Prepare for Takeoff: Building Your Leadership Resilience Capability

JoAnn Hawkins, MA, SHRM-CP
Kate Rykhus, MA, CPC, ELI-MP
Activity: Raisin Meditation
(Greater Good In Action, n.d.)
Learning Objectives

Understand
Understand how you react to change and the impact your reaction may be having on organizational outcomes.

Access & Use
Access and use a set of practical tools and techniques to build personal resiliency.

Describe
Describe strategies for understanding how others may react to change and how to engage them.
Agenda

Definitions

Typical Reactions to Change

Developing Personal Resilience

Developing a Resilient Team

Resilience Building Strategies (throughout)
Definitions

- Resilience
- Change
- Change Leadership
- Resilient Leadership
Activity: The Ups & Downs of Change
(Smith, 2018)
**Typical Reactions to Change: Diagnosing Yourself & Your Team**

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<td>1</td>
<td>Identify changes that have affected you at work recently.</td>
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(Boyd, n.d.)
Building Resilience Technique

3 Good Things
(Greater Good In Action, n.d.)
Leaders can make or break an organizational change effort

(Hefferman, 2017)
Watch Outs

Leading Passively

Leading in Isolation

Focusing on the Small Stuff

(Bendixen, Campbell, Criswell & Smith, 2017)
Developing Personal Resilience
(Nourse, 2019)

• Maintain Your Physical Resilience
• Build & Sustain Your Network
• Reflect on Your Vision & Purpose
• Develop Your Coping Strategies
• Understand Your Strengths
• Leverage Your Emotional Intelligence
Building Resilience Technique

Use Your Strengths

(Greater Good In Action, n.d.)
Developing a Resilient Team
(Ledesma, 2014)
(Nourse, 2017)
Where do we go from here?
Let’s Keep the Conversation Going

JoAnn Hawkins
jhawkins@wadvocates.org

Kate Rykhus
kate@cocreatedconsulting.com


Leadership Resilience Toolkit