

# Drive Authentic Leadership from within

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## **Resilient.**

Sometimes we go through certain things and think why me? Life is going to keep slapping you in the face. You have to make a promise to yourself that whatever happens, nothing will stop you from finding your joy.

-Ash Alves

# What is Resilient Mindset?

- The ability to sustain their energy level under pressure, to cope with disruptive changes and adapt. They bounce back from setbacks. They also overcome major difficulties without engaging in dysfunctional behavior or harming others.

## Resilience

(n.) The ability to become strong, healthy, or successful again after something bad happens.

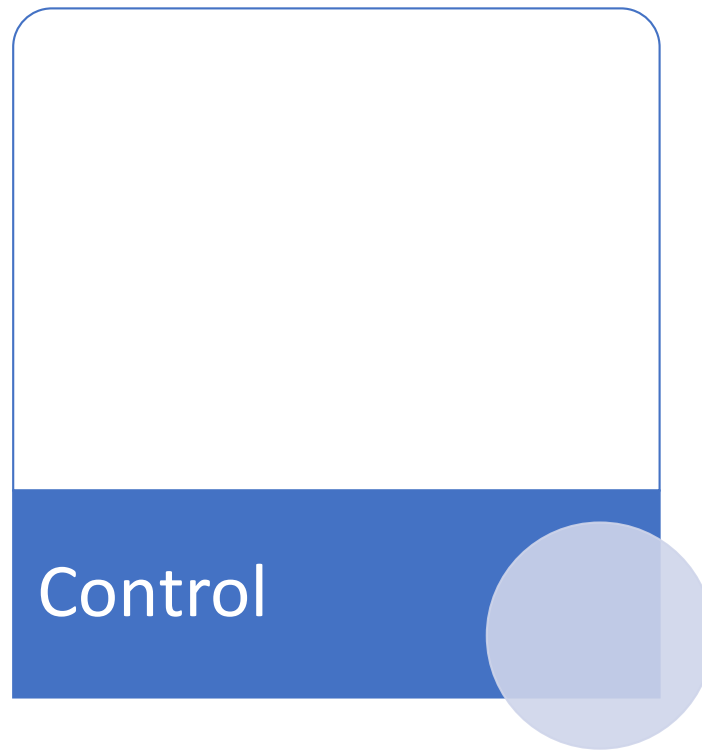
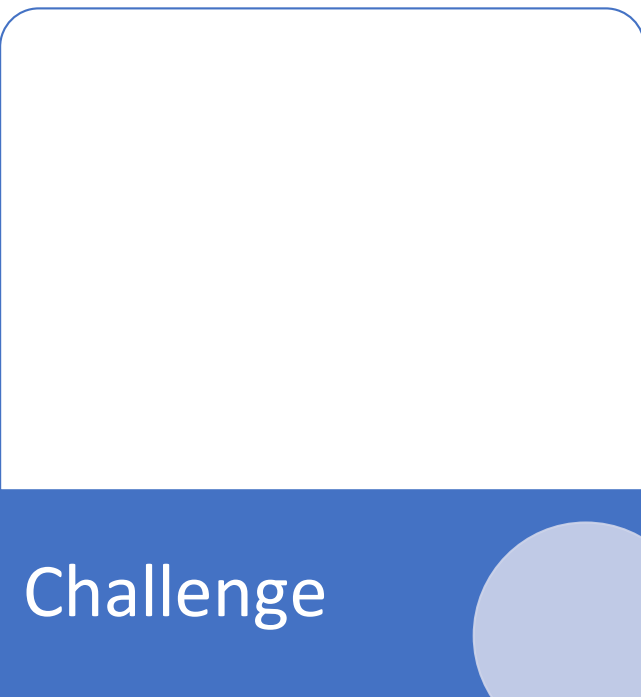
extramadness.com

# Saga of Wing Commander Abhinandan Varthman (DOWN BUT NOT DAUNTED)

- **Sleep deprived, choked, beaten up: How IAF pilot Abhinandan held off Pak grilling**



# Susan Kobasa's three traits



- **Challenge.** Resilient people have a habit of looking at stress as a challenge to overcome, and this motivates them to address the causes of their stress in positive ways. This active approach can be contrasted with a more common approach, where stress is viewed as an unfortunate or even paralyzing force that overwhelms rather than motivates.

- **control.** In general, resilient people tend to accept challenges and work to overcome and even master them. Even when a situation is not possible to control, resilient people work to find what possibilities do exist and pursue these. For example, when faced with job loss, a resilient person would seize on opportunities for exploring new employment options rather than become depressed and demoralized. Remember how Maria reacted to her ERP implementation failure.

