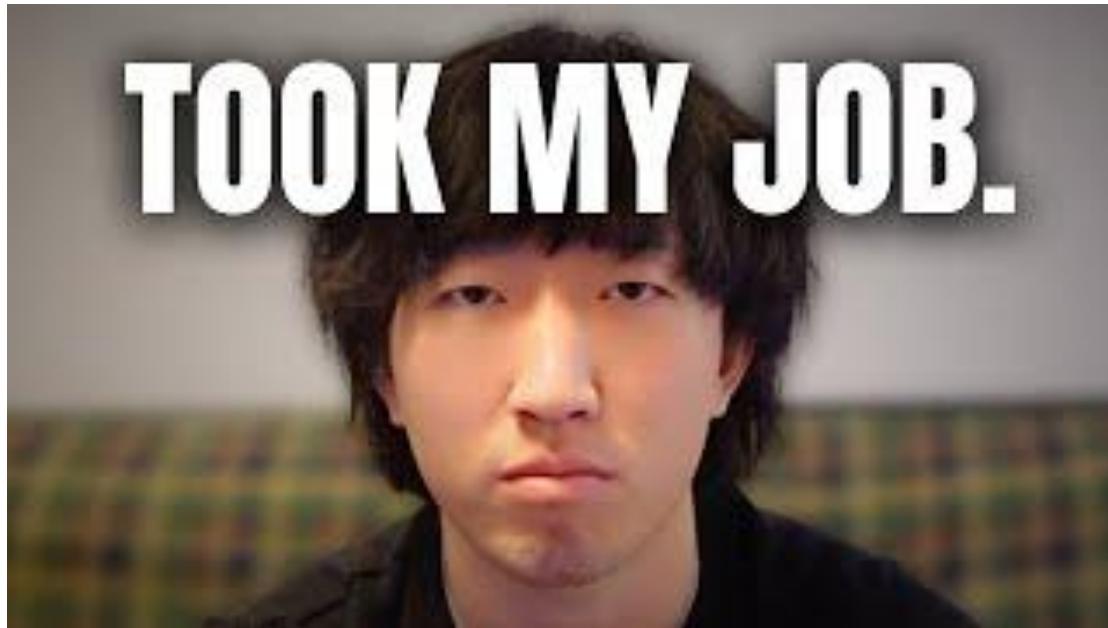
Legal and Ethical Challenges

Social Isolation

AI Disruption



**Let's take a look at the following video**





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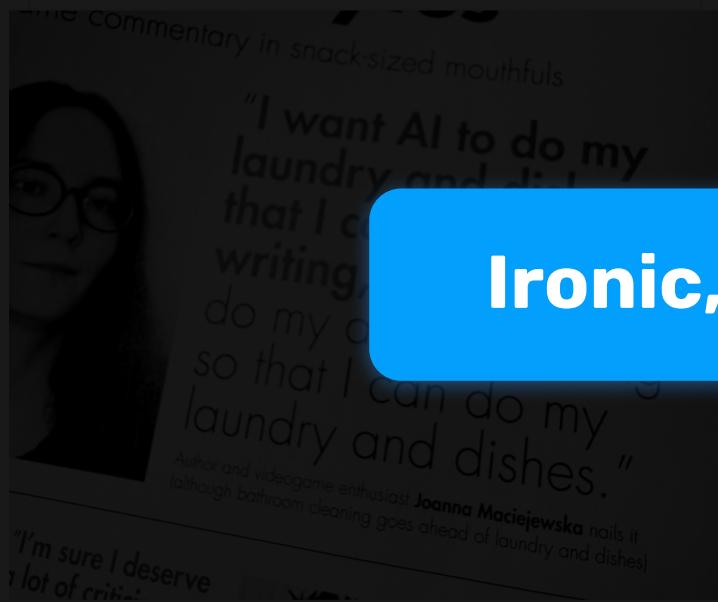
10h ·





Tui Sankamol · Follow

10h ·



Ironic, isn't it?



## Quick Question

**“In 1-5 Scale, how interested  
are you in exploring the  
Gig Economy?”**

## Quick Question

**“Why do you choose  
that scale?”**

**QnA**

**Is there any questions?**

# Today's Discussion



## Definition & Examples Gig Economy



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## Benefits & Downside Gig Economy



## Benefits & Downside Gig Economy



## Resilience The Engine that Moves



## Study Case Gig Economy Dilemma

# How to Start Your Side Hustle

Identify Your Skills & Niche

Build a Portfolio

Set Your Rates

Find Your Platform

Network & Promote

**To manage the downsides of Gig  
Economy, you need to have...**

**GRIT**

**RESILIENCE**

## Quick Question

“Have you ever heard of the term ‘**Grit**’?”

