

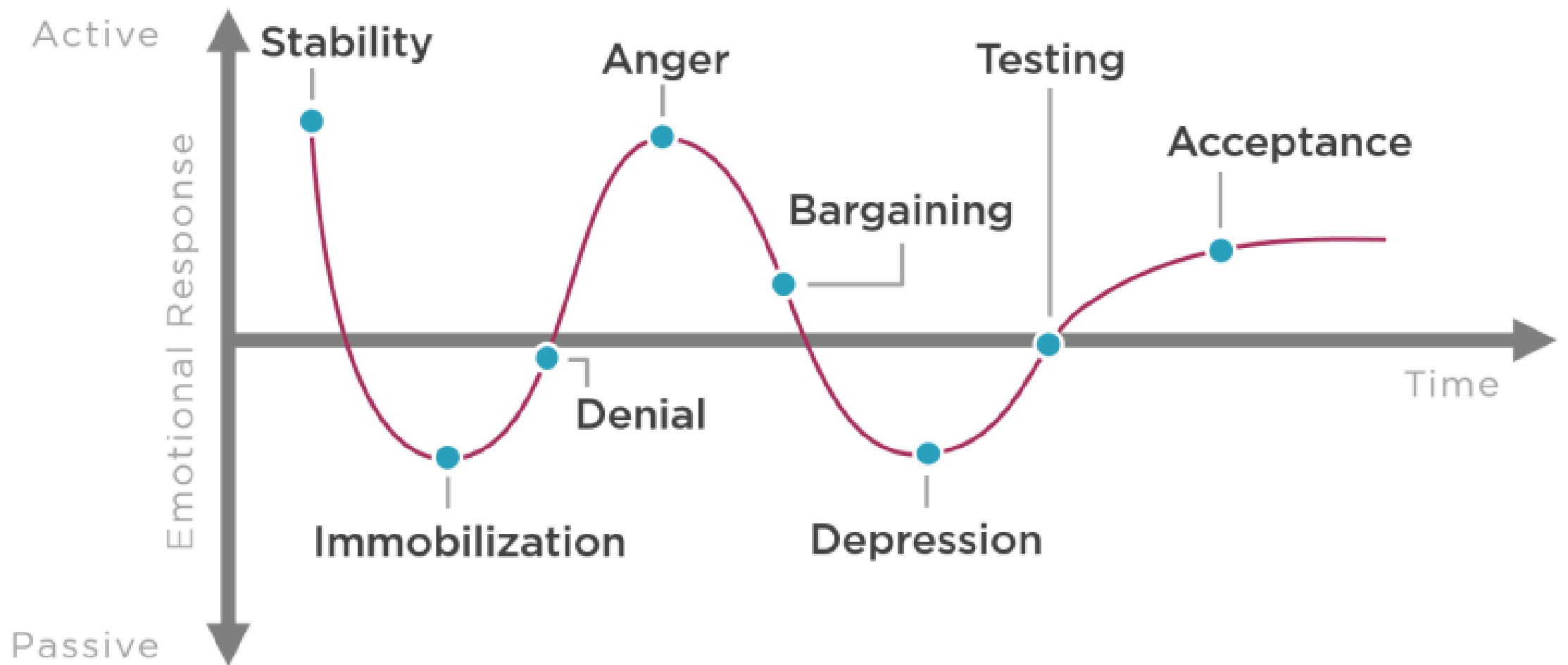
- Pandemic
- Social issues
- Political upheaval
- Economic turmoil

- Global instability
- Climate impacts
- Technological advances
- Changing workstyles

