



# **RISING STRONG:**

Finding The Hidden Gems Of Resilience To Strengthen Your Leadership Journey

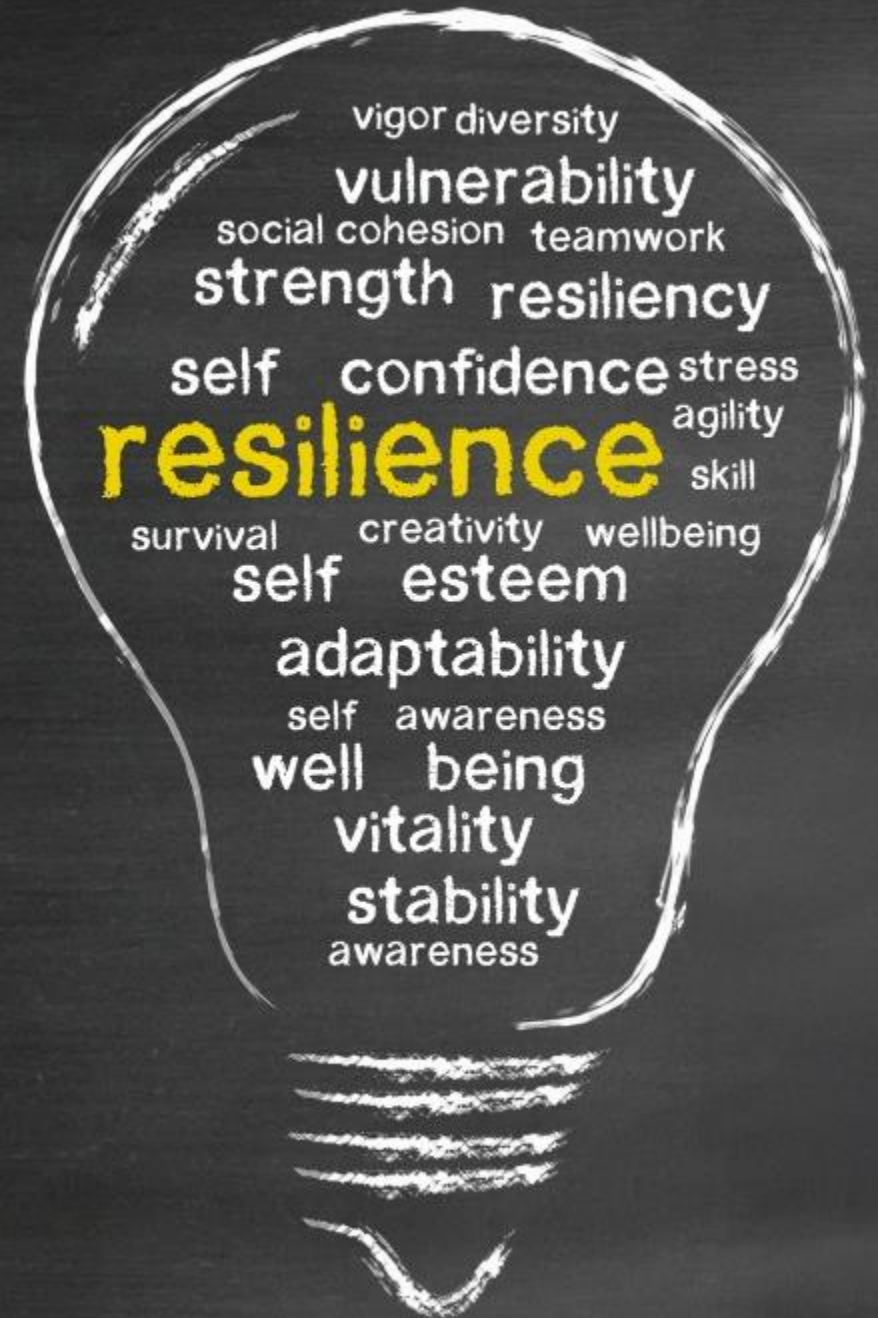
Dr. Verletta White  
Superintendent  
Roanoke City Public Schools

Junior League of Roanoke Valley  
Women's Leadership Development Workshop  
Saturday, March 2, 2024

# TODAY'S OBJECTIVES

By the end of today's women's leadership development workshop, we will be able to...

- Define resilience
- Unpack why resilience is important
- Reflect on examples of women in leadership roles to examine the tenets of resilience.



