

Resiliency for Professional Women

The Big 10 Resilience Skills

<p>1. Plan ahead</p> <ul style="list-style-type: none"> • Commitment • Consistency 	<p>6. Be grateful</p> <ul style="list-style-type: none"> • When challenged, look for the opportunities in the situation • Find humor where you can • Celebrate the small wins • Appreciate what you DO have rather than focusing on what you DON'T have • Lift up other women and celebrate their wins
<p>2. Approach challenges with flexibility</p> <ul style="list-style-type: none"> • Have a Plan B <ul style="list-style-type: none"> - Determine your alternative activity ahead of time • Explore different methods to overcome a challenge <ul style="list-style-type: none"> - Ask others what worked for them - Be open about challenges 	<p>7. Implement a sustainable self-care routine</p> <ul style="list-style-type: none"> • Incorporate passion <ul style="list-style-type: none"> - Products you love - Physical activity that is fun • You are worth taking care of <ul style="list-style-type: none"> - Prioritize self-care
<p>3. Develop skills and intentionally practice</p> <ul style="list-style-type: none"> • Actively seek to develop your emotional intelligence (EQ) • Practice to build confidence <ul style="list-style-type: none"> - Make peace with being uncomfortable - Practice in “low stakes” settings 	<p>8. Adopt a Growth Mindset</p> <ul style="list-style-type: none"> • Fixed Mindset versus Growth Mindset (Carol Dweck)
<p>4. Build your support network</p> <ul style="list-style-type: none"> • Find allies at work among those who have faced similar challenges • Give support to get support • Rally the expertise of a mentor 	<p>9. Stay engaged</p> <ul style="list-style-type: none"> • Connect to personal values through your work role • Recognize your contribution to something bigger <ul style="list-style-type: none"> - What is the organizational mission? - What is the Directorate’s mission? - What is your team’s mission?
<p>5. Maintain your integrity</p> <ul style="list-style-type: none"> • Don’t succumb to organizational politics • Honor your values and commit to what is “right” even if it is more challenging • Lift up others 	<p>10. Establish boundaries or let go</p> <ul style="list-style-type: none"> • Teach others how to treat you through boundaries <ul style="list-style-type: none"> - What is in/outside of your control? - How are you contributing to the problem? - What will you change? - Can you influence the other(s) to change? • When should you let go? <ul style="list-style-type: none"> - What is the nature of the relationship? - How long have you been part of the relationship? - How could changing the relationship impact the future?