# Passion vs Perseverance

## Passion

- Love towards something
- Optimistic
- Enthusiast-Energetic
- Have clear purpose



## Perseverance

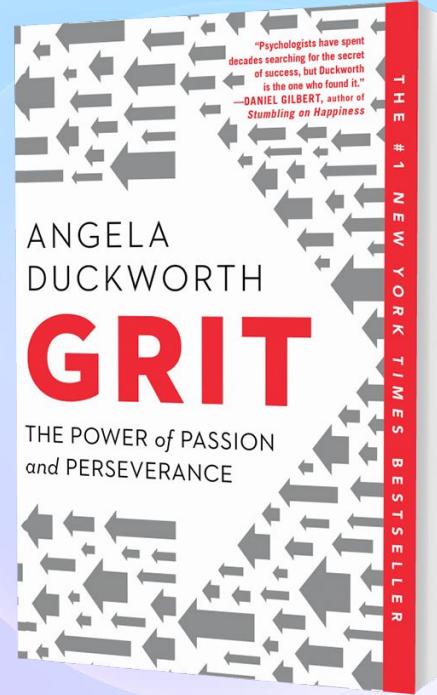
- Consistent
- Commitment
- Endurance



# GRIT

“Grit is the combination of **passion** and **perseverance** to achieve long-term goals”

- Angela Duckworth (2016)



# **Benefits** **GRIT**

## **Job Retention**

Predicting who stays and who goes in a challenging work environment

## **Job Performance**

Perform better, help coworkers more, and stay in the job longer

## **Overcoming Adversity**

Helping individuals learn to overcome obstacles, mistakes and difficulties

**TALENT x EFFORT = SKILL**

**SKILL x EFFORT = ACHIEVEMENT**

**Effort = Double Power**

# How to Cultivate Grit

## Exploring Interests

People who have grit deepen their interests over a long period of time.

## Practice Discipline

Cultivate discipline by trying to do things better than yesterday.

## Seeking Meaning

Look for purpose and meaning. Connect your work to a purpose beyond yourself.

## Don't Give Up

Learn to keep going even when things are tough and when you have doubts.

**To manage the downsides of Gig  
Economy, you need to have...**

**GRIT**



**RESILIENCE**

# Quick Question

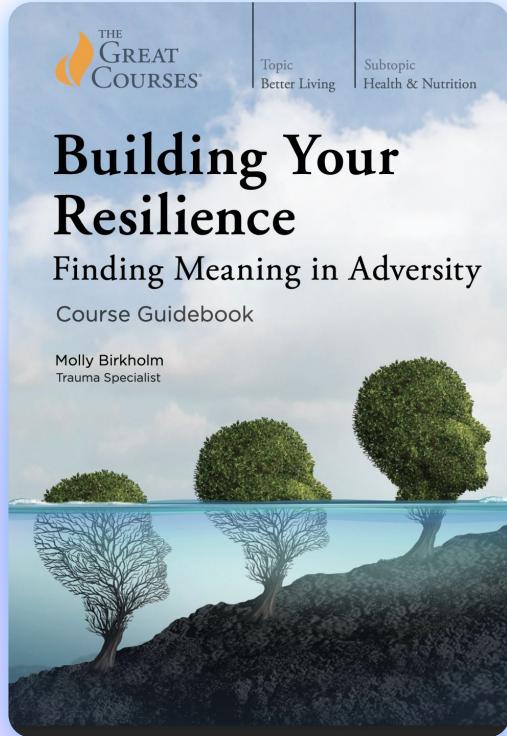
“Have you ever heard of the term ‘**Resilience**’?”

# Resilience

The ability to **adapt well in the face of adversity**, trauma, tragedy, threat, or significant sources of stress, and **to bounce back stronger** from difficult experiences.

- American Psychological Association (APA)





Resilience is something that everyone already has. **You have already made it through 100 percent of your hardest days, and that in itself shows resilience.**

**Molly Birkholm**

On his book "*Building Your Resilience: Finding Meaning in Adversity Course Book*"

# Benefits Resilience

## Economic Shifts and Uncertainty:

2025's job market may be tough, so stay resilient, keep learning, and stand out in the competition.

