WOMEN'S LEADERSHIP FORUM • 2022

# SUCCESSFULLY NAVIGATING A CRISIS

## A Catalyst for Resilience

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# AGENDA

- How we arrived here
- Resilience definition
- Challenges
- How to prepare ourselves
- Responding and recovery

# WHAT IS RESILIENCE?

Miriam Webster defined resilience as “an ability to recover from or adjust easily to misfortune or change.”

Persistent, self-determined behaviors, thoughts and actions learned and practiced during times of difficulty or change can help us develop resilience.

# FACTORS THAT DETERMINE RESILIENCE

Positive social supports

Optimistic outlook

Hope

Positivity

Positive view of self

Problem-solving skills

Ability to regulate emotions

Communication skills

Impulse control

Flexibility

Attention to physical health

Commitment to purpose

Making sense of situations

Realistic planning

Learning from past experiences

I NEED TO MANAGE MY TIME.

I NEED TO MANAGE MY WORK.

I NEED TO MANAGE MY LIFE.

“SUCCESSFUL PEOPLE DEMONSTRATE THEIR RESILIENCE THROUGH THEIR DEDICATION TO MAKING PROGRESS EVERY DAY, EVEN IF THAT PROGRESS IS MARGINAL.”

JONATHAN MILL

“IT IS A NARROW MIND WHICH CANNOT LOOK AT A SUBJECT FROM VARIOUS POINTS OF VIEW.”

GEORGE ELIOT

# “THOSE WHO CANNOT CHANGE THEIR MINDS CANNOT CHANGE ANYTHING.”

GEORGE BERNARD SHAW

# “I NEVER LOSE.
# I EITHER WIN OR I LEARN.”

## NELSON MANDELA

“FAILURE WILL NEVER OVERTAKE ME IF MY DETERMINATION TO SUCCEED IS STRONG ENOUGH.”

