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# Building Resilience

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# We will cover...



- ✓ How to recognise, understand and prevent burnout in yourself and your teams.
- ✓ Practical tips on managing stress and stressors.
- ✓ How to build and sustain resilience for you and your teams.
- ✓ What a resilient leadership model looks like.

# BURNOUT

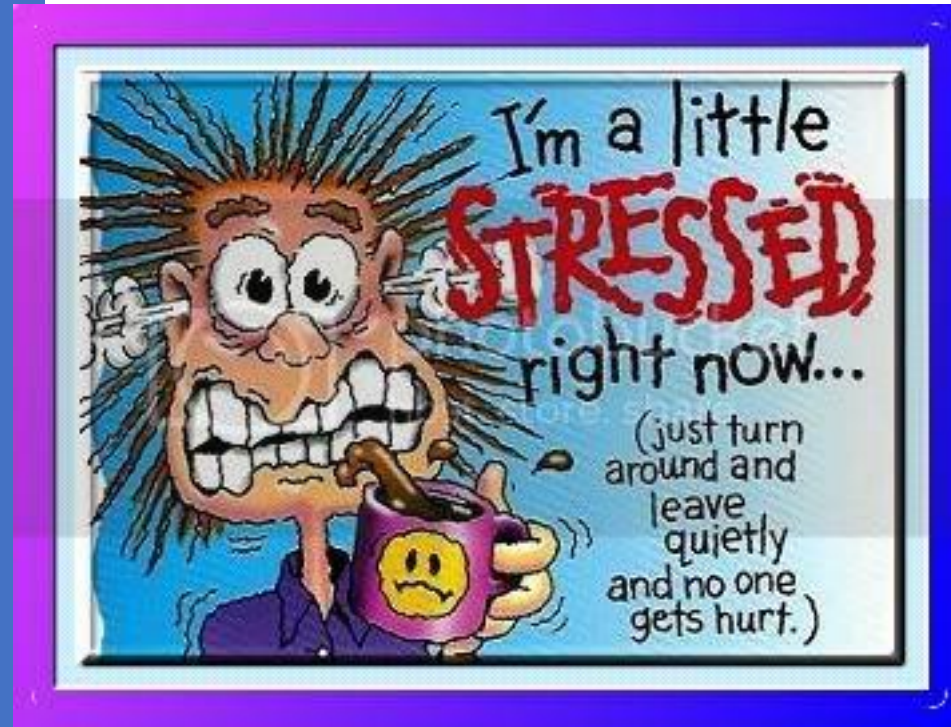
## How to recognise it

- You feel emotionally exhausted
- You lack empathy, caring and compassion
- You feel things are futile, nothing makes a difference



# PRACTICAL TIPS

## Managing the Stress



- exercise
- breathe
- social interaction
- laughter
- affection
- cry

## TWO KIND OF STRESSOR

### PRACTICAL TIPS

## Managing the Stressor

### Those you can control



- Identify the issue – be specific
- What would a good outcome look like?
- Make a plan

### Those you can't control

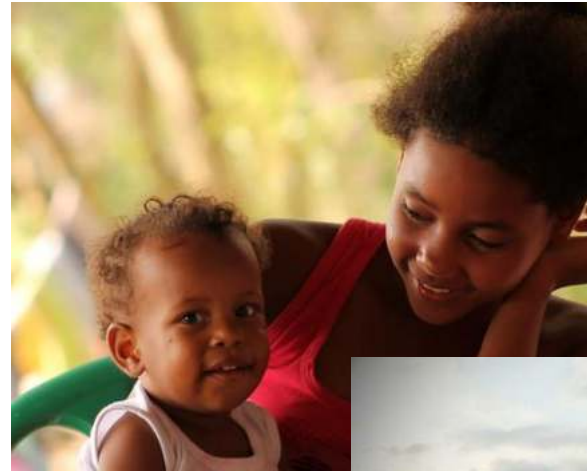


- Is this an opportunity or a threat?
- What would a good outcome look like?
- When does your plan moves from attainable to unattainable?



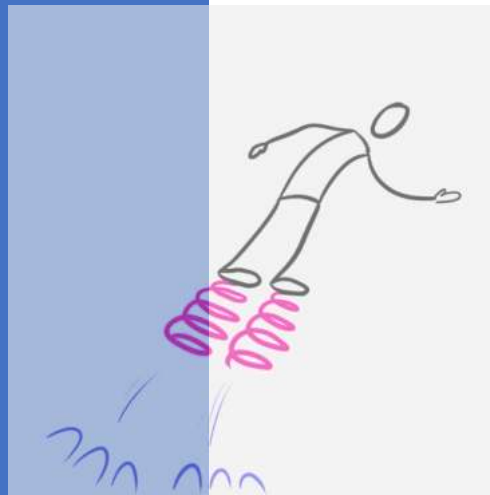
# WHATS STOPPING YOU?

- Moral obligations?
- Believing the failing makes you a failure
- Lack of confidence?



# Building & sustaining resilience

Resilience is the ability of an object to spring or come back into shape once broken.