## Rapid Pace of Change:

Jobs are changing fast—graduates must adapt quickly to new tools and skills to stay relevant.

## Lifelong Learning Imperative:

Keep learning and stay resilient—your career depends on adapting, not just avoiding failures.

## Source

# Resilience

 (From Relations)

Empathy

Connections that provide empathic support so that we can release negative emotions

Work Surge

Connections that help us shift work or manage surges

Politics

Connections that help us make sense of people or politics in a situation

Pushback

Connections that help us find the confidence to push back and self-advocate

Vision

Connections that help us see a path forward

Perspective

Connections that help us maintain perspective when setbacks happen

Purpose

Connections that remind us of the purpose or meaning in our work

Humor

Connections that help us to laugh at ourselves and the situation

# How to Cultivate Resilience

## Adopt a Growth Mindset

See failures as lessons, stay curious, and grow through challenges to succeed long-term.

## Develop Stress Management Techniques

Master stress with tricks like 4-7-8 breathing and EQ—it's key to handling pressure.

## Build Self-Awareness

Know your strengths and weaknesses to tackle challenges and succeed long-term.

## Seek Support

Join peer groups or find mentors to boost confidence and beat self-doubt.

**To manage the downsides of Gig  
Economy, you need to have...**

**GRIT**



**RESILIENCE**



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## Resilience The Engine that Moves



## Worksheet Resilience

# **QnA**

# **Is there any questions?**

# **LET'S BUILD OUR RESILIENCE**

# BUILDING RESILIENCE

A resilient person is able to **bounce back, survive, recover, and get stronger through challenges, or stress.** This workbook will guide you through 10 ways to build your resilience.

# BUILDING RESILIENCE: Learning and Growth



See challenges, mistakes, and failures as opportunities to learn and grow.

What specific work-related challenge, mistake, or failure have you faced (e.g., missed deadline, project setback, conflict)? How can you reframe this as a learning opportunity for your professional growth?

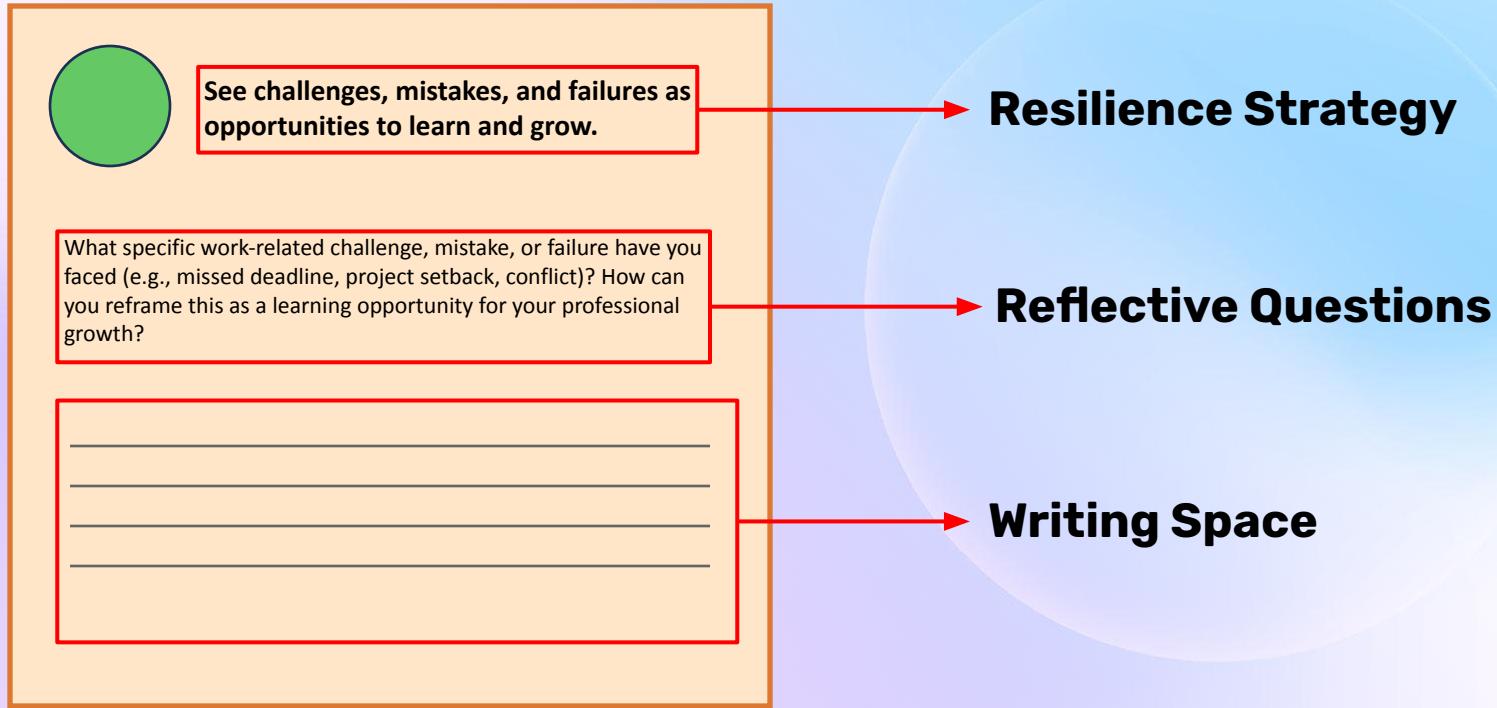
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1. You will receive an online “**BUILDING RESILIENCE**” worksheet.
2. Download/make a copy of the worksheet.
3. There are **10 questions** you need to reflect and answer.
4. You have **20 minutes** to answer the questions (@2 minutes/question)
5. **Use your device** to answer the questions.
6. You can use **Indonesian/English** language.

