

Resilience

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Purpose

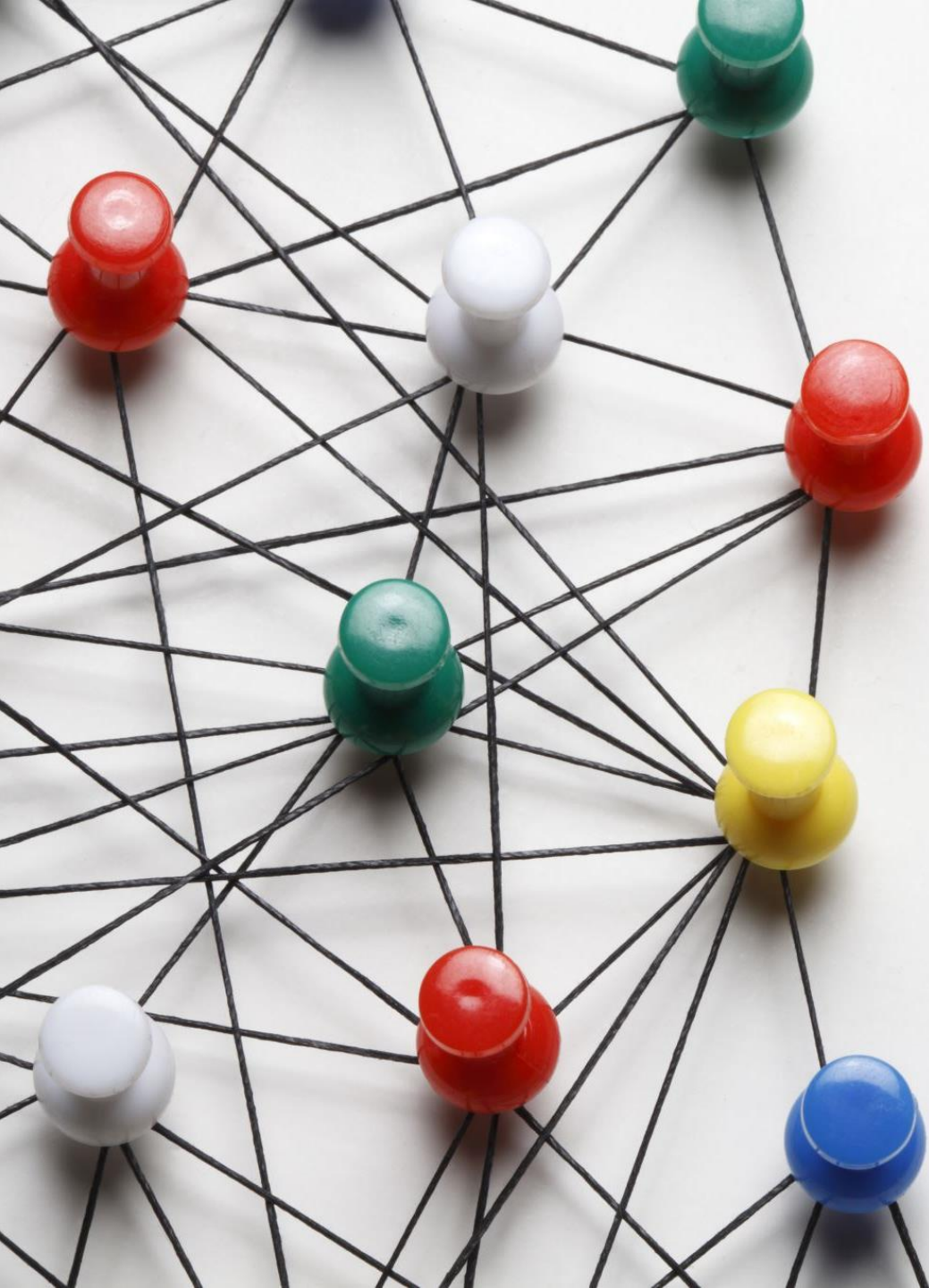
- Become more aware of the impact of stress and anxiety caused by changes related to the pandemic.
 - Professional Life
 - Team
 - Donors
 - Personal Life
 - Home
 - Planet



What is
Resilience?



Resilience is bouncing back
from difficult experiences.




5 Ways to Build Resilience

- Make Connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of life
- Move towards goals
- Take decisive actions

5 More Ways to Build Resilience

- Look for opportunities for self discovery
 - Nurture a positive view of yourself
 - Keep things in perspective
 - Maintain a hopeful outlook
 - Take care of yourself
-
- Adapted from American Psychological Association



Bounce Back | Bounce Forward | Bounce

- **Small Group Discussion:**
- As we shift into a hybrid work situation, what does leading in a hybrid environment look like to you?
- What's working, what's not?

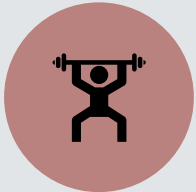
Self Care for Yourself & Staff

**What have you
done/are you
doing to take better
care of yourself and
your staff?**

**What boundaries
have you set?**

**If not, what is it
costing you?**

Self Care Strategies



Physical



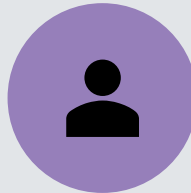
Psychological



Emotional



Spiritual



Workplace



Professional



Pair Share Mingle - 1

- **What gives you energy?**



Pair Share Mingle-2

- **What drains your energy?**



Pair Share Mingle -3

**What
boundaries
have you set to
take better care
of you AT
HOME?**



Pair Share Mingle-4

**What boundaries
have you
created AT
WORK to
reinforce self
care?**



Individual Reflection

- How do **YOU** want to grow?
- How does **YOUR STAFF** want to grow?
- What do they need from you?
- How will they find out?

Closing Question with Partner Video

- What have you learned from the pandemic and what will you do differently as a result of that wisdom gained? Think about what will be your priorities moving forward and how will you respond to the stress and uncertainty of constant change?
- Think about your response individually
- Record your response **on your phone** with your partner.



How Was It?



Thank You

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