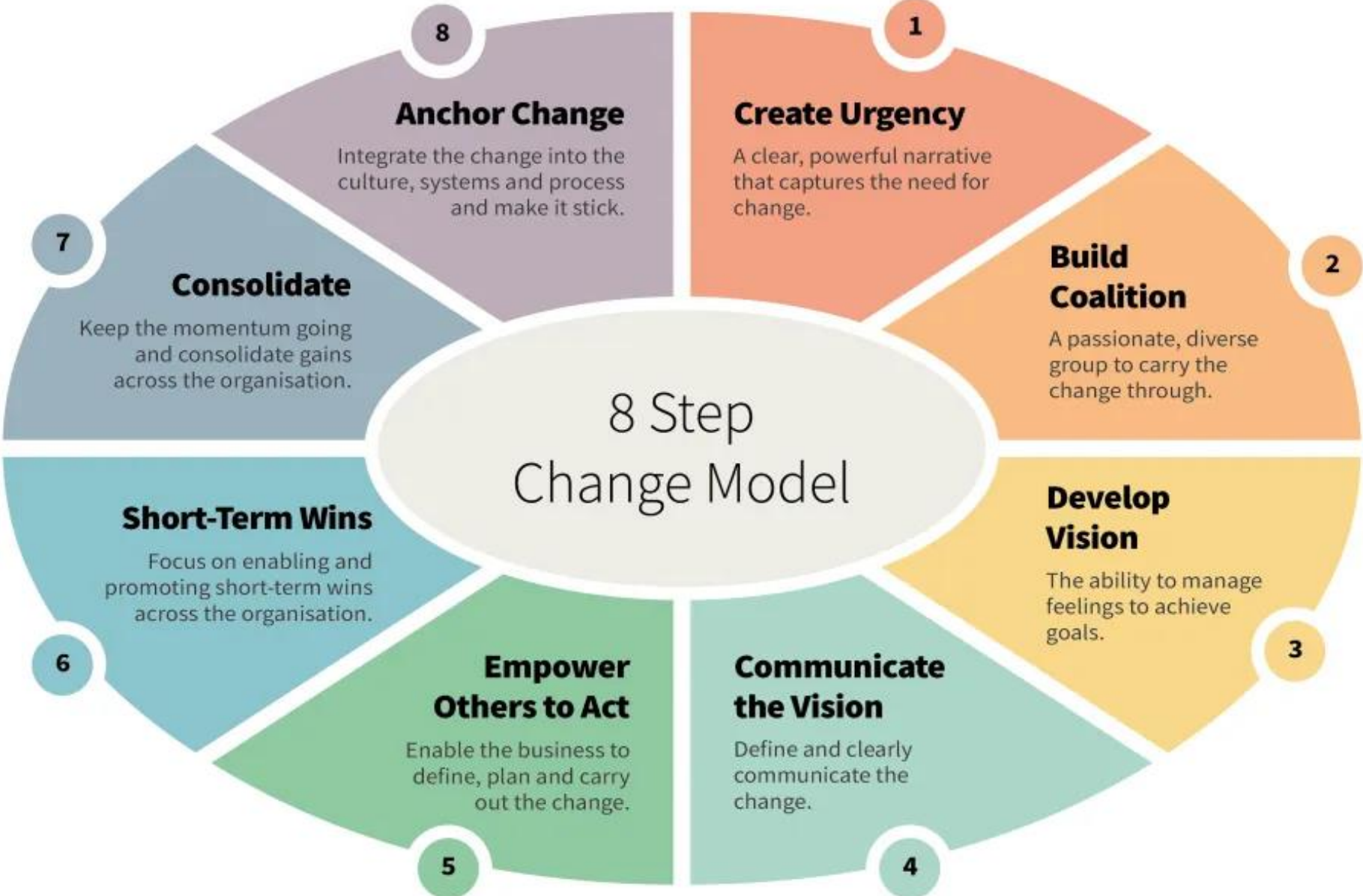




The leader's job is shifting from having the answers to asking the right questions, judging the outputs, and guiding people through constant change.



