

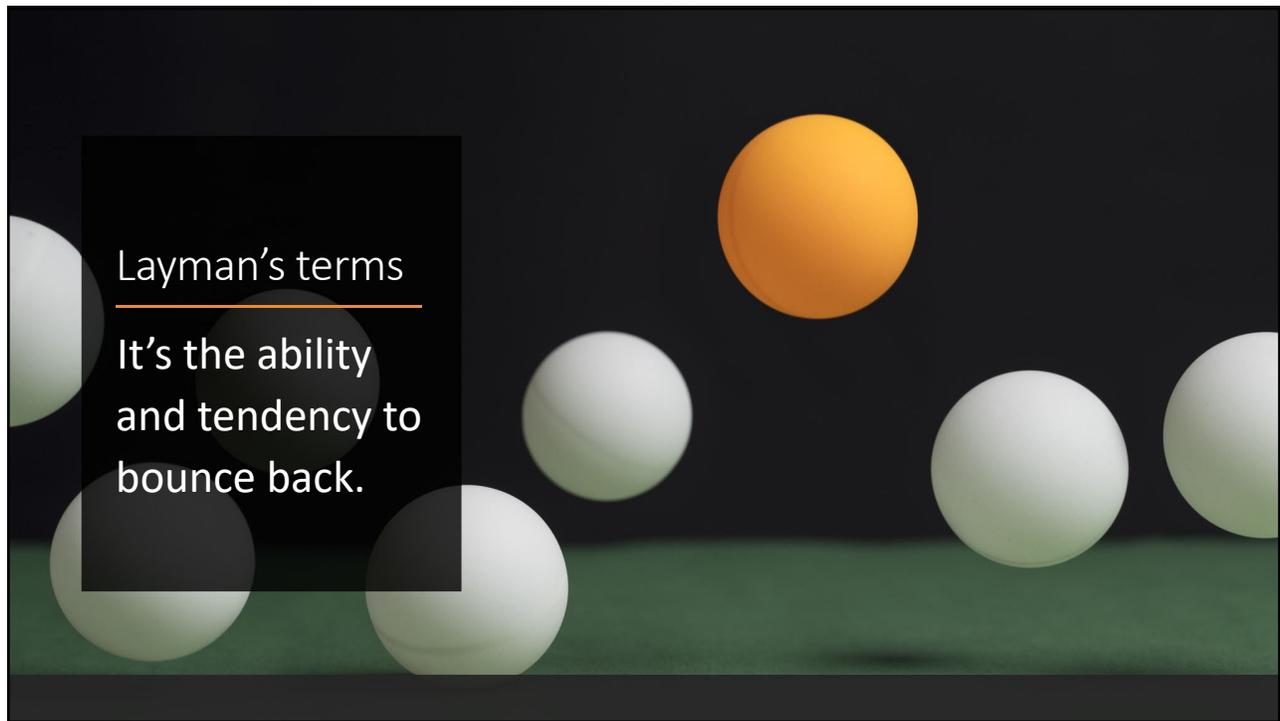
Resilience: What We Know

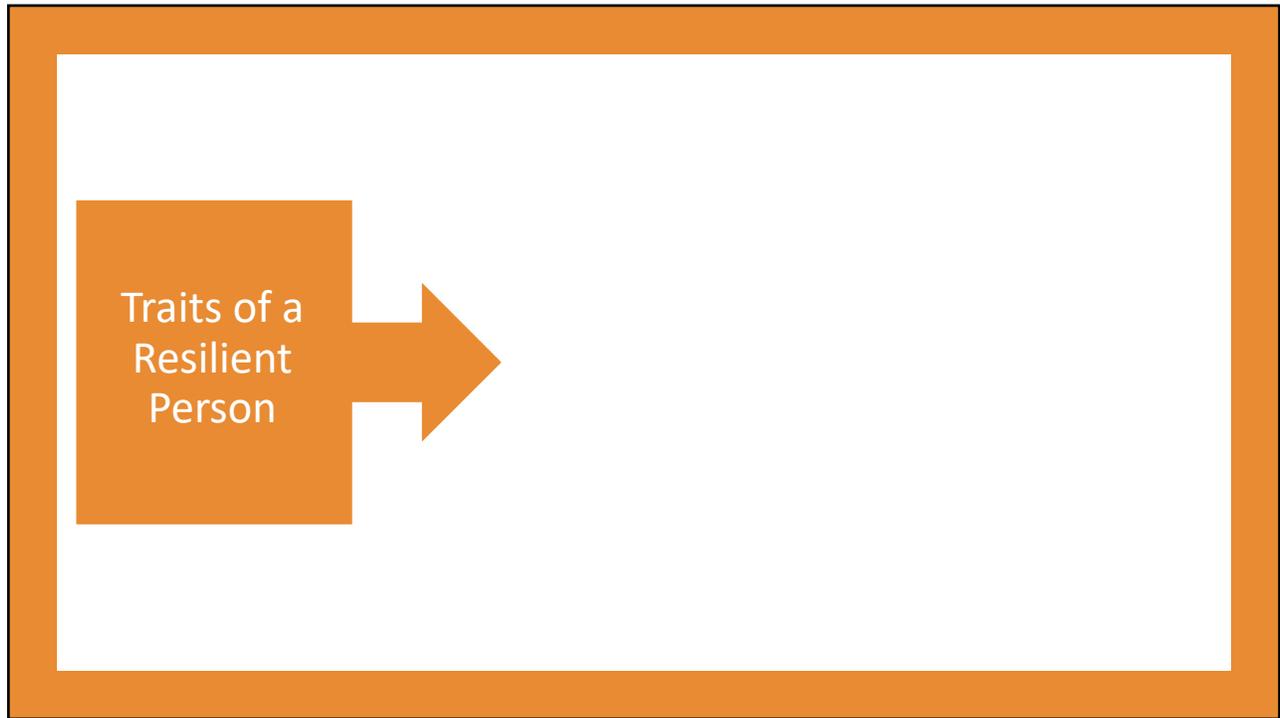
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What is
resilience?

