

PERSONAL RESILIENCE

"Resilient" is an appropriate descriptor frequently and perhaps justifiably applied to successful people.

Resilience is the capacity to "bounce back" after disappointment, setbacks or even disasters. It is a leadership attribute that is crucial in unpredictable times or in the face of tough circumstances. It is rightfully acknowledged to be a critical component in one's emotional health wellbeing and sustainability.

Resilient people can detect the seeds of opportunity and the enormous potential for learning in difficult and trying situations. They can resist being swept up in the anxiety or panic of the moment and are more willing to adapt as creatively as possible to seemingly daunting challenges. When the adversity is conscientiously dealt with and subsequently overcome, resilience is strengthened.

As with most personality traits, the roots of one's resilience are typically developed in early childhood, especially when one is confronted by difficult or adverse events.

Just as there are no short-cuts to acquiring emotional health, Resilience is acquired through increased self-awareness. You need constructive but critical feedback on your performance and you need to consider the advice given as objectively as possible. You need to expose yourself to difficult or challenging circumstances and learn from the experiences, whether you are successful in overcoming them or not.

In short, you need to accept failure as learning. People who take direct responsibility in for negative events have higher performance than those who choose to blame their lack of performance on external circumstances. People are never victims of fate but rather controllers of destiny.

You need to defy your fears and become more comfortable in taking risks. Preferring the "safe" way out, accepting the tried-and-true strategy or embracing conventional wisdom will not build your resilience quotient.

Once acquired, resilience becomes a way of perceiving and living differently and also a way of leading others to bounce back in the face of tough times, hardship or adversity. With resilience, one's internal stress level and penchant for thoughtless adrenal responses that limit choices is greatly reduced. And when that happens, clear thinking, an action orientation, and the willingness to imagine and then navigate new realities prevail.