



Resiliency

Resiliency is an important leadership characteristic. Adaptability is key. A great example of resilience might be illustrated by the image of the bamboo's willingness and ability to bend with the strong winds of life. The opposite of being resilient is to be fragile and to break under pressure. Maya Anagelou said, "I can be changed by what happens to me. But I refuse to be reduced by it."

Resiliency can be developed by learning from our mistakes, learning to relax, getting connected with others, being proactive, remaining hopeful and being flexible. Resiliency is the ability to bounce back when things don't go as planned.

Things to practice: Look for the lesson in every situation; choose a positive response and maintain perspective.

<https://www.mindtools.com/pages/article/resilience.htm>

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