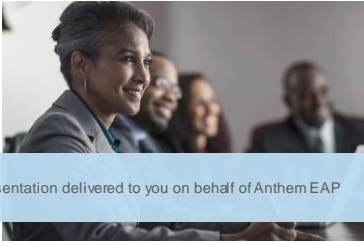


Resilient Leadership



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

#### Amplify..

- Coaching
- Self-care & Personal Growth
- Vetted industry research

#### Minimize...

- Negative news
- Social media
- Personal interactions w/negative influences

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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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graph TD
    A((Thoughts create feelings)) --> B((Feelings create behavior))
    B --> C((Behavior reinforces thoughts))
    C --> A
        
```

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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 herefor you.

Visit the website: <antheeap.com>  
And enter company code: Fulton  
Call us: 800-999-7222



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### Ev aluation

Survey QR Code



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**THANK YOU FOR PARTICIPATING!**

## Resilient Leadership



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