Psychology Today

“Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.”





Humans are hardwired to react to the bad.

Your skill at managing negativity determines your level of resilience.

How you define yourself matters.

Abstract thinking may increase resilience.

Do you sweat the small stuff?

Considerations

Increase Your Self Resilience



KNOW YOUR
SUPPORT
SYSTEM



KNOW AND
REFLECT ON
YOUR
PURPOSE



ACKNOWLEDGE
CHANGE



ACT ON
PROBLEMS



FOCUS ON THE
SILVER LINING



GET OUT OF
YOUR
COMFORT
ZONE



ACTIVELY
ACKNOWLEDGE
SUCCESSSES



Doors Closed, Doors Open

Think about a time in your life when 1) you were passed over for a big opportunity or 2) a big plan collapsed.

Now, think about what happened after. Did new doors open? Did different opportunities come? Did you experience something you needed?





Considerations for Leaders

Traits of Resilient Leaders

 Communicate effectively

 Be coachable

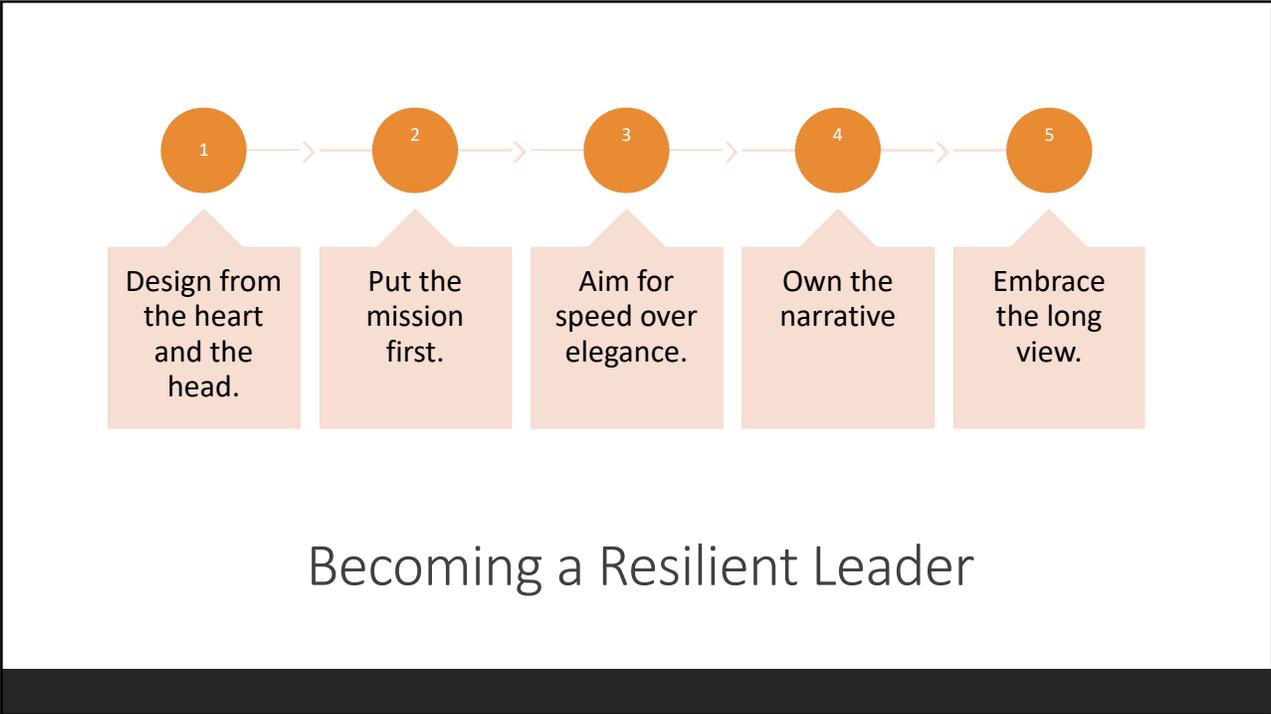
 Build positive relationships