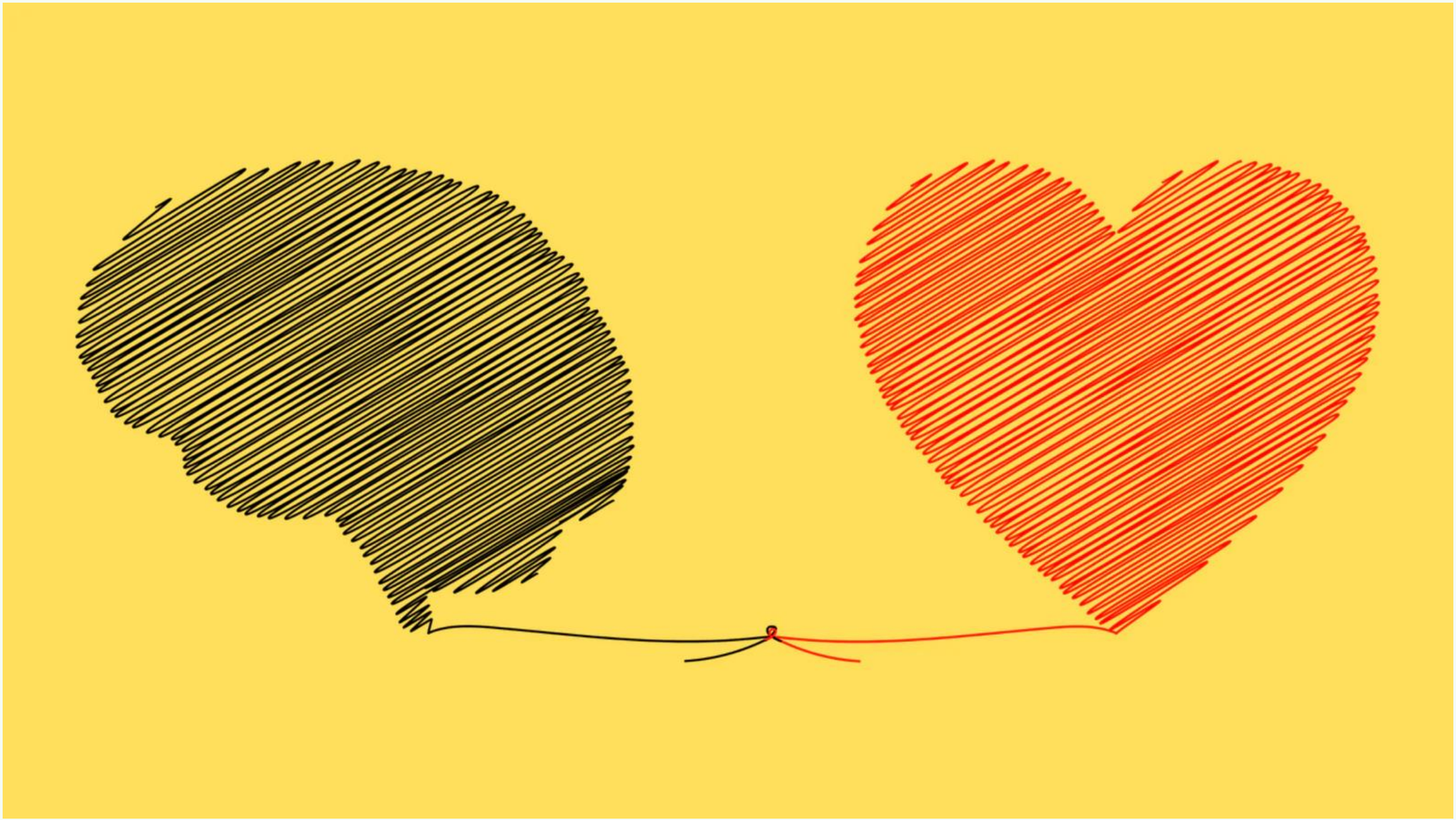
OG MANDINO

“RESILIENCE IS KNOWING THAT YOU ARE THE ONLY ONE THAT HAS THE POWER AND THE RESPONSIBILITY TO PICK YOURSELF UP.”

