

Core Traits

RESILIENCE

What is it?

Our ability to...

- Bounce back
- Persevere
- Lean into change
- Face adversity

Why now?

So we can support our teams as they...

- Manage anxiety
- Find new ways of working
- Recover from setbacks
- Discover a new normal

Identity



Knowing and leaning into your strengths, while knowing and bolstering your opportunities.

Adaptability



Your flexibility, readiness, and willingness to try new and different ways as commanded by circumstances.

Mindset



Your openness to learning, experimenting, curiosity, hearing diverse ideas, and comfort with debate.

Action-Orientation



The degree to which you commit to defining and taking steps - big or small - never standing still.

Energy



Mental, physical, emotional - the extent to which you show all parts of yourself care, keeping fueled to maintain stamina.

Connectedness



Maintaining a network of supporters, cheerleaders, deliverers of truth, coaches, educators, and advisors.

Actions to take

Identity



- Get candid, actionable feedback
- Put strengths to work
- Find "weakness fillers"
- Manage your brand

Adaptability



- Change one routine this week
- Turn one fail into a new opportunity
- Try something new
- Absorb an opposing opinion

Mindset



- Try something you "know" will fail
- Ask an honest question
- Read out of your comfort zone
- Absorb an opposing opinion
- Sit with discomfort

Action-Orientation



- Define one small next step
- Ask "what if we" questions
- Give someone the reins
- Articulate the risk of standing still

Energy



- Note your fuelers and detractors
- Schedule refuels
- Pause in the face of negativity
- Celebrate a victory

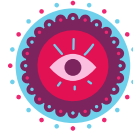
Connectedness



- Seek advice
- Be of service
- Run a share or brainstorm
- Ask for help
- Express gratitude

Personal action plan

Identity



I will...

Adaptability



I will...

Mindset



I will...

Action-Orientation



I will...

Energy



I will...

Connectedness



I will...