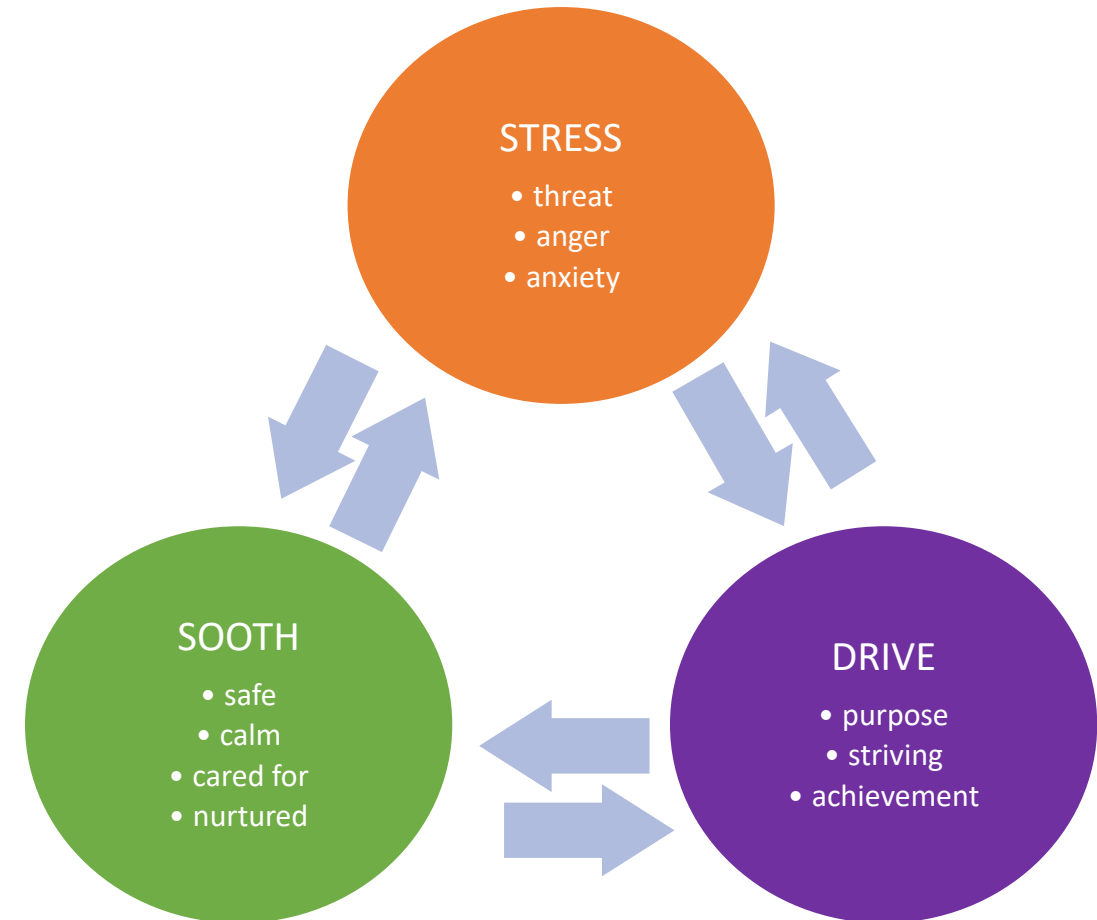
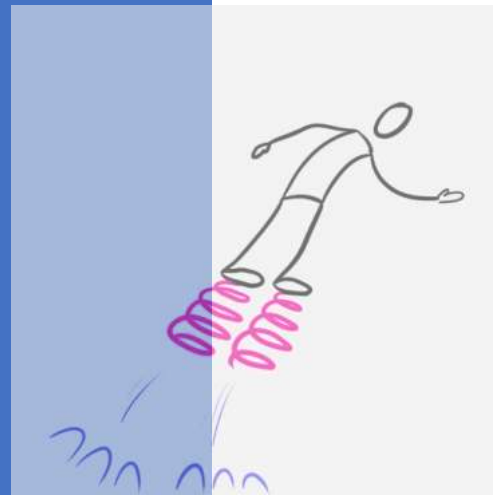
*“It’s your reaction to adversity, not adversity itself that determines how your life’s story will develop.” – Dieter F. Uchtdorf*

*“Resilience is accepting your new reality, even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that and try to put together something that’s good.” – Elizabeth Edwards*

*Training your brain to manage stress won’t just affect the quality of your life, but perhaps even the length of it.” – Amy Morin*

STRESS + DRIVE + SOOTH = RESILIENCE

Building &  
sustaining  
resilience





**IMPACT**

People know where they are going, why they are going there and they know you are determined to succeed.

Each individual can work out what to do for themselves in order to get to the end point.

# Resilient Leaders Elements

**IMPACT**

Great decisions are made at the right time, with the right people, in the right place.

Contingency options are always available so that the unexpected can be dealt with effectively and confidently.



**IMPACT**

Everyone, including you, works at their best, resulting in higher productivity and motivation.

Diversity is appreciated and used to the benefit of all.

Systems and processes serve people in achieving their goals.

**IMPACT**

You have “presence” even when you’re not in the room.

The best person takes the lead and is fully supported by all around them, leading to greater effectiveness and better results.

People know each other well enough to anticipate other’s actions and act accordingly.

<https://lite.resilientleaderselements.com/>

# Link to complementary vWorkbook

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1. Use your QR code reader or
2. Point your camera at the code and open in chrome
3. Send me an email requesting the link





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# Lets connect