LEADING RESILIENCE

Model Resilience

Demonstrate resilience by setting boundaries, managing stress healthily, and maintaining authenticity.

Encourage teams to follow suit and view self-care as essential.

Support and Challenge

Find a balance between supporting your team and allowing them to face challenges independently.

Help team members develop resilience through learning and growth, like the butterfly struggling out of its cocoon.

Psychological Safety and Curiosity

A psychologically safe environment where team members can make mistakes and learn from them fosters resilience.

Encourage a mindset of curiosity and optimism to help teams view challenges as opportunities for growth.

Constructive Feedback and Empathy

Provide specific, honest feedback.

Show empathy and support, especially during tough times.

Empowerment Over Fixing

Instead of fixing problems for the team, empower team members to solve issues themselves.

Promote self-efficacy and personal growth to enable team members to build their resilience.