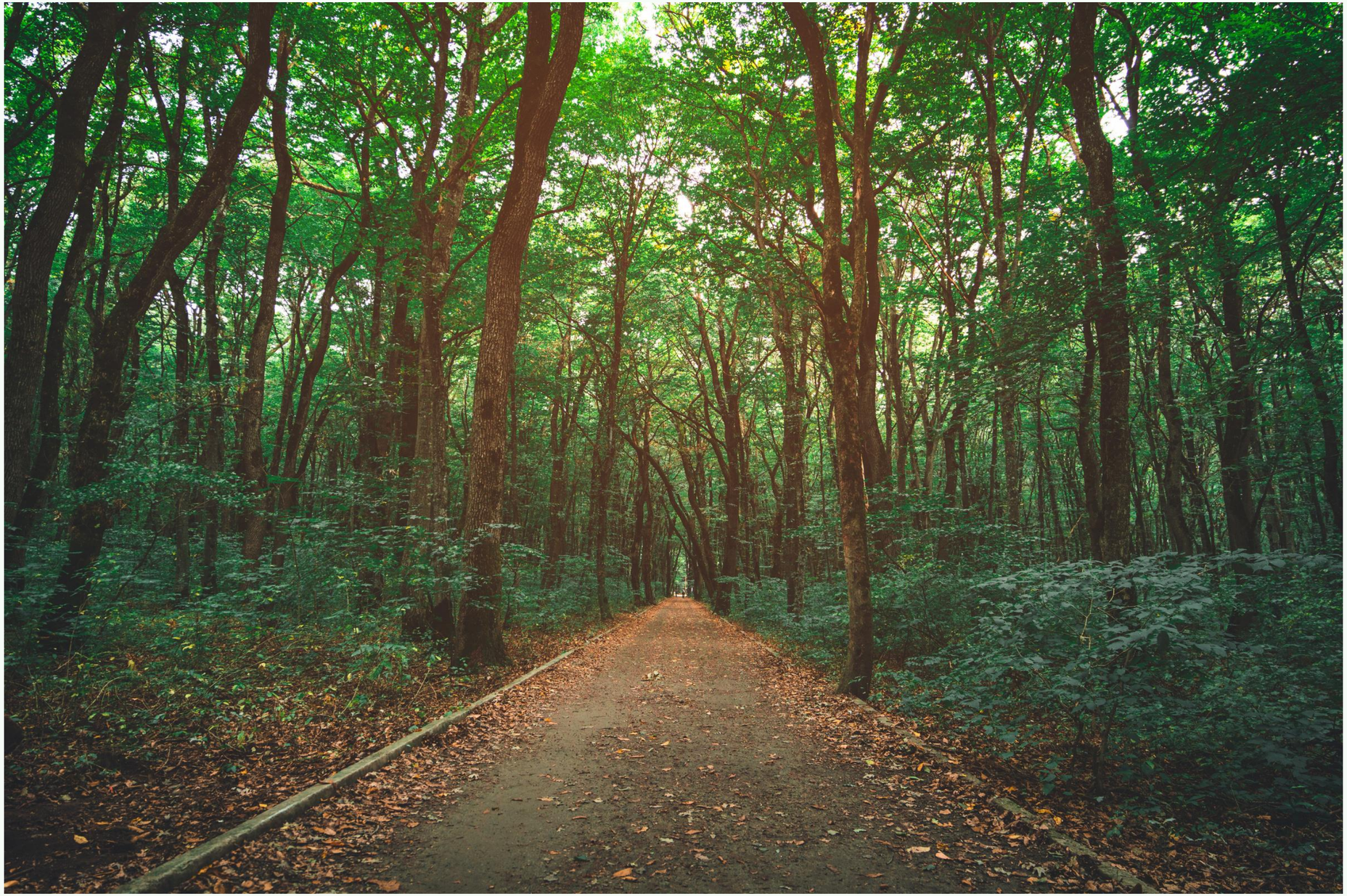
MARY HOLLOWAY

“RESILIENCE IS BASED ON COMPASSION FOR OURSELVES AS WELL AS COMPASSION FOR OTHERS.”

SHARON SALZBURG



Choose faith
over fear.



THE PAINTED SQUARE BLOG POSTS
WORKING WITH CREATIVE PEOPLE
HIRE OUT CREATIVE THINKING + EXECUTION
HERE'S HOW - BUT IF YOU NEED HELP, I'M HERE FOR YOU!
INSTAGRAM
VOICEOVER
IVR
VIDEO
COACHING
LOGO DESIGN
WHY I DON'T LIKE 99 DESIGNS
FINDING A LOGO TEMPLATE
PERSONAL COACHING
WHY SQUARESPACE
The value I bring to your business - Increase Sales, Increase Engagement -
FOR BRAIN PICKERS R
ALL OF MY BEST THINKING IN ONE PLACE
DOWNLOAD - QUESTIONS TO ASK BEFORE YOU START YOUR BUSINESS
BY REGINA.COM - HOW TO START A COACHING BUSINESS
People DON'T WANT TO SIGN UP TO YOUR NEWSLETTER!
INSTEAD OFFER A LEAD GEN - PDF - OFFERS them Something Real
DESIGNED LAY IT OUT - me!
delete
return
shift
command
option
command

BE KIND
WHENEVER
possible.
~the DALAI LAMA
IT is
ALWAYS
POSSIBLE."

# HOW TO MANAGE STRESS:

- Benefit or don't do it -- start saying "no"
- Be mindful of spending your time doing any one thing
- Avoid social addiction
- Keep a calendar
- Write down your goals
- Put your mobile device away
- Schedule as much as you can before 2 p.m.
- Speak kindly
- Take vacations
- Take care of yourself before you take care of others

“YOU MAY ENCOURNTER MANY DEFEATS, BUT YOU MUST NOT BE DEFEATED. IN FACT, IT MAY BE NECESSARY TO ENCOURNTER THE DEFEATS, SO YOU CAN KNOW WHO YOU ARE, WHAT YOU CAN RISE FROM, HOW YOU CAN STILL COME OUT OF IT.”

MAYA ANGELOU

LOYOLA WOMEN'S LEADERSHIP FORUM
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# THANK YOU

## LET'S STAY IN TOUCH

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