



LEADERSHIP RESILIENCE: BUILDING AND SUSTAINING RESILIENT TEAMS

Leaders and their people are all experiencing change and disruption more frequently and more intensely than ever before. Organizational change is no longer contained to one-off events; leaders need resilience to manage on-going change and performance pressures. At the individual level, dealing with change, volatility and unexpected challenges is contributing to increased burnout, lower engagement and rising levels of stress. Organizations feel the impact of disruption and constant change through increased turnover, absenteeism and presenteeism.

Most programs on resilience focus solely on the individual and provide interventions to help you manage your well-being - but this is just one 'input' to resilience. You also need strategies to deal with change and unexpected challenges in the workplace, and the resources to support your people. This Sprint will help you do both.

The YSC approach looks at individual resources and goes a step further by outlining what you can do as a leader to foster more resilience in your teams. People are different, so their approach to building resilience varies. You will identify the strategies and habits that are going to work best for you personally.

Developed in partnership with:



OUTCOMES

- Take the YSC Leadership Resilience Profiler™ to highlight existing resources that give you resilience
- Understand how to boost your personal resilience and foster more of it in your people
- Identify the strategies and habits that are going to work best for you to build your personal resilience
- Learn five critical inputs to developing resilience

YOU WILL

- Establish a new, consistent language around resilience, how it can be developed and identify opportunities and the pragmatic habits to improve resilience
- Develop a leadership mindset that enables, encourages, and facilitates new mindsets and behaviors within your team
- Cultivate an organizational culture of resilience, where people feel pride in publicly sharing their strategies to build their own resilience

ABOUT THE EXPERTS



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SPRINT OUTLINE

WEEK
1

REDEFINING RESILIENCE

- What is Resilience?
- Support
- Confidenc
- Striving

WEEK
2

RESILIENCE RESOURCES AND HABITS

- Recovery
- Adapting
- Bringing It All Together
- Building a Resilience Habit

WEEK
3

WEEK
4

BUILDING RESILIENCE HABITS

- Tracking Progress
- Coaching Feedback
- Habits in Action
- Tracking Progress
- Coaching Feedback