

PRAESTA

Staying Resilient Through Uncertainty

There are periods when our working lives are turned upside down. We have sometimes felt elated by what we have been able to achieve. On other occasions we have felt dejected, frustrated and unable to see a way forward.

How best might you review where you are and what frame of mind could help you to stay resilient?

As an individual, might you ask yourself:

- How best do I create reflective space so I can take back control of my priorities, look after my wellbeing, and give others the leadership they need?
- What have I learned about what helps me maintain my equilibrium and what can derail me? What is the shift I have made in my way of looking at the world?
- What positive and negative behaviours have I observed in leaders around me and what have I learned for my own leadership?
- What might need to grow and develop in me, to help me understand where others may be coming from, and to manage difficult relationships?
- Have I learned to accept that life is inherently uncertain and sometimes unfair and that's just how it is? Have I been able to learn from mistakes and move on?
- How might I show my appreciation to family and friends for their support?
- What is the positive difference I can make if I stay focused on what really matters?

In a reflective session with your team, might you explore:

- Are we aligned in our shared purpose and what we care about, and has that given us the strength to support each other in tough times?
- What have we learned about drawing the best from each other and keeping our collective focus where it needs to be?
- Are we bringing grounded optimism, and inspiring confidence we will find a way through?
- Are we vigilant about including everyone in our ways of working?
- What have we learned about our stakeholders and how we work with them?
- Might we look back on our shared experiences as a time of growth and companionship, however hard it was?
- What are we going to enjoy in our work as we look ahead?