The Resilience Formula: A Guide to Proactive, Not Reactive, Leadership

OVERVIEW
1. Leadership Styles
2. Tools
3. The Resilience Formula
4. Role Play

Brain-based Leadership

The 7 C’s of Resilience
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1. Competence
2. Confidence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control

Connect It!

Scaffolding
The goal is always independence
Scripting

The goal is always independence.

Language

Connect It!

The Resilience Formula
Challenges as Opportunities

Before Conflict: Prepare

After Conflict: Reflect & Learn

During Conflict: Enact

Triggerscripts

The Resilience Formula
Before Conflict: Prepare
The Resilience Formula

During Conflict: Enact

Connect It!

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After Conflict: Reflect & Learn

A Note About Apologies

Connect It!
Role Play