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# Resilient Leadership in the Face of COVID-19



*June 6, 2020*



# Review: What is Resiliency?

## Review

- ... *the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn, and grow from setbacks - AR 350–53*
- Why is it important?





# Personal & Professional Challenges

## Feedback

- *Name one or two challenge you are facing in personal or professional life due to the COVID-19 Pandemic...*
- **TYPE YOUR RESPONSES INTO THE CHAT**







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# Routine Amidst Volatility, Uncertainty, Complexity, Ambiguity (VUCA)

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# Goal Setting

- *What does living a "good life" look like to you?*
- *What are your goals?*
- *How are you going to get there?*
- DO THIS FIRST!





# Routine: Build a Foundation

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- Set clear goals
- Minimize “friction”
- Use “guide rails”
- Implement incrementally
- Build in accountability
- Repeat the process







# Elements of a Routine

- No one-size-fits-all solution
  - Eat well
  - Sleep right
  - Exercise
  - Personal Development/Study
  - Community/faith/spirituality
    - Part of something bigger than yourself



# Elements of a Routine: Reflection

- Find time for reflection or stillness
  - Minimize distraction
  - Turn-off devices (just 1 hour!)
  - Get a hobby!







# Routine: Adaptable and Flexible

- “Perfection can be the obstacle to the good”
- If you fall, get back up and try again
- Focus on the process, not specific activity
- Find peace and comfort, no matter where you are



# Take Action

- What's one thing you can do today to:
  - Add to your routine to get through this moment and beyond

