

Resilience

WHAT IS RESILIENCE?

Resilience is the ability to persevere through adversity by responding effectively and with flexibility during a stressful situation. Follow these steps on how to manage stress and lead through change.

STEPS TO BECOMING A RESILIENT LEADER



1. **Accept Reality** - Carl Jung said, "What we resist persists." In order to change our current reality we must first accept it.
2. **Stress and Emotional Management** - Take time to slow down and understand how you're feeling and why.
3. **Find Purpose** - Make meaning from your circumstances.
4. **Growth Mindset** - Focus on learning, improvise, and be resourceful with what is around you.
5. **Maintain Well Being** - In order to lead effectively, we must first take care of ourselves. Get proper recovery, sleep, exercise, and keep a healthy diet.
6. **Be Agile** - Optimize your team's strengths while identifying opportunities, then act quickly and decisively.
7. **Reframe Thoughts** - Challenge bias by exploring other possibilities to assumptions, thoughts, or perspectives.
8. **Communicate Assertively** - Be factual, straightforward, curious, and communicate in a timely manner.

OUTCOMES OF RESILIENCE



- Shortens recovery time from setbacks or crises.
- Lessens stress.
- Protects from and reduces risk of burnout.
- Strengthens emotional intelligence.
- Enables active listening, genuine compassion, and assertive communication.
- Increases connection, influence, and trust with employees.
- Boosts employee engagement.
- Improves personal focus and wellbeing.