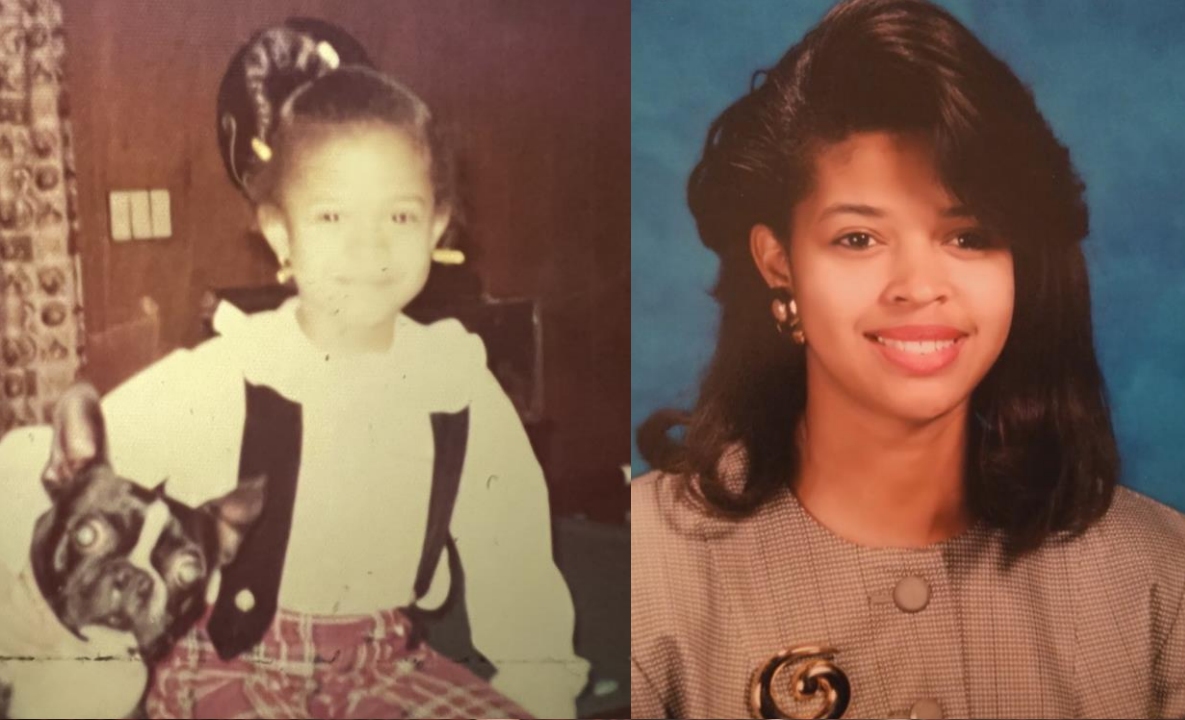
# WHAT IS RESILIENCE?



When you hear the word “resilience,” which image resonates with you most to describe your leadership journey?

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**Turn & Talk**



# MY STORY

- Faith and Resilience
- Reading between the lines of my resume



# FOUR TYPES OF RESILIENCE

- Psychological
- Emotional
- Physical
- Social





THE HIDDEN GEMS OF RESILIENCE



THE HIDDEN GEMS OF RESILIENCE

# DEFINITION

## Resilience

ruh·zil·yuns - *noun*

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The capacity to withstand or to recover quickly from difficulties; toughness.

