

Tips For Building Resilience

Creativity

- Look for the opportunity in change - the good ideas for how you can make the most of the change will follow.
- When looking for a solution to a problem, ask for help from people to come up with ideas that are new and haven't been tried yet.
- Consider ideas that would improve yourself at work that maybe you were not open to before.

Eagerness to Learn

- Move ahead with learning more about an area of the company that will improve your ability to do your job.
- Ask someone to help you learn a new skill.
- Show an interest in learning more about the change and how you can contribute.

Positive Mindset

- In change situations, decide what is in your control and do what you know will help you and others.
- Think uplifting thoughts that build your confidence in yourself to make the change.
- Give change a chance to work and help make it happen.

Self Empowerment

- Surprise your manager with an idea you have for improving the business.
- Once a month, go to your manager and ask, "What is something I can do to help you out?"
- When making decisions, trust yourself to make the right one without looking to others first for their opinion.

Adaptability

- Let people know you are open to doing things a different way.
- Show people your flexibility by saying "yes" to change.
- Model resilience and agility in the face of change, and encourage others to do the same.

Courage

- Everyday, decide on one risk you can take.
- Ask others for feedback once a week.
- Have one "courageous conversation" a week on something you feel needs to be talked about.

Focus on Results

- Ask yourself and others, "How can we reach our objective?"
- Talk to others about the results you want to achieve in the change.
- Keep taking small actions that will move you closer towards the results you want.

Adapted from Right Management, Inc.