



Developing Resilience while Leading through Uncertain Times

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Objectives

- Describe the 6 practices of resilient leaders
- Reflect on which practices for resilience you currently utilize
- Commit to incorporating a new strategy to build your personal resilience

Why is resilience important?

Resilient leaders believe they are doing meaningful work even in the context of challenging times

What are risks to resilience in your personal and professional environment?

When you . . .

. . . Stop learning

. . . Blame the budget

. . . Ignore critical indicators

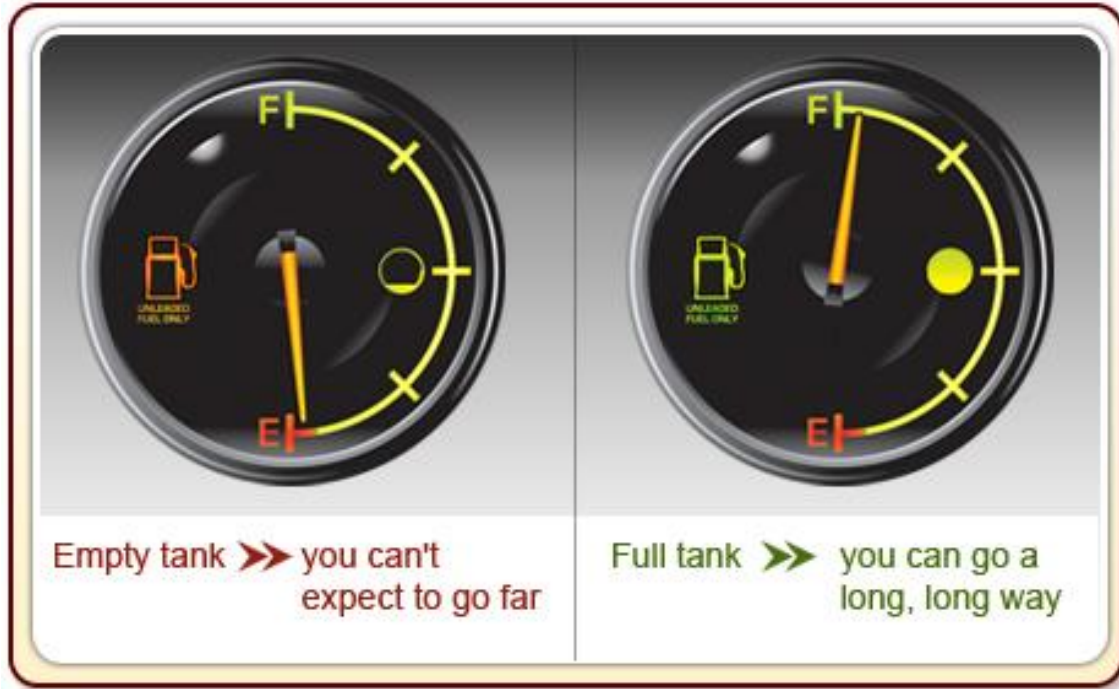
. . . Implement too many initiatives

. . . Don't stop to celebrate successes



6 Practices of Resilient Leaders

1. Make time for yourself
2. Don't just bounce back, bounce forward
3. Stay optimistic
4. Choose words wisely to create a positive environment
5. Invite diverse perspectives
6. Cultivate networks



What activities do you do to
revitalize yourself:
physically, emotionally,
intellectually, spiritually?

1. Make time for yourself

2. Don't just Bounce Back, Bounce Forward



Bouncing Forward

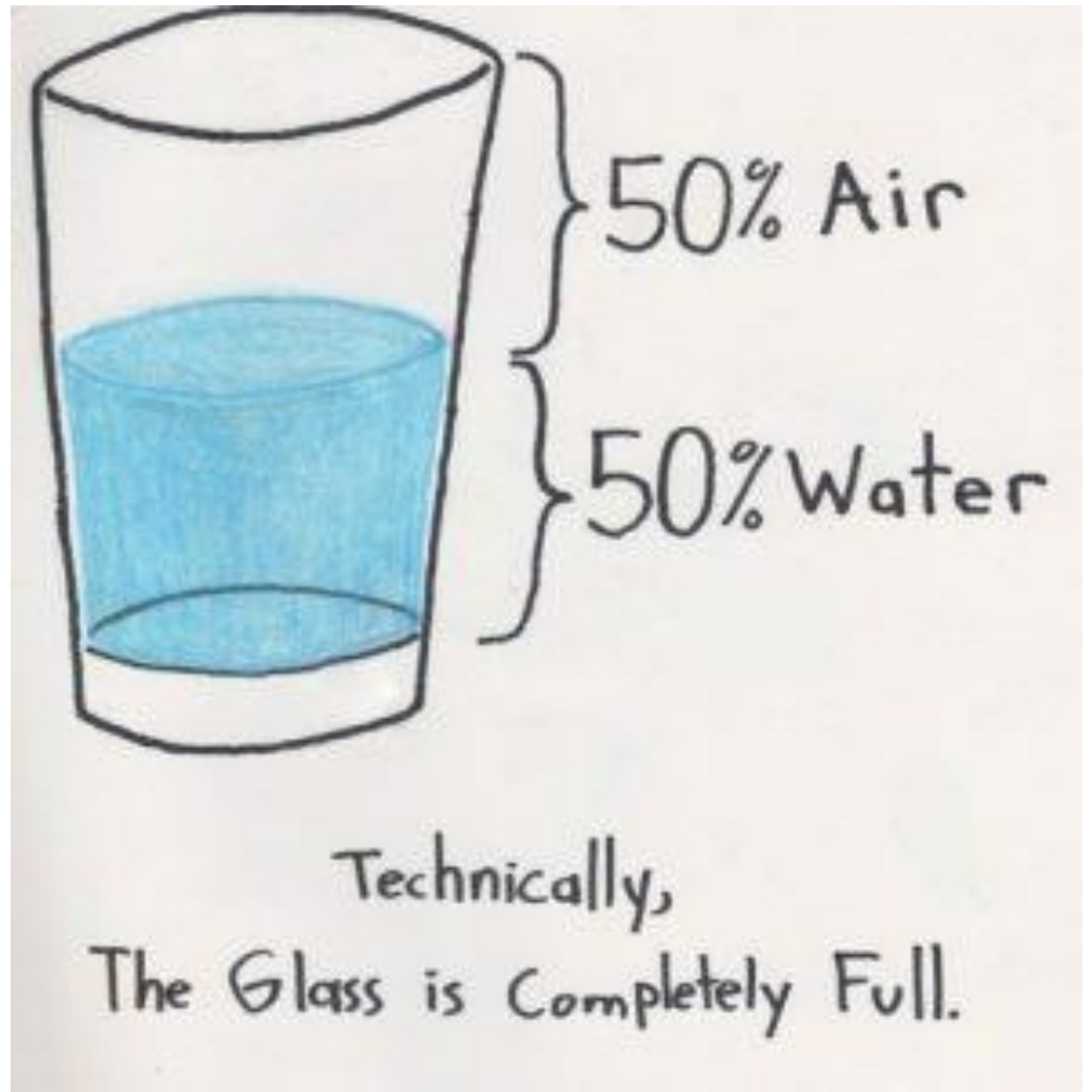
- **Resilience:** the ability to bounce back into shape after setbacks or stress
 - *Yesterday. I got knocked down and I was able to spring back into the position I was in when I got knocked down.*
 - *Today. I got knocked down and I was able to spring back into the position I was in when I got knocked down.*
 - *Tomorrow. I will get knocked down and I will be able to spring back into the position I was in when I got knocked down.*
 - *Soon...I will stop bouncing back because nothing has changed. I am back to where I was before I got knocked down. At some point, I am going to stay down.*
- **REAL Resilience:** the ability to learn from setbacks, adapt to change, and bounce forward to a new shape that will withstand future challenges



