

Smooth Sailing: Becoming a Resilient Leader in Turbulent Times

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“For last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, ‘Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you.

“So keep up your courage, for I have faith in God that it will be exactly as I have been told.”

– Acts 27:23-25

Today's discussion



1. What does it mean to be resilient?
2. Identify personal anchors to boost our resilience
3. How to move forward

What is Resilience?



Resilience provides a reservoir of emotional strength that helps us manage daily challenges.

Resilience is not perfection, but the ability to move forward in an imperfect reality.

Taking Inspiration from Paul

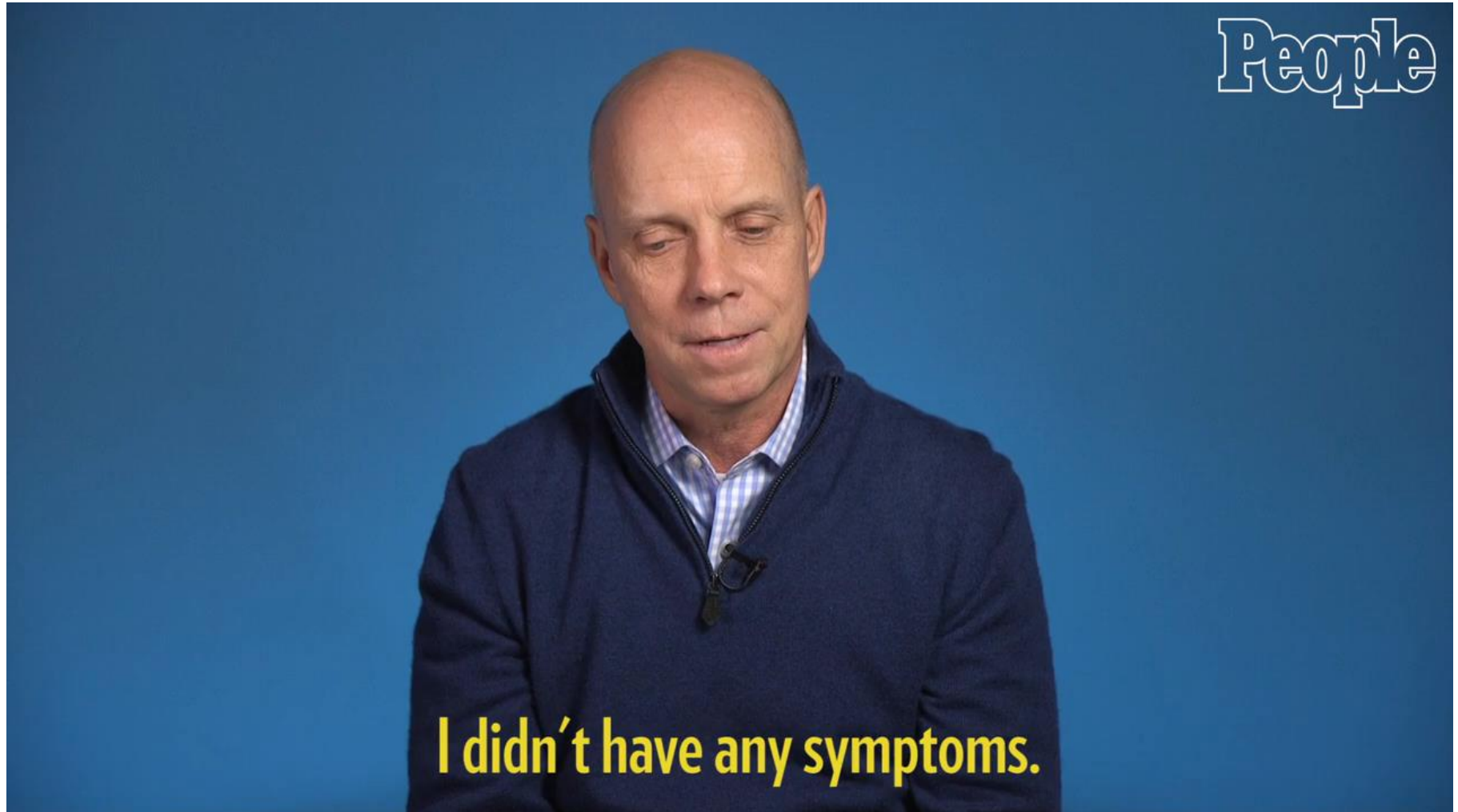


Three Key Characteristics

- **Ability to accept reality**
- **Deep belief that life is meaningful**
- **Willingness to improvise**



A Model of Resiliency



Identify Your Islands of Competence

Circle the strengths that fit you. Then **underline** top 3-5 and write on front of handout

Identifying Your Islands of Competence

Read through this list of personal characteristics. Circle the ones that might be used to describe you.

When you are finished, review the circled ones and underline the 3-5 qualities that you feel give you the most strength.

Copy those on the lines under "Islands of Competence" on the reverse side.

