



LEADERSHIP RESILIENCE: BECOMING A RESILIENT LEADER

Resilient leaders have the ability to adapt to change, manage their stressors, maintain psychological well-being in the face of adversity and grow through difficult experiences.

Resilience is not just about demonstrating dogged perseverance to overcome a challenge. Sometimes you have to change course. It's not always a matter of buckling down and devoting more time and effort to a project. A better approach might be to seek help. When leaders come under pressure, they often stop investing in resilience resources and throw their energy reserves off balance. As a result, their resilience levels decrease when leaders need them most.

Leadership strategy firm YSC Consulting has identified five inputs for strengthening resilience habits. Their evidence-based program lays out proactive steps leaders can take to improve all six resilience resources. YSC illustrates how leaders use strategies for Support, Confidence, Striving, Recovery, and Adapting to build lifelong habits. These habits preserve energy levels, create fulfillment, and maintain well-being, even as daily pressures and setbacks challenge our energy levels.

In this course, leaders learn very practical activities to build resilience through personalized resilience resources that lead to happier, healthier, and more engaged lives.

Developed in partnership with:



OUTCOMES

- Learn how the Resilience Profiler organizes and explains the six inputs for developing resilience
- Build out your support network and identify the factors that prevent you from seeking help
- Understand how to build your confidence through reframing, and boost the confidence levels of your people
- Discover how to strive without burning out - see problems as opportunities, and find alternate paths to achieve your goals

YOU WILL

- Use the resilience fulcrum to determine if your resilience resources effectively balance the stressors, change and challenges you currently face
- Assess resilience in your organization, the recovery techniques you use to replenish energy levels and the effectiveness of current resilience habits
- Create an action plan to illustrate how you will improve your own resilience, and the steps you'll take as a leader to help your team build resilience

ABOUT THE EXPERTS



ROB MORRIS

- *Managing Director, Head of Innovation & Thought Leadership, YSC*
- *PhD, Social Organization Psychology from Columbia University*
- *Graduate of United States Military Academy, West Point*



SHELLEY WINTER

- *Director and Head of Coaching and Resilience*
- *Registered Psychologist*
- *Masters of Applied Science in Coaching Psychology from University of Sydney*

SPRINT OUTLINE

DAY 1	WHAT IS RESILIENCE?	DAY 2	SUPPORT	DAY 3	CONFIDENCE	STRIVING
	<ul style="list-style-type: none"> • Resilience in Your Life • The Resilience Fulcrum • Resilience as an Organization 		<ul style="list-style-type: none"> • The Leadership Resilience Profiler™ • Introduction to Support • Your Support Networks • Asking for Support 		<ul style="list-style-type: none"> • What is confidence? • Reframing to Take Control in the Face of Change • Developing Confidence in Others 	<ul style="list-style-type: none"> • Striving • Your Response to Challenge • Your Confidence and Striving Resources
DAY 4	RECOVERY	ADAPTING		DAY 5	WRAPPING UP	
	<ul style="list-style-type: none"> • What is Recovery? • Energizers and De-Energizers • Encouraging Good Recovery Management 	<ul style="list-style-type: none"> • Adapting • Adaptive Styles • Adapting as a Resilience Resource 			<ul style="list-style-type: none"> • Your Resilience Habits • Taking Action • Sharing Insights 	