RESILIENCE: REBUILDING FOR SUCCESS

A presentation for the Women’s Advisory Committee for Support Staff
March 18, 2019
“DANG, WHAT A YEAR IT’S BEEN.”
frustration

Stress

angry

overwhelmed

content

sad

anxious

angry

gratitude

impatience

guilt

cornern

uncertain

worried

hopeless

embarrassed

grief

confused

sick

discontent

embarrassed

shame

tension

optimistic

judgmental

pessimistic

afraid

reflective

disappointed

Support Staff
Staff
Supporting
Faculty
Staff Support Programs
Staff
Supporting
Administration
Staff
Supporting Students
Staff
Supporting Staff
WE stand with SURVIVORS
Recognizing when you don’t have full agency, and still navigating in such a way that you are generating and using as much of your agency as possible within the system that you are currently operating within.
Leader

Anyone who takes responsibility for finding the potential in people and processes, and has the courage to develop that potential.

Brené Brown
We desperately need more leaders who are committed to courageous, wholehearted leadership and who are self-aware enough to lead from their hearts, rather than unevolved leaders who lead from hurt and fear.

Brené Brown
Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant stress.

WACSS Invitation
“Resilience is the capacity of a system, enterprise, or person to maintain its core purpose and integrity in the face of dramatically changed circumstances”

Zolli, 2013
RESILIENCE: RESETTING FOR SUCCESS

“Resilience is the strength and speed of our response to adversity.”

Sandberg/Grant, 2017 Option B, pg. 10
Resilience is not a once and done kind of thing.
Our level of resilience varies from moment to moment.
I am a fairly resilient person and I am having a really hard time, right now!
A six word framework for resilience...
Acknowledge
Honor
Release
Relax
Reflect
Resolve
Acknowledge
Honor
Release
Relax
Reflect
Resolve
Insert calming practice here

- Acknowledge
- Honor
- Release
- Relax
- Reflect
- Resolve
TO LEARN MORE:

Visit the Health4U Website – sign up for program updates, check out the emotional wellness focus area for information on classes. Also visit the resource section to get started on a program of self study.

Sign up for a Sustainable High Performance Course
Search title in Courses for MSU Employees - in EBS