Faithful	Articulate	Intuitive
Tolerant	Grateful	Persuasive
Resourceful	Organized	Open-minded
Analytical	Playful	Self-confident
Imaginative	Hopeful	Even-tempered
Strategic	Disciplined	Diplomatic
Empathetic	Goal-oriented	Cheerful
Creative	Trustworthy	Intelligent
Adaptable	Self-control	Compassionate
Brave	Efficient	Optimistic
Practical	Wise	Loyal
Kind	Generous	Friendly
Observant	Courageous	Energetic
Sensitive	Honest	Witty
Persistent	Hospitable	_____
Focused	Fair	_____



Build a Foundation on Your Islands of Competence

I will rely on these core strengths to handle the challenges I face:

How can these assets help you be more resilient?

Choose Your Anchors of Stability



Practice Using Your Anchors of Stability

I will refocus my energy and regain perspective as I:

(something that keeps me physically healthy) _____

(something that keeps me emotionally grounded) _____

(something that keeps me spiritually fed) _____

Make a Smooth Sailing Strategy

Write a mantra that reminds you of who and whose you are.



Examples:

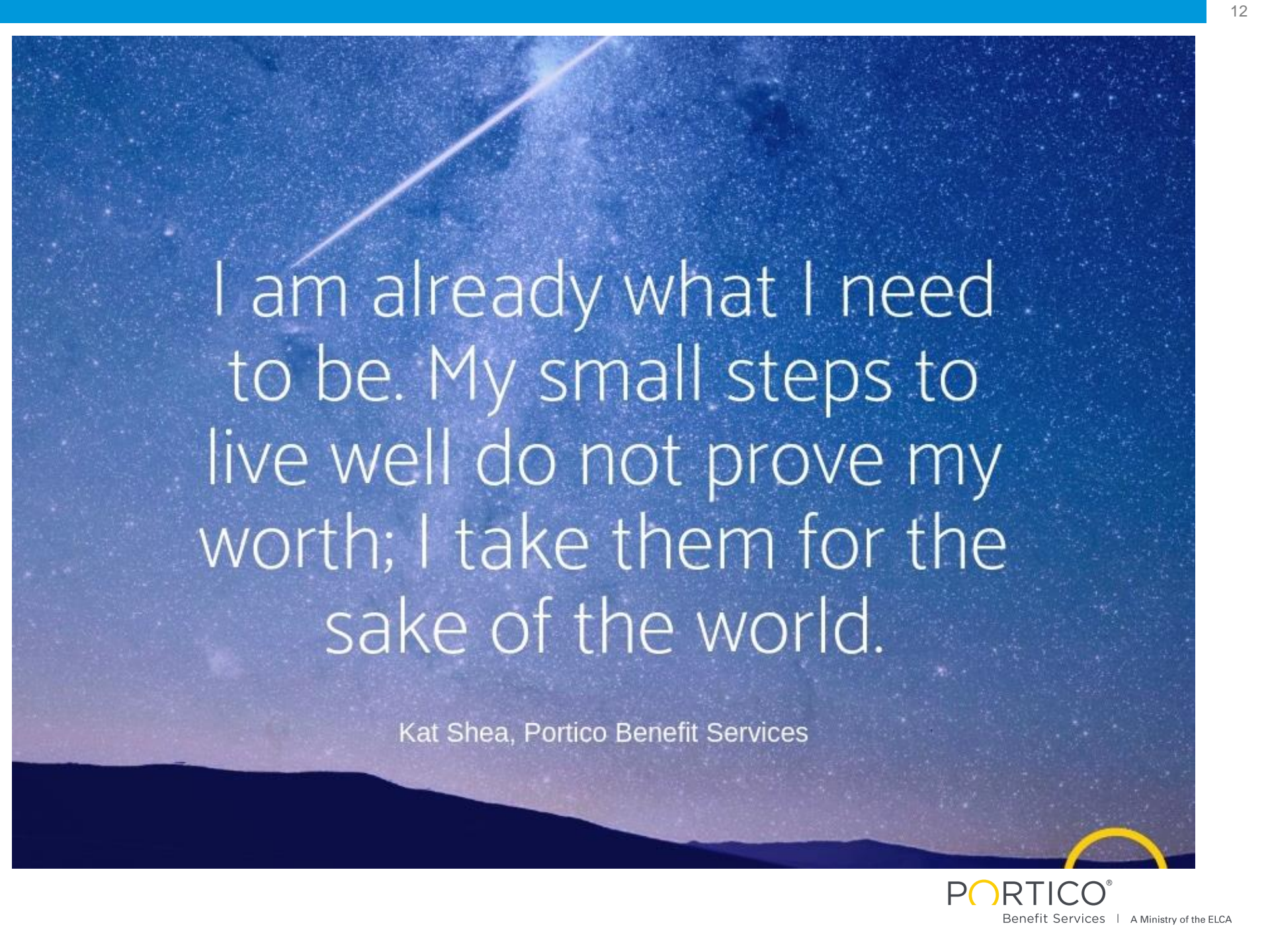
I will lean on Jesus, and he will give me rest.