- **Commitment.** Part of the reason resilient people persist in their coping efforts is because they are committed to an active, engaged outlook toward challenges, which motivates them to actively attempt to influence their surroundings and to persevere even when their attempts don't seem to be working out. Resilient people are dedicated to finding that meaning — toward taking an active, problem-solving approach to situations.

# Developing resilience in the current times



Physical



Mental



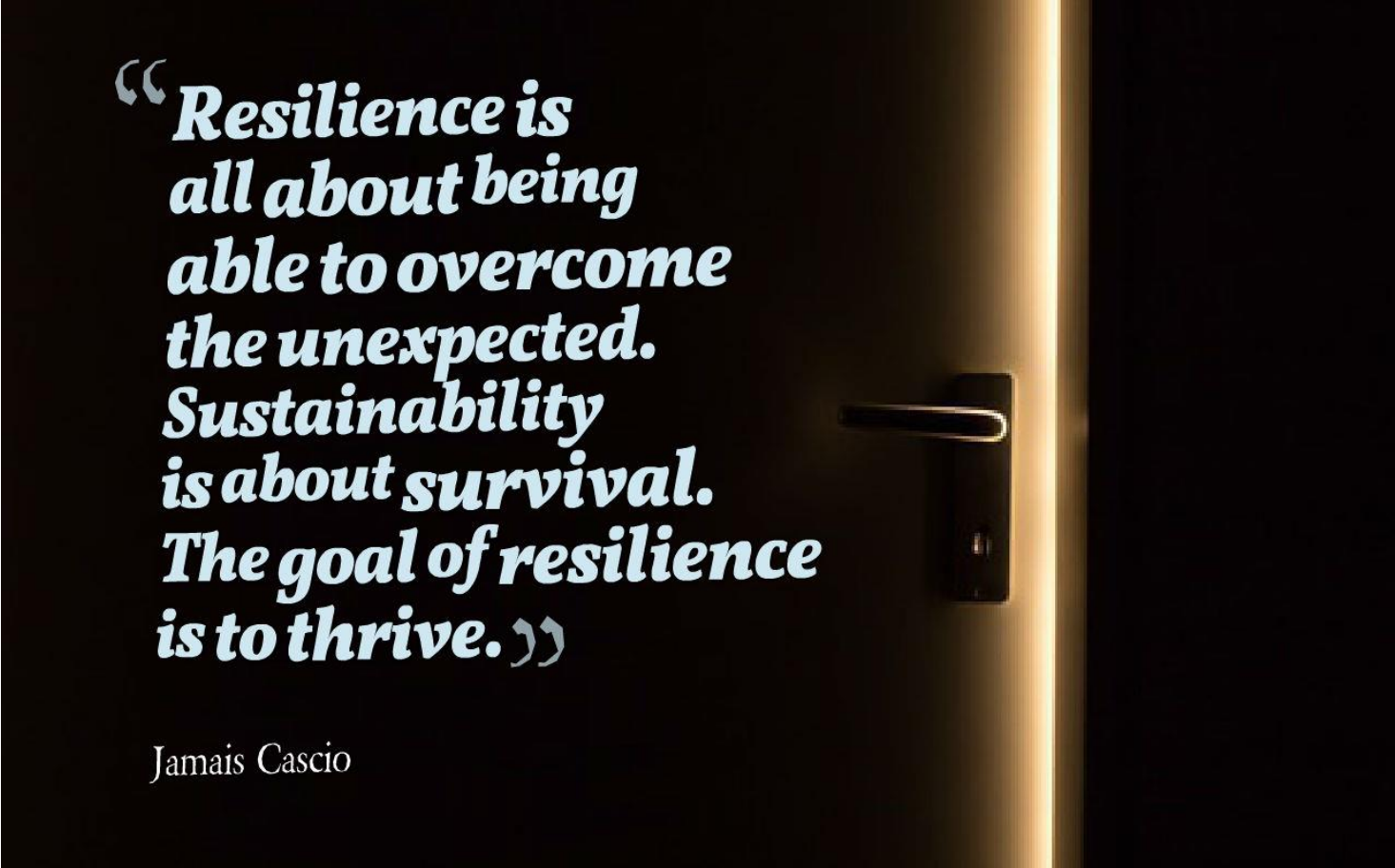
Emotional



Social



# Concluding thoughts.....



**“Resilience is  
all about being  
able to overcome  
the unexpected.  
Sustainability  
is about survival.  
The goal of resilience  
is to thrive.”**

Jamais Cascio