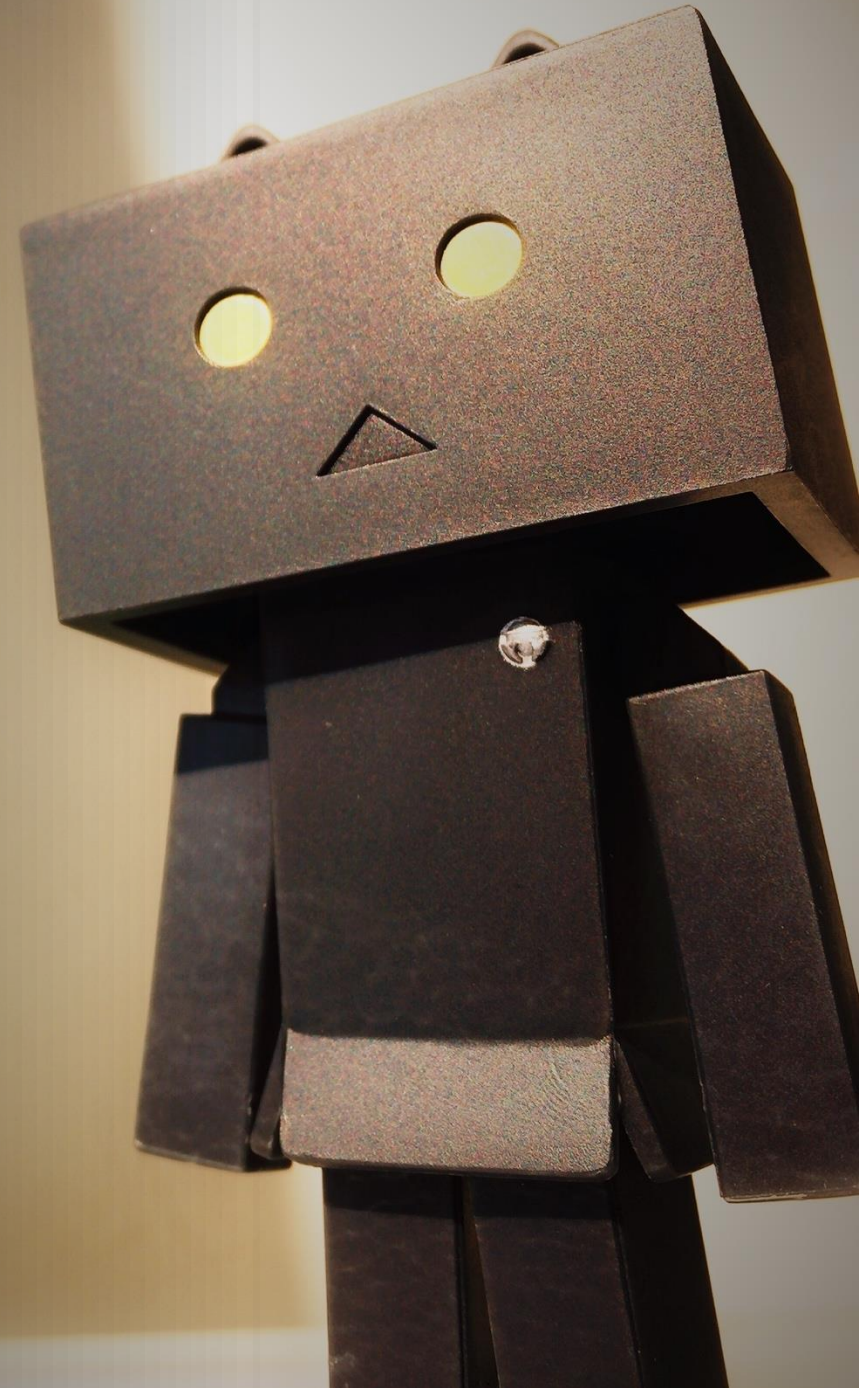
# Kotter's 8 Step Change Model



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# Best Practices for Leading Change

Workshop pages 29- 30



Life doesn't get  
easier or more  
forgiving; we get  
stronger and  
more resilient.



