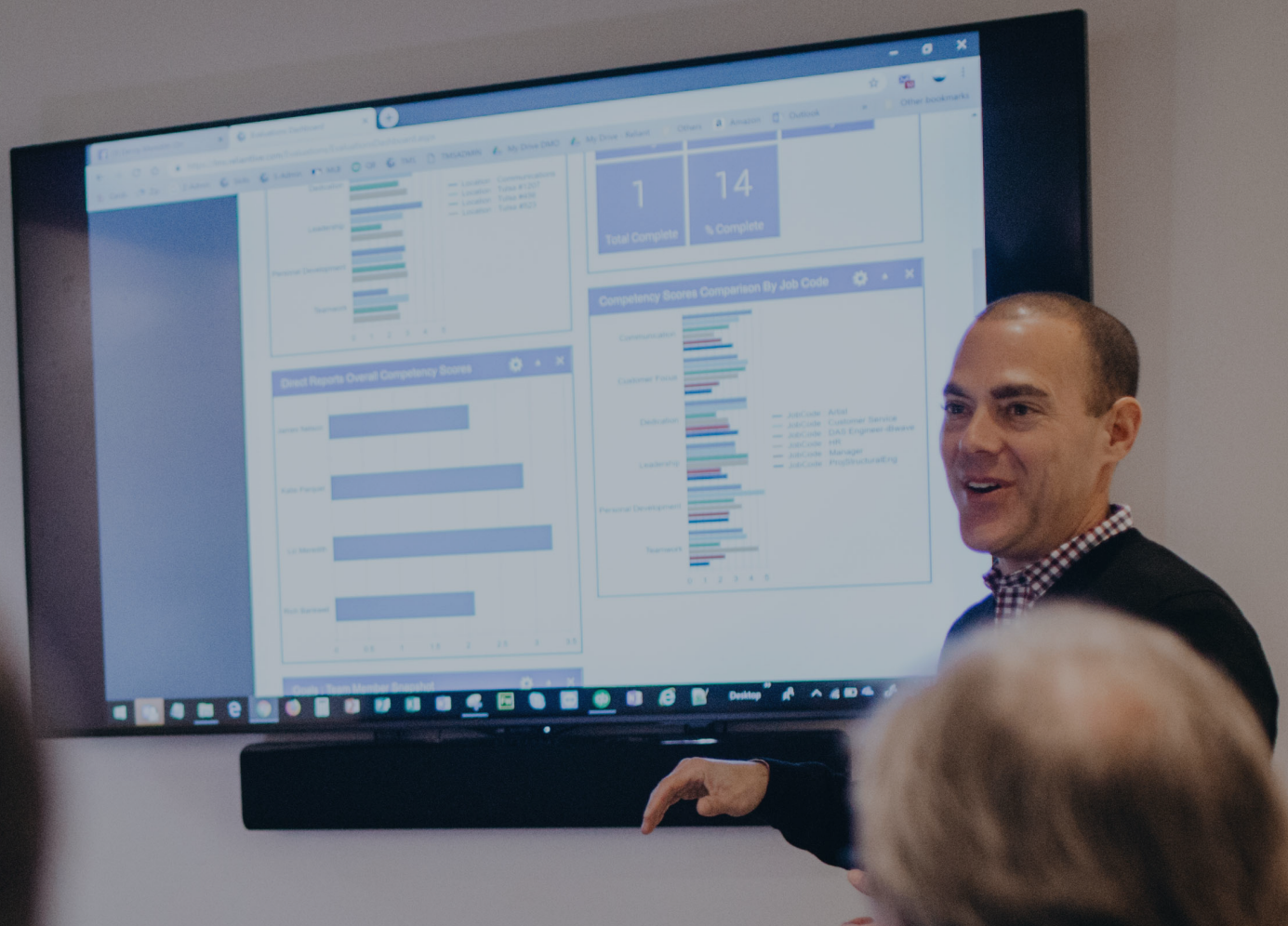




# HOW TO BECOME A MORE RESILIENT LEADER





As a leader, you experience challenges every day. Some challenges tap into deeply held emotions, others may drain your energy, and most will redirect your attention.

A resilient leader is someone who sees a challenge or setback as a growth opportunity and is able to recover quickly. You can cultivate this kind of internal resilience by increasing your emotional intelligence and capacity for change.



### **SELF-IDENTIFY**

A secure identity and healthy emotional boundaries are key to becoming a successful leader. Know thyself!



### **ACCEPT CHANGE**

Change is inevitable. Be willing to embrace what comes your way, and observe as your employees begin to do the same.



### **SKILL SHIFT**

Consider how your skillset can easily evolve and shift as the company begins to change. Continue to expand your knowledge.



### **DEVELOP OTHERS**

Resilient leaders know how to nurture and empower their employees, and actively seek new opportunities to do so.



### **COMMUNICATE POWERFULLY**

Effective communication helps others understand changes, expectations and new direction.



### **BE CONSISTENT**

Check in with yourself regularly. Do your actions consistently support your words, and visa versa?



### **BUILD RELATIONSHIPS**

Investing time in relationships builds trust and improves morale. Resilient leaders see people as people. Not as another cog in the wheel of organizational progress.



### **TAKE CHARGE**


There is a time to stand your ground, to be firm, and to lead by example. Great leaders have the wisdom to know when to step in and when to step away.



### **REFLECTION**

Self-reflection is key to identifying internal challenges, strengths, and clarifying beliefs that may be holding you back from the ability to be resilient.



A man and a woman are seated at a table in a meeting room. The man, in the center, is looking towards the camera with a slight smile. The woman, on the left, is looking towards the man. They are both wearing blue shirts. The background shows large windows with a grid pattern. A dark blue semi-transparent rectangle is overlaid on the image, containing white text. The text reads: "Pay attention to the things that have been effective in the past and always be on the lookout for new ways to inspire, motivate and reward team members." The words "effective", "inspire", "motivate", and "reward" are highlighted in red.

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