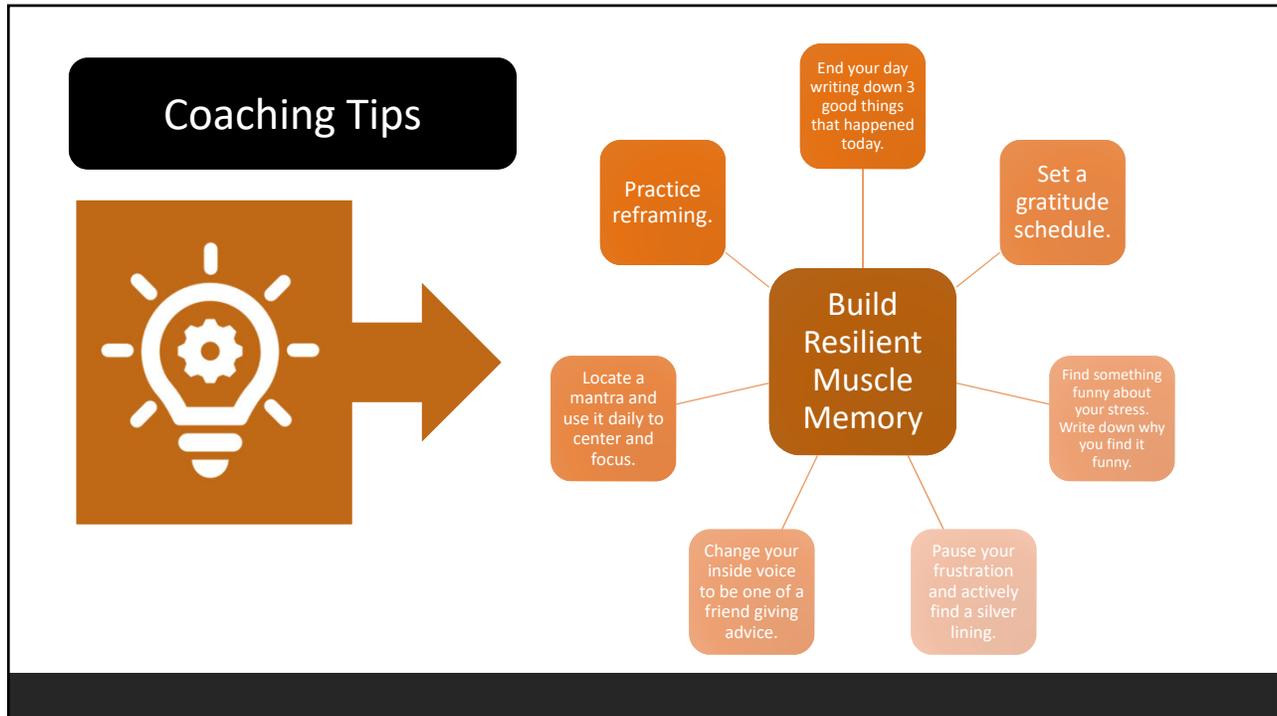
 Be risk takers

 Be decisive

 Develop others

 Champion change





"The human capacity for burden is like bamboo—far more flexible than you'd ever believe at first glance."
— Jodi Picoult

"It's your reaction to adversity, not adversity itself that determines how your life's story will develop."
— Dieter F. Uchtdorf

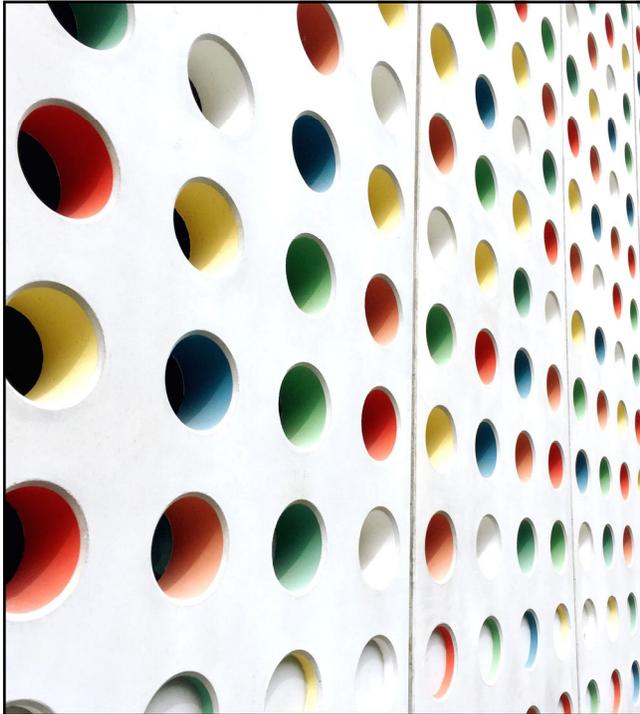
No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear."
— Greg Kincaid

"If your heart is broken, make art with the pieces."
— Shane Koyczan

"Although the world is full of suffering, it is also full of the overcoming of it."
— Hellen Keller

"The greatest glory in living lies not in never falling, but in rising every time we fall." — Nelson Mandela

"On the other side of a storm is the strength that comes from having navigated through it. Raise your sail and begin."
— Gregory S. Williams



Thank you!

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