



Resilient Leadership: Building Your Capacity to Thrive Under Pressure

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Rural Health Innovations' Purpose

Rural Health Innovations (RHI), LLC, is a subsidiary of the National Rural Health Resource Center (The Center), a non-profit organization. Together, RHI and The Center are the nation's leading technical assistance and knowledge centers in rural health. In partnership with The Center, RHI connects rural health organizations with innovations that enhance the health of rural communities.



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Learning Objectives

1. Define resilience and discuss its function and benefits.
2. Describe common strategies for growing your personal resilience.
3. Practice two personal resilience strategies to build your own resilience.

As we learn about resilience, consider the implications it has on your role as a project or network leader.

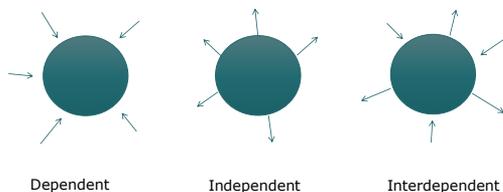


Resilience Defined

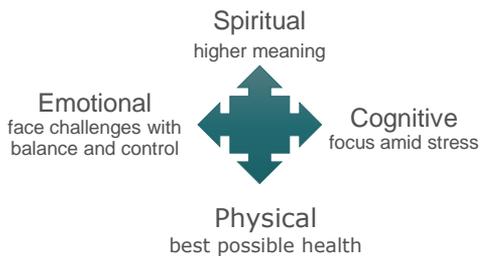
- The capacity to absorb disturbance and maintain basic function and structure (Walker and Salt)
- The capacity to function with a core purpose, meaning and forward momentum in the face of trauma (Zolli and Healy)
- “the ability to bounce back”



Three Outlooks on Life



Domains of Resilience



Functions of Resilience

- Being able to respond quickly and effectively, in the right places in the right way
- Having reserves and access to needed resources, thereby effectively increasing the “safe” space for operating
- Keeping options open



Benefits of Resilience

- Highly resilient people are flexible
- They expect to bounce back
- They are adept at seeing things from another person’s point of view



Pause and Consider

Why is it that some people bounce back and others don't?

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A hard fall leads to a high bounce...



if you are made of the right material.

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Strategies

1. Maintain reserves (financial, social, personal)
2. Map vulnerabilities and plan for them (if...then...)
3. Develop social capital (strengthen interpersonal bonds)
4. Experiment (probe boundaries)
5. Simmer (let things play out)

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Strategies (continued)

- 6. Start or maintain a mind/body practice (meditation, gratefulness)
- 7. Set up feedback systems (from you and to you)
- 8. Protect diversity (of thought, in particular)
- 9. Keep the bigger picture in mind (mission and vision)

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What are the key ideas for you right now?



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Easy Ways to Start

Start the Day:

Before getting out of bed, list five things you are grateful for.

End the Day:

Ask yourself, "What went well today? What was my role in getting that to happen?"

Pause and practice!

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Conclusion

What implications does this have for you in your leadership role?

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