Kintsugi



**Resilient  
Organizations  
Are Built on  
Resilient People**

# Resilience is a Skill

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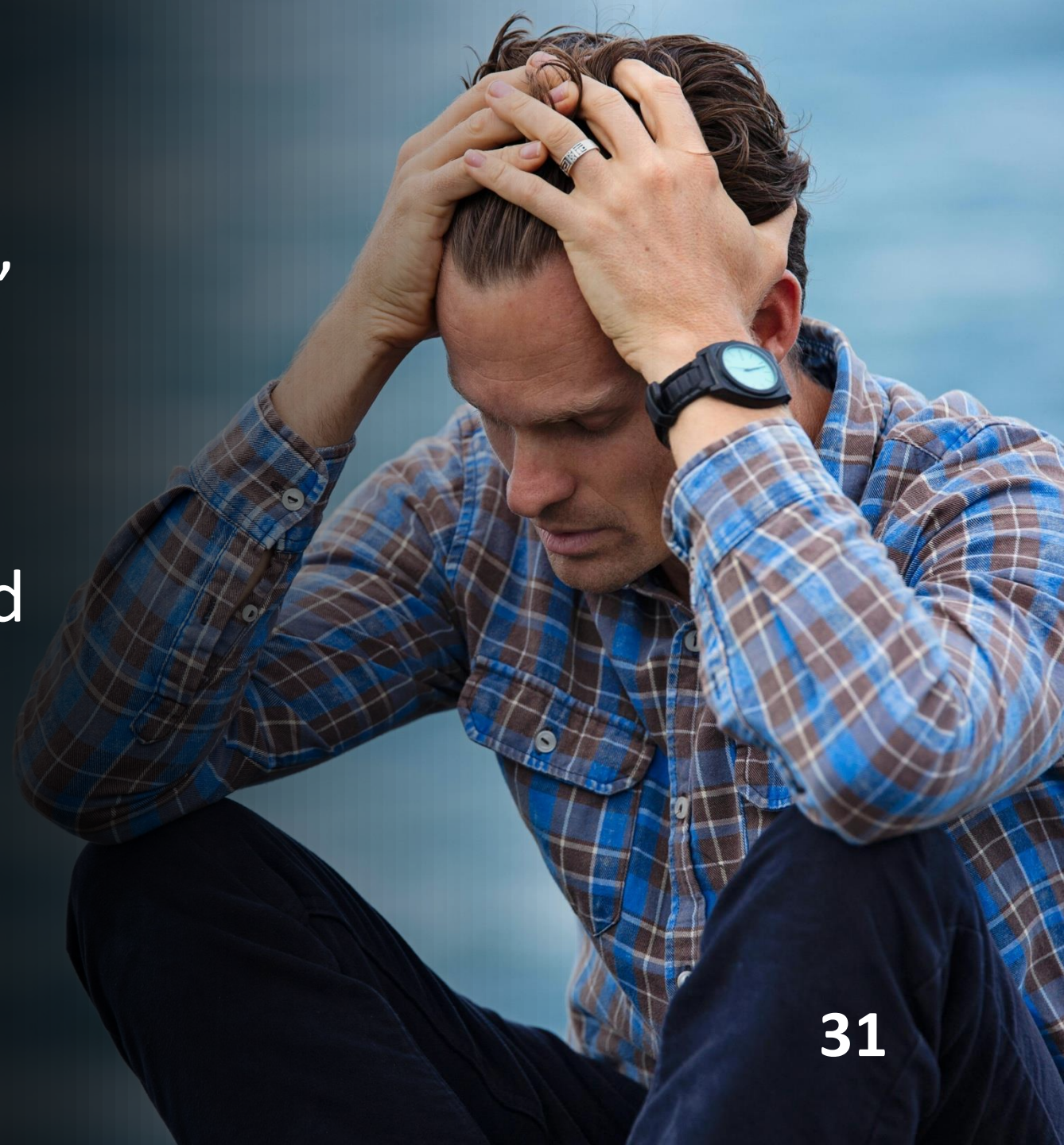
**Resilience isn't an  
innate trait.**

**It's a set of  
behaviors, thoughts,  
and actions.**



Negative self-talk is the internal voice that criticizes, doubts, or undermines confidence.

It often magnifies fears, highlights inadequacies, and limits resilience.