There is always something to be thankful for.

Make a Smooth Sailing Strategy

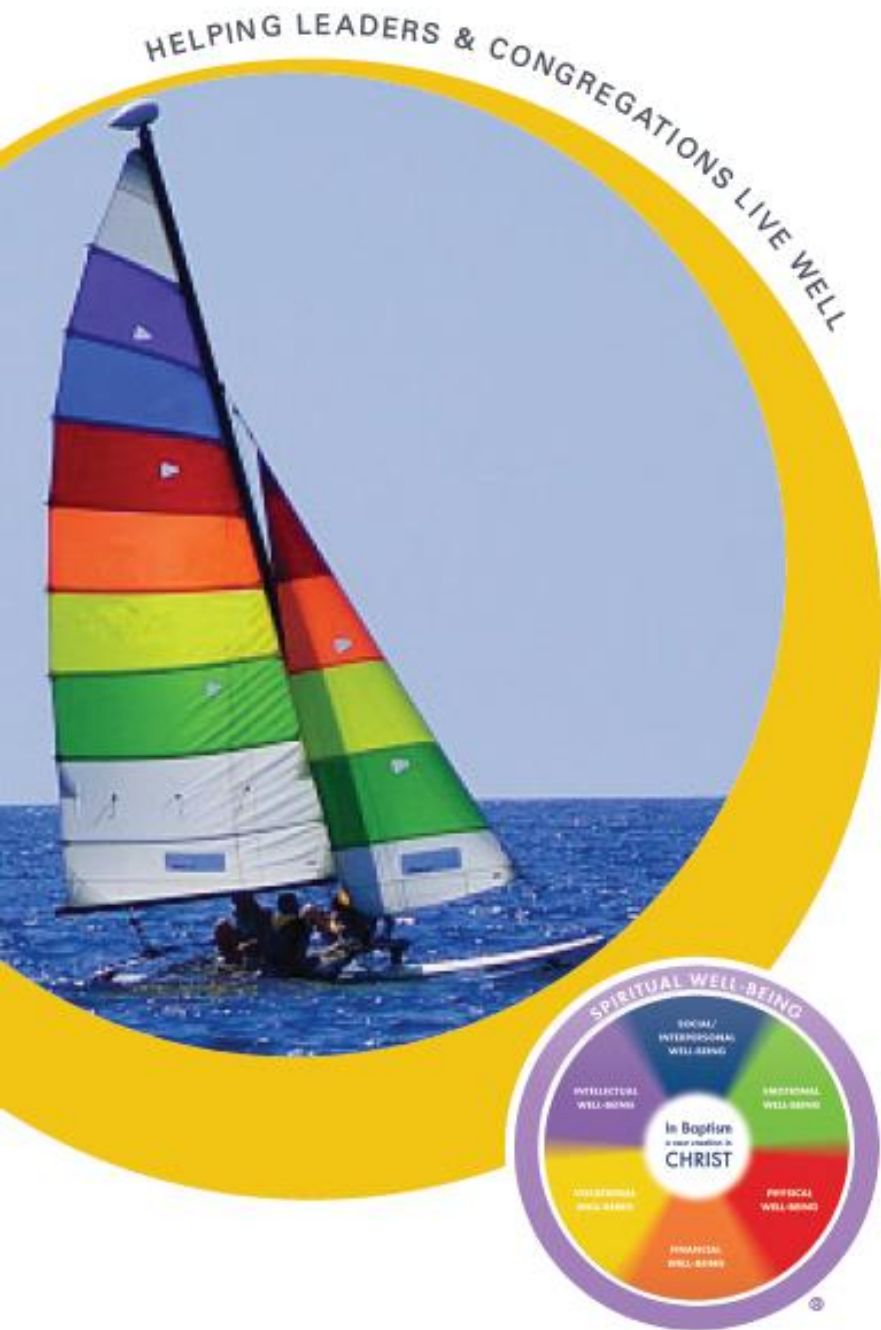
- 1. What is the reality?*
- 2. What is my deep belief mantra?*
- 3. What is my anchor list?*





I am already what I need
to be. My small steps to
live well do not prove my
worth; I take them for the
sake of the world.

Kat Shea, Portico Benefit Services



Resources:

How Resilience Works, Harvard Business Review, June 2002

<https://hbr.org/2002/05/how-resilience-works>

Resilience Is About How You Recharge, Not How You Endure, Harvard Business Review, June 2016

<https://hbr.org/2016/06/resilience-is-about-how-you-recharge-not-how-you-endure>

Scott Hamilton video

<http://ijr.com/2016/10/720580-here-we-go-again-champion-figure-skater-scott-hamilton-diagnosed-with-third-brain-tumor/>

How To Keep It Together at Work, The Washington Post, August 6, 2020

<https://www.washingtonpost.com/business/2020/08/06/work-advice-job-stress/>