

A detailed vintage map of the Americas, showing North and South America with various geographical features and place names. A large magnifying glass with a brass frame and handle is positioned over the map, focusing on the central part of North America. To the right of the magnifying glass is a round compass with a wooden handle and a brass frame, showing a detailed compass rose. Below the compass is a telescope with a wooden body and a brass lens. The map is aged and yellowed, with various place names and geographical features visible. The text "Navigating Towards Resilience: Getting There From Here" is overlaid on the map in a large, white, serif font.

Navigating Towards Resilience: Getting There From Here

Resiliency is misunderstood

“Overwork and exhaustion are the opposite of resilience.”

Source: Achor, Shawn, Michelle Gielan. (June 24, 2016). Resilience Is About How You Recharge, Not How you Endure. *Harvard Business Review*



Resiliency effectively responds to reality

- Resiliency is “the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched”
(www.dictionary.com)
- Resiliency doesn't ignore or deny setbacks and struggles
- Resiliency is about elasticity, buoyancy and the ability to rebound

Maintain four key connections to build resilience



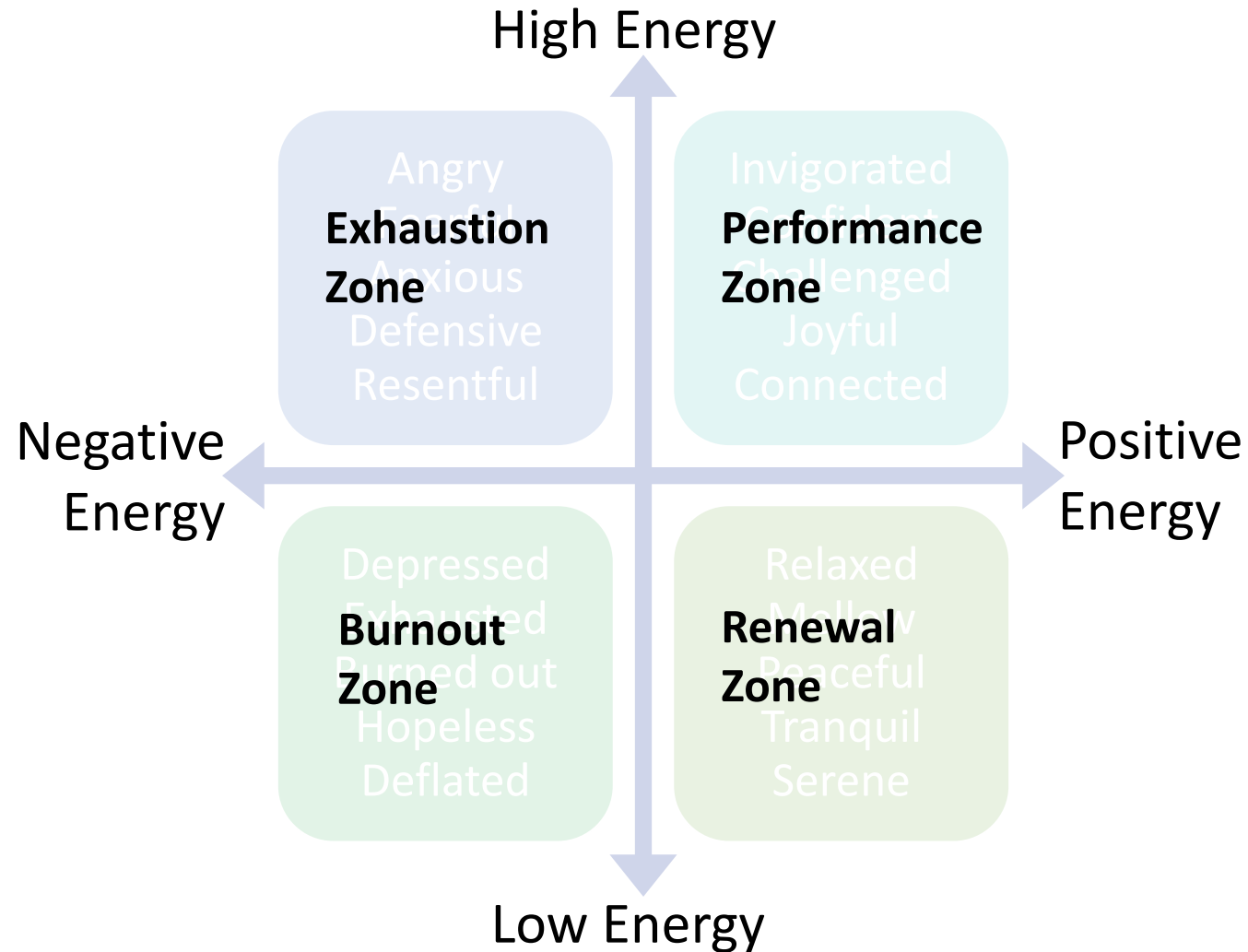
Self-care is more than a buzzword



Self

- Before you grow yourself, you must know yourself
- Seek to manage stress, not eliminate it
- Managing your energy is as important as managing your time

The Power of Full Engagement



Self-care is not always easy, but it's essential

“It takes courage to take time to rest and play in a world where exhaustion is seen as a status symbol.” –Brene Brown