# BUILDING RESILIENCE: Learning and Growth





**Link Download Worksheet**

**[bit.ly/Gig\\_Resilience](https://bit.ly/Gig_Resilience)**

4 minutes

# BUILDING RESILIENCE: Learning and Growth



## See challenges, mistakes, and failures as opportunities to learn and grow.

What specific work-related challenge, mistake, or failure have you faced (e.g., missed deadline, project setback, conflict)? How can you reframe this as a learning opportunity for your professional growth?

*"I've applied to 20+ gigs but haven't landed a client yet. At first, I took rejections personally, but now I see it as a chance to improve. I'm learning to tailor my pitches better, highlight relevant skills, and study successful profiles. This struggle is teaching me persistence and how to stand out in a competitive market."*



## Seek the valuable lesson in every setback or problem. Ask yourself, "What can I learn from this experience?"

What positive insight did you gain about your skills, resilience, or teamwork from a past work difficulty?

*"Getting no responses from clients was discouraging, but it showed me I'm resilient enough to keep trying. I realized my pitches were too generic, so I practiced writing clearer, client-focused proposals. This taught me that rejection isn't about my worth—it's about improving how I communicate my value. Now I feel more confident with each attempt."*

4 minutes

# BUILDING RESILIENCE: Positive Outlook



**Keep your mind focused on your goals, and continually search for ways to achieve them.**

What are two short-term and/or long-term career goals you can prioritize to stay motivated and forward-focused?

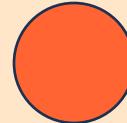
**Short-term:**

*Send at least 5 tailored proposals per week, focusing on jobs that match my exact skills.*

**Long-term:**

*Build a portfolio with 3-5 sample projects (even unpaid) to showcase my work and gain credibility.*

*These goals keep me taking action, not just waiting for luck.*



**Maintain a hopeful outlook, and look for the good in every problem or difficulty. Tell yourself "Something good will come from this."**

When a project or task doesn't go as planned, ask: "*What skill, process, or relationship can I improve from this experience?*"

*After 10 unanswered proposals, I asked myself this and realized:*

1. *Skill: Improve my pitch-writing by studying successful freelancers' approaches.*
2. *Process: Follow up politely after 3-4 days instead of waiting passively.*
3. *Relationship: Start commenting on potential clients' posts to build visibility before pitching.*

4 minutes

# BUILDING RESILIENCE: Adaptability



## Maintain a problem-solving and solution-oriented mindset when facing difficult situations.

When facing a workplace issue (e.g., team conflict, unclear expectations), do you tend to dwell on the problem or actively seek solutions? How could shifting your focus help?

