

**Resilient Leadership**



A presentation delivered to you on behalf of Anthem EAP

Anthem EAP

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**Questions to Ponder...**

How do you define leadership & resiliency today?

How have your experiences over the past three years shaped these definitions?

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**Reflection Activity**

- Write down your responses to the following prompts...
- What was your role in March 2020, and what immediate professional changes did you have to lead your team through?
- How were you feeling during this time?
- Did the thought of giving up ever occur to you? Why or why not?

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### Amplify & Minimize

<b>Amplify..</b>	<b>Minimize...</b>
<ul style="list-style-type: none"><li>◦ Coaching</li><li>◦ Self-care &amp; Personal Growth</li><li>◦ Vetted industry research</li></ul>	<ul style="list-style-type: none"><li>◦ Negative news</li><li>◦ Social media</li><li>◦ Personal interactions w/negative influences</li></ul>

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### Resiliency Reflection Activity

Write down your responses to the following prompts...

- Who are the people who immediately come to mind when you think of the word resiliency?
- What positive characteristics do they possess?



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### Resiliency & Leadership: A combo for Professional Success

- Act thoughtfully & start with why
- Lead with honor & integrity
- Encourage & empower others
- Embrace challenging conversations & welcome discomfort
- Stay curious & nurture self-growth

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### “Experience is the Best Teacher.”

- List your professional successes you've achieved in your leadership role
- What strategies can be replicable for future success?

*"Those that fail to learn from history are doomed to repeat it."*

- List your professional challenges you wish you could have handled differently
- What decisions would you like to do over with your current wisdom?

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### Moment of Inspiration



Name a leader who "showed up" at a defining moment in your life?

- How did they make you feel?
- How did they interact with others?
- What would you say to them today if you had the opportunity?

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### Know Thyself... Identify Your Talents

**Cognitive Behavioral Therapy:** Thoughts become behaviors, which become actions

- List your top 10 strengths
- Cultivate and refine your list
- Read your list every single day
- Keep wiring your brain with your core strengths




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### Reflection Activity

State a current circumstance that is causing you worry:

What are your thoughts around that circumstance?

- Are they positive or negative? Why?
- How are you feeling about the circumstance? What emotions surface?
- What actions will you take to change the circumstances?

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### Activity Exemplar:

State a circumstance that is causing you worry  
EX: A major project's deadline unexpectedly changed. (Circumstance)

What are your thoughts around that circumstance? Are they positive or negative? Why?  
EX: I can't possibly meet the new deadline. We won't be able to meet our client's expectations. (Negative Thoughts)

How are you feeling about the circumstance? What emotions surface?  
EX: I am overwhelmed and lonely. (Emotions and Feelings)

What actions will you take in this emotional state and mindset?  
EX: Complain to everyone who will listen how unfair the new deadline is. (Action)

BUT... What if we start by changing our thoughts?  
• I've got this. (Positive Thoughts)  
• I feel empowered. (Positive Emotions and Feelings)  
• Meet with my team, strategize, and meet the new deadline. (Action)

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### Know When to Hit "Delete"

What issues can you simply delete and not occupy yourself with?

- Is this issue / person in the circle of control or no control?
- Did I understand the issue / person correctly?
- Is there anything that I can do now to change this situation?
- Is this issue / person of any value or meaning to me?
- Is this issue / person standing in the way of my growth and progress?



"Life is wonderful and it gets even better when we know when to use the delete button."

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**Finally...**

- Set time-bound goals : "Where do I see myself this time next year?"
- Create a clear plan of action to use your thoughts and emotions for positive change.
- Calendar time to reflect and do your homework on self-improvement.

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**Anthem EAP**  
is here for you.

Visit the website: [antheemap.com](http://antheemap.com)  
And enter company code: Fulton

Call us: 800-999-7222

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**Evaluation**

Survey QR Code



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