Recognize when  
you are telling  
yourself a  
distorted story





Explanatory Style

Permanence

Pervasiveness

Personalization

# Overcoming a Fixed Mindset

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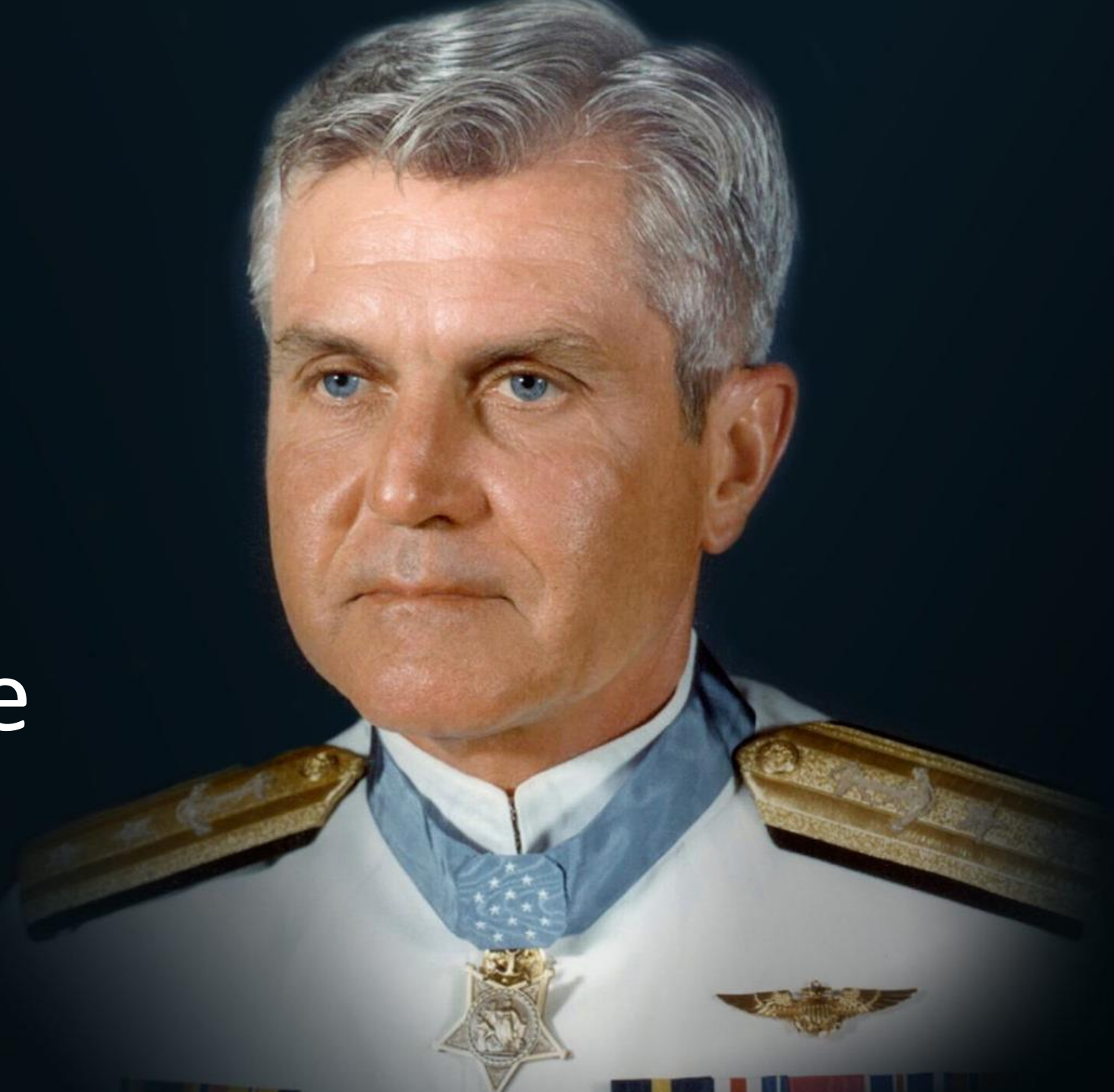
Recognize Your Strengths

# Cultivating a Belief In Your Ability to Cope

Workshop page 32



# The Stockdale Paradox





What is a major failure in your life that turned out to be a positive opportunity for growth?

**Workshop**  
**page 33**



# Relationships/Harvard

- Strong relationships are the greatest predictor of happiness, health, and longevity.
- Quality matters more than quantity: Supportive connections enhance well-being.
- A happy marriage at 50 predicts better health at 80.
- Positive relationships reduce stress and foster resilience.

# Strengthening Friendships

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Invest Time and Effort  
Show Genuine Interest  
Be Vulnerable  
Offer Support  
Express Gratitude





# Support Network

- Friendships
- Family
- Mentors
- Colleagues
- Community Groups
- Professional Networks

# Workshop page 34



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