Discuss ways you have
bounced forward

- 10 min Breakout Rooms – What new personal practices will you continue post-pandemic?
- 5 min - Large Group report out
 - Breakout room 1

3. Stay Optimistic





4. Choose words wisely

- Words you use create a climate and culture
- Words affect others but more importantly, affect yourself
- Easy to react without consciously choosing response --- undermines our resilience

Reframe how you think through the words you choose

If you caught yourself saying this. . .	Consider saying . . .
Oh, it was nothing	Thank you
I'm sorry	
I'm terrible at. . .	
I could never . . .	
I'm not an expert . . .	
That is impossible . . .	
I have so much to do . . .	
I was lucky to . . .	



Explore the power of
positivity

- Breakout rooms – Reframing the discussion - 10 minutes
- Large group report out – 5 minutes
- Breakout room 5

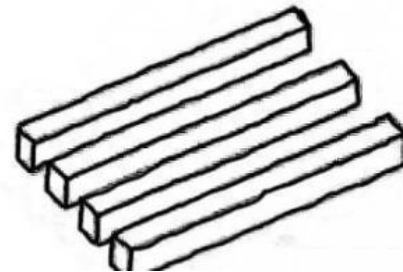
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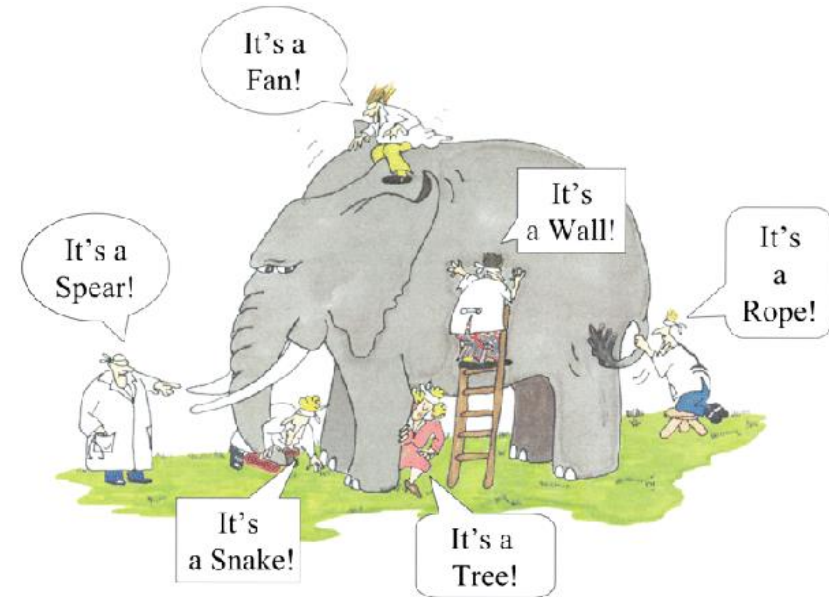
5. Invite diverse perspectives



Four



No
Three



6. Cultivate Networks



- Professional networks
 - Fellow educators
 - Community leaders
 - Key stakeholders
- Personal networks
 - Family
 - Friends
 - Shared interests



Discuss ways to build and strengthen your personal & professional networks

- Breakout rooms – Share 1 thing you've done to strengthen your personal or professional networks & 1 thing you might try – 10 minutes
- Large group report out – 5 minutes
- Breakout room 9



Commit to incorporate 1 new strategy to build your resilience



Commit to incorporate 1 new strategy to build your resilience

Which strategy will you
commit to trying?

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