Katherine Johnson  
receives the Presidential  
Medal of Freedom





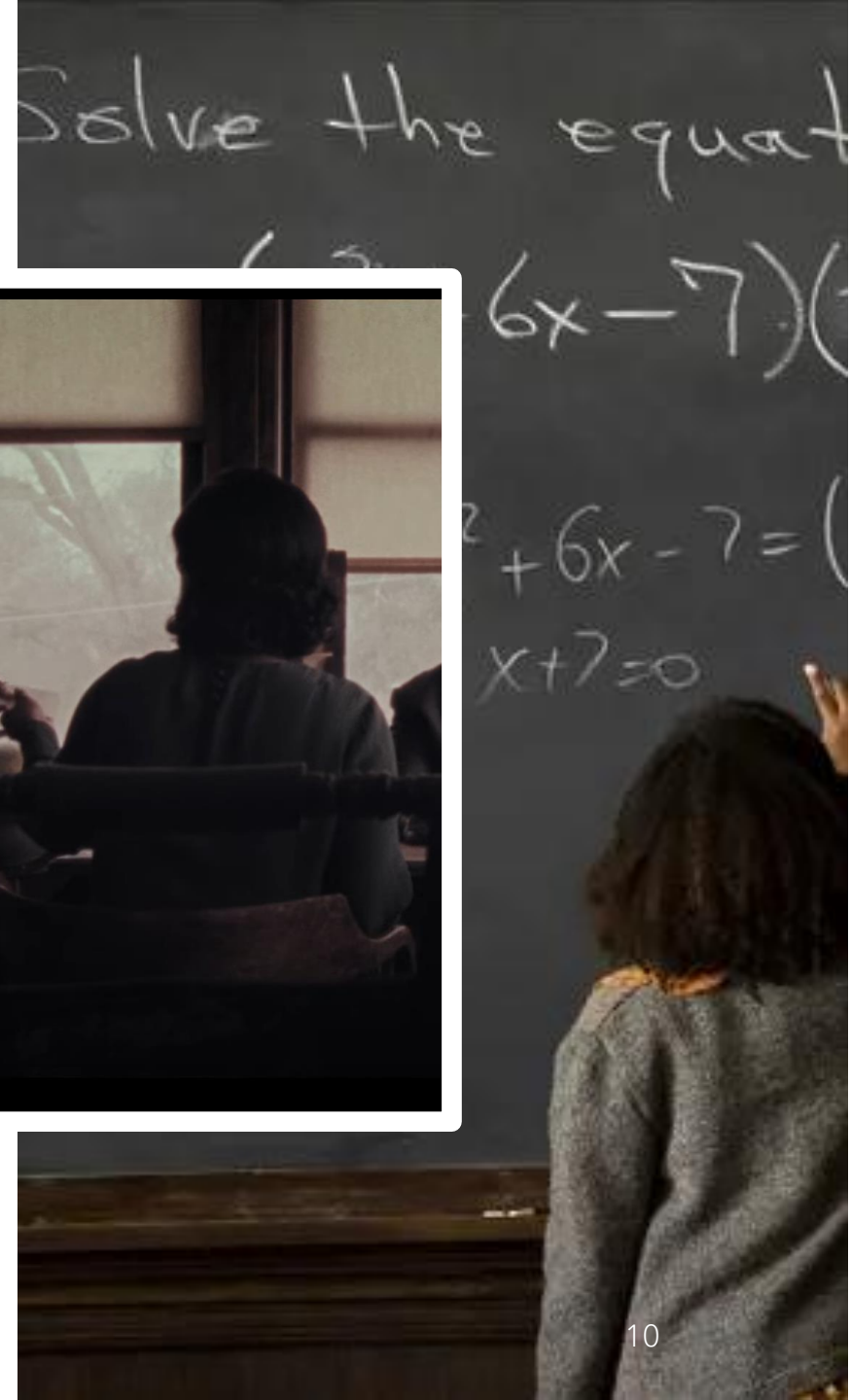
# 7 KEYS TO BUILDING RESILIENCE IN THE FACE OF EPIC CHALLENGES

1. [REDACTED]
2. Remind yourself of your purpose and passion.
3. Reframe the way you see a challenge
4. Focus on actions rather than results.
5. Focus on what you can control.
6. Embrace risk and the possibility of failure.
7. Look at the bigger picture.



# HIDDEN GEMS OF RESILIENCE FROM HIDDEN FIGURES

1. Power of having a strong support system.
2. Remind yourself of your purpose and passion.
3. Reframe the way you see a challenge
4. Focus on actions rather than results.
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# 1 - POWER OF HAVING A STRONG SUPPORT SYSTEM

