

# IT'S ALL OPPORTUNITY: BUILDING CAREER RESILIENCY


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**“It's the hard days-the times that challenge you to your very core-that will determine who you are. You will be defined not just by what you achieve, but by how you survive.”**

**-Sheryl Sandberg**



# RESILIENCY AND LEADERSHIP

- **What is resilience and why is it important for leaders to build career resiliency?**
  - **Skills required to overcome adversity**
  - **Strategies to develop resiliency in yourself and others**
  - **Incorporating resiliency into your leadership**
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# WHAT IS RESILIENCY AND WHY IS IT IMPORTANT?

- Resiliency is the ability to adapt and bounce back in the face of adversity. It is emerging stronger than before.
- The ability to learn from difficult situations is a key trait of effective leadership.
- Embedded in every challenge, and even in every failure, is an opportunity to learn and grow.

**I CAN DO IT**

I WILL do it

# LEARNING FROM ADVERSITY REQUIRES SKILLS

- Self-awareness
- Strong values and principles
- Optimism
- Adaptive capacity
- Perseverance
- Courage and strength
- Integrity
- Strong social connections
- Skills required for extraordinary leaders



# STRATEGIES FOR DEVELOPING RESILIENCY

- Practice self awareness
- Seek feedback
- Know what you believe in and foster the right organizational values
- Establish and articulate specific goals
- Resilient leaders embrace calculated risks and are confident about their ability to rebound
- Taking risks associated with success because of having survived set-backs



# STRATEGIES FOR DEVELOPING RESILIENCY

- Balance optimism and realism
- Pay attention to relationships.
- Control what you can, and recognize what is beyond your control.
- Think positively.
- Learn and move on.






# RESILIENT LEADERS SHARE PERSPECTIVES

- Define yourself, don't allow others to do so.
- Give yourself one affirmation a day.
- Visualize where you want to go. If you can see yourself in the future you can get there.
- Declare what it is you want to do. Say it proudly, Believe it.
- Be bold. Learn. Grow. Lead.
- Passion for your profession will carry you through the the roughest of times.
- Be open to listening: to yourself, your family and those around you at work





# PARTING THOUGHTS

- In every challenge there is an opportunity for growth.
  - You have a choice to be trapped in the present “bad thing” that happened to a good person, or to learn from it and move on.
  - Resilient leaders and organizations take action, own what is theirs, learn from the rest.
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**“You may not control all the events that happen to you, but you can decide not to be reduced by them.”**

**-Dr. Maya Angelou**

