







EMPLOYEE RESILIENCE

THE "CAPACITY OF EMPLOYEES THAT IS SUPPORTED AND FACILITATED BY ORGANIZATIONS TO POSITIVELY COPE, ADAPT, AND EVEN THRIVE IN RESPONSE TO DYNAMIC AND CHALLENGING ENVIRONMENTS." #



#ZHU, Y., ZHANG, S., & SHEN, Y. (2019) HUMBLE LEADERSHIP AND EMPLOYEE RESILIENCE. FRONTIERS IN PSYCHOLOGY, 10, 4073.

RESILIENCE IN HUMAN RESOURCES

- ABLE TO INFLUENCE ORGANIZATIONAL RESILIENCE!
- DEVELOP RESILIENT LEADERSHIP
- IMPROVED COMMUNICATION
- CREATIVE LEARNING AND DEVELOPMENT
- EMPATHETIC LEADERSHIP



PERSONAL RESILIENCE

"THE ABILITY TO BOUNCE BACK FROM SETBACKS IS OFTEN DESCRIBED AS THE DIFFERENCE BETWEEN SUCCESSFUL AND UNSUCCESSFUL PEOPLE. RESILIENCE HAS BEEN SHOWN TO POSITIVELY INFLUENCE WORK SATISFACTION AND ENGAGEMENT."



- CROSS, R. DILLON, K., & GREENBERG, D. (2021) THE SECRET TO BUILDING RESILIENCE. HARVARD BUSINESS REVIEW.

- HELPING US SHIFT WORK OR MANAGE SURGES
- HELPING US TO MAKE SENSE OF PEOPLE OR POLITICS IN A GIVEN SITUATION
- HELPING US FIND THE CONFIDENCE TO PUSH BACK AND SELF ADVOCATE
- HELPING US SEE A PATH FORWARD
- PROVIDING EMPATHIC SUPPORT SO WE CAN RELEASE NEGATIVE EMOTIONS
- HELPING US TO LAUGH AT OURSELVES AND THE SITUATION
- REMINDING US OF THE PURPOSE AND MEANING IN OUR WORK
- BROADENING US AS INDIVIDUALS SO THAT WE MAINTAIN PERSPECTIVE WHEN SETBACKS HAPPEN

HARVARD BUSINESS REVIEW – THE SECRET TO BUILDING RESILIENCE

FINAL THOUGHTS ON IMPROVING PERSONAL RESILIENCE

1. KNOW YOUR STRESS TRIGGERS	3. ACKNOWLEDGE YOUR FAILURES	5. EMBRACE CHANGE
2. PRACTICE MINDFULNESS – MANAGE YOUR EMOTIONS	4. TAKE CARE OF YOUR WELL-BEING	6. LAUGH A LOT

QUESTIONS? COMMENTS?

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