Care for yourself as well as you care for your cell phone

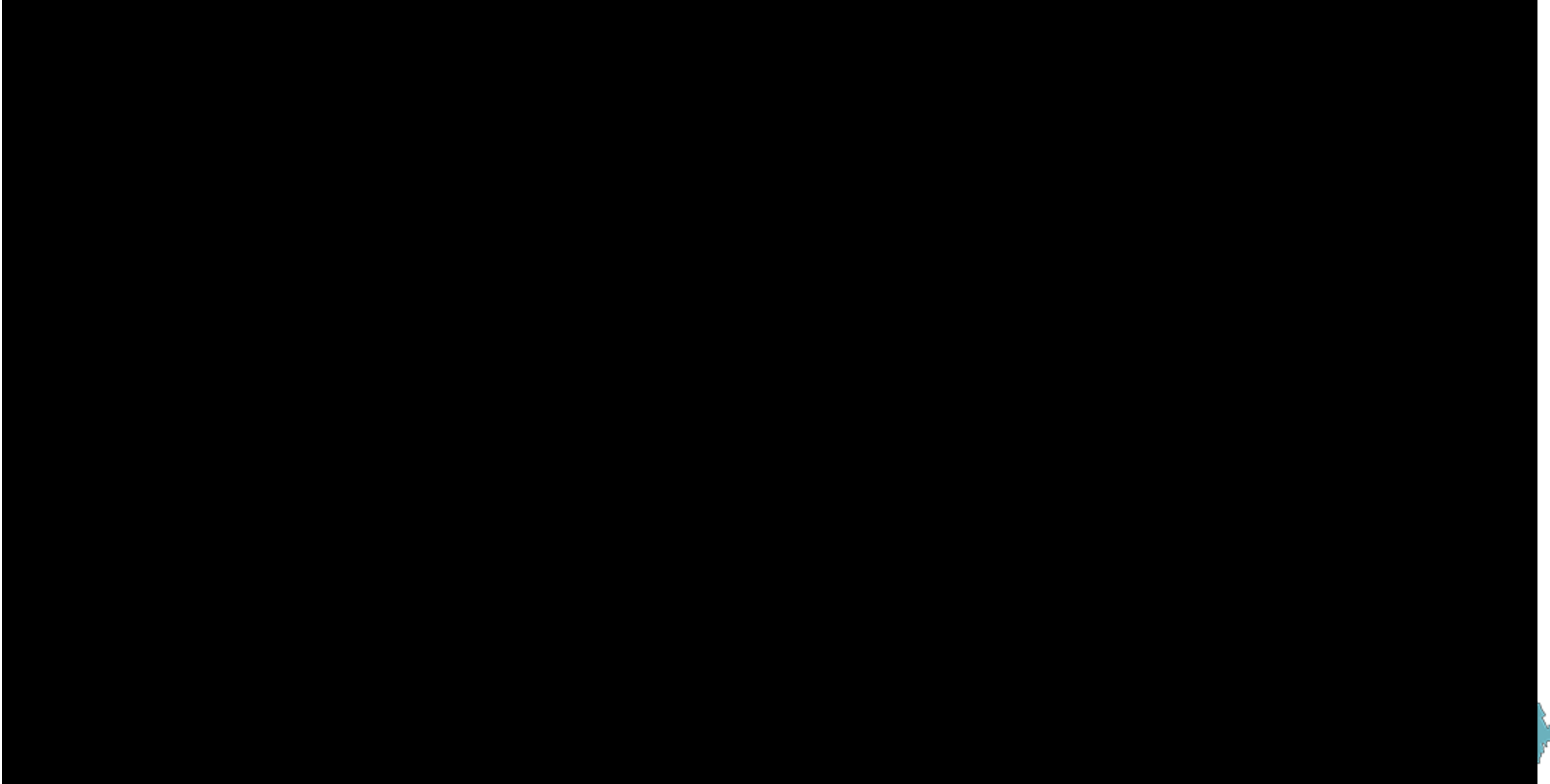


Relationships remind us we aren't alone



- Social distancing does not equal isolation
- Preserve your relationships
- Learn the value of and practice empathy

Empathy and sympathy are different



Purpose lights the path forward



- Purpose reminds you of the destination
- Purpose pushes you to navigate detours
- Pivot with processes (and sometimes people), but don't stray from your purpose

It's time for a reality check

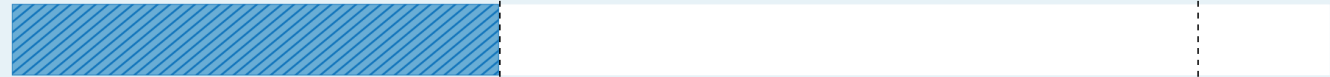
The Joy Gap at Work

A survey of more than 500 workers found that, while the vast majority of respondents expect to feel joy at work, comparatively few actually do.

Expect to feel joy: **90%**



Actually feel joy: **37%**



"Joy gap": **53%**



Source: Analysis of a 2018 A.T. Kearney survey by Siegel+Gale
From: "Making Joy a Priority at Work," by Alex Liu, 2019

HBR

Control what you can control



- Perception
- Emotions
- Attitude
- Cooperation
- Energy

Stillness doesn't equal surrender

“Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.”
-Nathaniel Hawthorne

