

# 7

## INSIGHTS ON RESILIENCE

### RESILIENCE IS...

- The ability to thrive when challenging circumstances occur.
- It is about bouncing FORWARD.

---

It is NOT “powering through” to an endlessly depleting tank of energy and into exhaustion.

---

01

We Only Control How We Perceive The World

02

On Balance, You Have The Right Stuff To Practice Resilience

03

Resilience Is A Team Sport That Cannot Rely on Individual Grit

04

People Leaders Are Integral to Bridging Self & Organizational Resilience

05

To Improve Resilience, Relationships Matter Most

06

To Support Resilience, The Organization Must Care For & Help You

07

Resilience Is A Strategic Advantage



## Your Resilience

Take a few minutes to reflect on and document your resilience, both personally and professionally.

**From the “Insights on Resilience” shared today, what resonated with you as something you are doing well regarding your resilience?**

---

---

---

**From the “Insights on Resilience” shared today, what resonated with you as something you can improve regarding your resilience?**

---

---

---

**Who is in your “Resilience Network”?**

---

---

---

**What will you do to hold yourself accountable to:**

Acknowledge and celebrate your resilience: \_\_\_\_\_

Improve in 1 area of resilience: \_\_\_\_\_

Connect with your “Resilience Network”: \_\_\_\_\_