

Leadership Resilience: Becoming A Resilient Leader

When leaders come under pressure, they often stop investing in resilience resources and throw their energy reserves off balance. As a result, their resilience levels decrease when leaders need them most.

Leadership strategy firm YSC Consulting has identified five inputs for strengthening resilience habits. Their evidence-based program lays out proactive steps leaders can take to improve all six resilience resources. YSC illustrates how leaders use strategies for Support, Confidence, Striving, Recovery, and Adapting to build lifelong habits. These habits preserve energy levels, create fulfillment, and maintain wellbeing, even as daily pressures and setbacks occur.

In this course, leaders will learn practical activities to build resilience through personalized resilience resources that lead to happier, healthier, and more engaged lives.

Developed in Partnership with



Learners will:

- Discover how the Resilience Profiler organizes and explains the six inputs for developing resilience
- Build out their support network and identify the factors that prevent them from seeking help
- Understand how to build confidence through reframing, and boost the confidence levels of teams
- Discover how to strive without burning out; see problems as opportunities, and find alternate paths to achieve goals

Authors



Rob Morris

Managing Director, Head of Innovation & Thought Leadership, YSC



Shelley Winter

Director and Head of Coaching and Resilience and Registered Psychologist

Course Outline

DAY 1

What Is Resilience?

- Resilience in Everyday Life
- The Resilience Fulcrum
- Resilience as an Organization

DAY 2

Support and Confidence

- The Leadership Resilience Profiler™
- Your Support Networks
- Reframing to take control during change
- Developing confidence in others

DAY 3

Striving and Recovery

- Striving
- Responding to challenges
- Energizers and de-energizers
- Encouraging good recovery management

DAY 4

Adapting

- Adaptive styles
- Resilience resource
- Resilience Habits
- Taking Action

DAY 5

Interactive Capstone

- Cohort members, faculty and a moderator synthesize learnings from the week and develop insights for next steps.