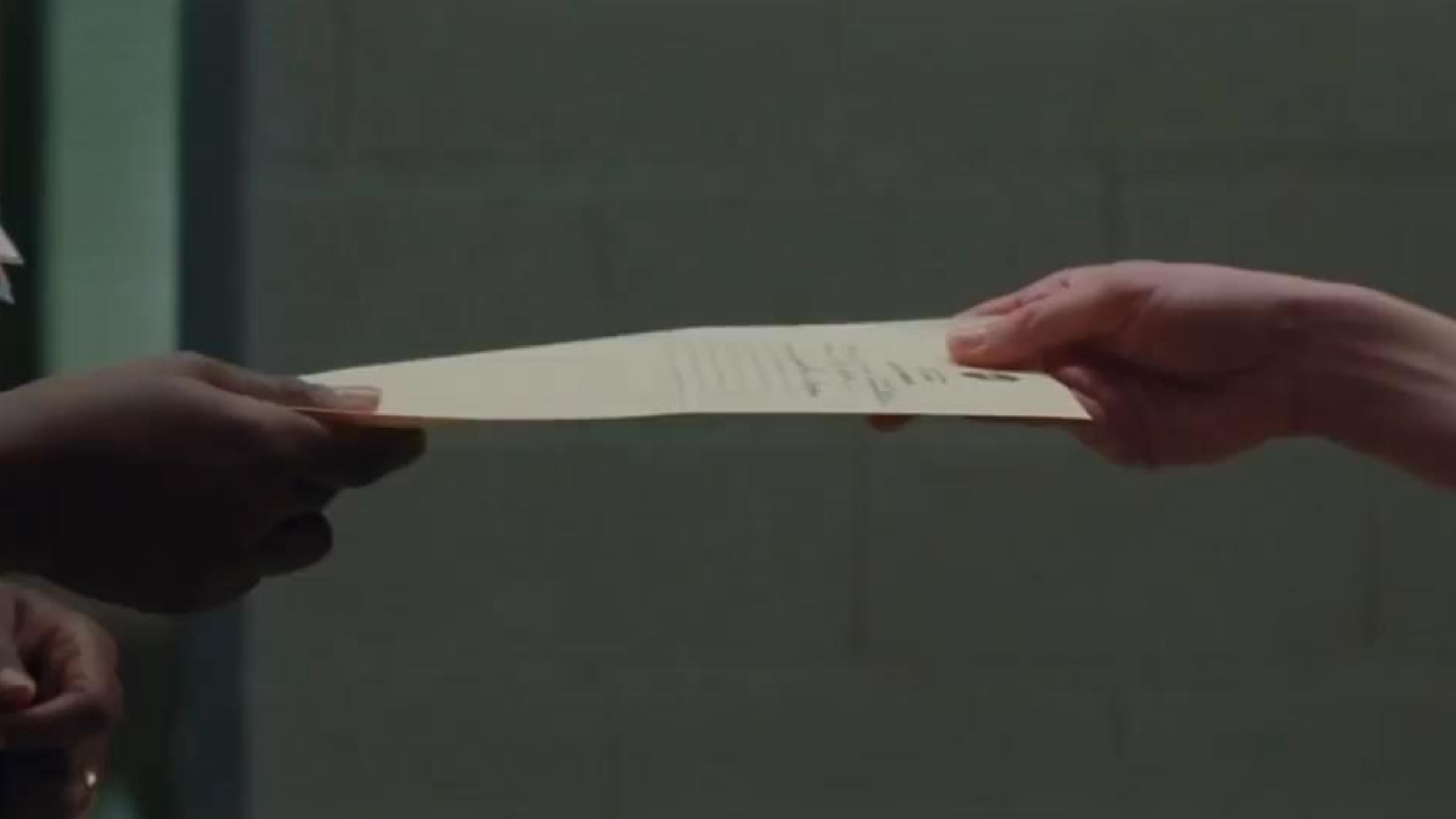


# WHAT SUPPORT SYSTEM DO YOU HAVE IN PLACE?

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2 - REMIND YOURSELF  
OF YOUR PURPOSE  
AND PASSION.



WHAT IS YOUR WHY? WHY DO YOU DO WHAT YOU DO?

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### 3 - REFRAME THE WAY YOU SEE A CHALLENGE



SCENARIO: YOU HAVE BEEN TRAINING A COLLEAGUE ON THE OPERATIONS OF YOUR DEPARTMENT FOR THE LAST SIX MONTHS. WHEN AN OPENING FOR A PROMOTION IN THE DEPARTMENT COMES UP, YOU APPLY FOR IT. THEN YOU FIND OUT THAT THE PERSON YOU'VE BEEN TRAINING GOT THE PROMOTION OVER YOU. HOW MIGHT YOU REFRAME IT?

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4 - FOCUS ON ACTIONS  
RATHER THAN  
RESULTS.





WHAT ACTIONS CAN YOU TAKE TODAY THAT WILL  
HELP YOU REACH YOUR GOALS?

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Psychological  
Emotional  
Physical  
Social



5 - FOCUS ON WHAT YOU CAN CONTROL.





WHEN YOU FOCUS ON WHAT YOU CAN CONTROL,  
WHICH TYPE OF RESILIENCE ARE YOU STRENGTHENING?

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6 - EMBRACE RISK AND  
THE POSSIBILITY  
OF FAILURE.





HOW DID SHE EMBRACE RISK AND THE POSSIBILITY OF FAILURE?

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7 - LOOK AT THE BIGGER PICTURE.



# HIDDEN GEMS OF RESILIENCE FROM HIDDEN FIGURES

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# APPLY THE HIDDEN GEMS



Mary Jackson (Janelle Monáe)



Katherine G. Johnson (Taraji P. Henson)



Dorothy Vaughan (Octavia Spencer)

You have heard their story.

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What is your story?





## THANK YOU! QUESTIONS?

Verletta White, Ed.D.  
Superintendent  
Roanoke City Public Schools  
(540) 853-2381 | [vwhite@rcps.info](mailto:vwhite@rcps.info)  
LinkedIn: @VerlettaWhite  
X: @VerlettaWhite

Looking for more Hidden Gems? Five additional lessons on resilience from the legacy of Katherine Johnson are available in this [Forbes article](#).