*At first, I obsessed over "Why won't anyone hire me?"—which drained my motivation. Now, I solution-focus:*

1. *If pitches fail, I test different styles or offer discounted trial work.*
2. *If my profile gets no views, I optimize keywords or add portfolio samples.*

*Shifting to "What can I try next?" turns frustration into progress.*



## Learn to be flexible in situations you can't control - Go with the flow, Let things go, Don't let things get to you, Be agreeable, Be patient, Be accepting of help.

What upcoming project, milestone, or opportunity can you look forward to, even during stressful times?

*I'm excited to:*

1. *Complete my portfolio (milestone): Adding 2-3 more samples this month to showcase my best work.*
2. *First client testimonial (opportunity): Even if it's a small project, it'll prove my credibility.*

*Focusing on these keeps me motivated when rejections pile up. Progress, not perfection!*

4 minutes

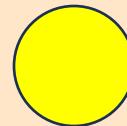
# BUILDING RESILIENCE: Social Support



## Recognize when to ask for, and accept help from others.

Who are two colleagues, mentors, or supervisors you can reach out to for guidance or support during tough work situations?

1. *Freelancer Friend: A colleague who landed their first gig last year—they've offered to review my pitches and share what worked for them.*
2. *Online Mentor: Joined a freelancing Facebook group where experienced members give feedback on profiles.*



## Be unaffected by the negativity of others.

What two strategies can you use to stay calm and professional when dealing with a difficult coworker or client (e.g., active listening, setting boundaries)?

1. *Pause & Reflect: If a potential client responds rudely, I'll take 10 minutes to cool down before replying professionally—focusing on solutions, not emotions.*
2. *Boundary Scripts: Practice polite but firm responses like, "I'd love to help, but this scope requires X adjustments to deliver quality work."*

4 minutes

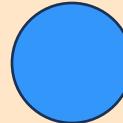
# BUILDING RESILIENCE: Self-Care



**Practice Self-Care - Exercise, sleep well, eat well, focus on interests and creative outlets, spend time with positive and encouraging people, use healthy coping skills to manage stress.**

What three practices can you adopt this week to manage stress at work (e.g., time-blocking, taking breaks, setting boundaries)?

1. *Time-Blocking: Dedicate 1-hour focused sessions for pitching (no distractions), then 15-minute breaks to recharge.*
2. *Rejection Reset: After each "no," do a quick mindfulness exercise (e.g., deep breaths) to avoid spiraling.*
3. *End-of-Day Wind Down: Watch a comedy show or call a friend to shift focus from work stress.*



**Practice gratitude and optimism in all situations.**

What three aspects of your job or career are you grateful for (e.g., supportive team, growth opportunities, work-life balance)?

*Even without my first client yet, I'm grateful for:*

1. *Flexibility: Gig work lets me choose projects that fit my skills and schedule.*
2. *Learning Curve: Every rejection teaches me how to improve my approach.*
3. *Low-Risk Start: I can build experience without quitting my full-time job.*

# **QnA**

# **Is there any questions?**

# BUILDING RESILIENCE:

## Summary

**Remember the 10 key strategies to build resilience in your daily life:**

1. See challenges, mistakes, and failures as opportunities to learn and grow.
2. Seek the valuable lesson in every setback or problem.
3. Keep your mind focused on your goals, and continually search for ways to achieve them.
4. Maintain a hopeful outlook, and look for the good in every problem or difficulty.
5. Maintain a problem-solving and solution-oriented mindset when facing difficult situations.
6. Learn to be flexible in situations you can't control - Go with the flow, Let things go, Be accepting of help.
7. Recognize when to ask for, and accept help from others.
8. Be unaffected by the negativity of others.
9. Practice Self-Care - Focus on interests and creative outlets, use healthy coping skills to manage stress.
10. Practice gratitude and optimism in all situations.

# Today's Discussion



## Definition & Examples Gig Economy



## World Trend Gig Economy



## Benefits & Downside Gig Economy



## Benefits & Downside Gig Economy



## Resilience The Engine that Moves



## Worksheet Resilience



# **QnA**

# **Is there any questions?**

**“Enthusiasm is common.  
Endurance is rare.”**

- Angela Duckworth

A knight in full armor stands in a dark, smoky environment. The knight is wearing a helmet with a tall plume and chainmail armor. The background is dark and hazy.

@bywisewords

**Take your financial life very  
seriously. Make a lot of money.**

**The world is very cruel to  
the poor.**



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