

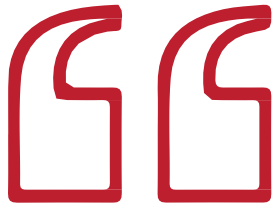


# WOMEN'S LEADERSHIP

WORKSHOP

MARCH 2, 2024





**I CAN BE CHANGED BY WHAT  
HAPPENS TO ME. BUT I  
REFUSE TO BE REDUCED BY IT.**

MAYA ANGELOU



# OVERVIEW OF THE WORKSHOP'S OBJECTIVES

My workshop today is focused on Professional Resilience. By the end of the workshop, you will have better insight, knowledge, and understanding of how to enhance resilience in your work p.

The following objectives outline the key areas of focus for the session:

- Introduction to Professional Resilience
- Understanding Professional Resilience
- Characteristics of Resilient Professional
- Applying Resilience in the Workplace
- Exploring Resilience Strategies
- The Importance of Resilience in Career Development



# ICE BREAKER

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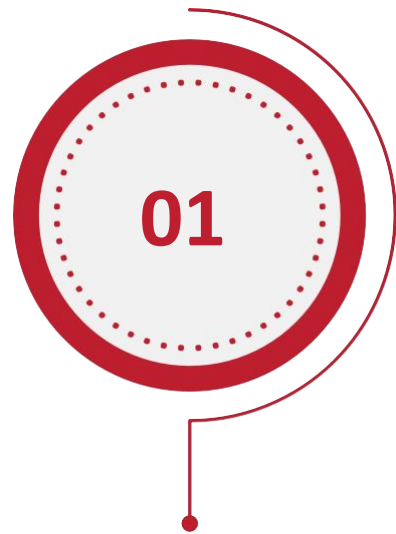
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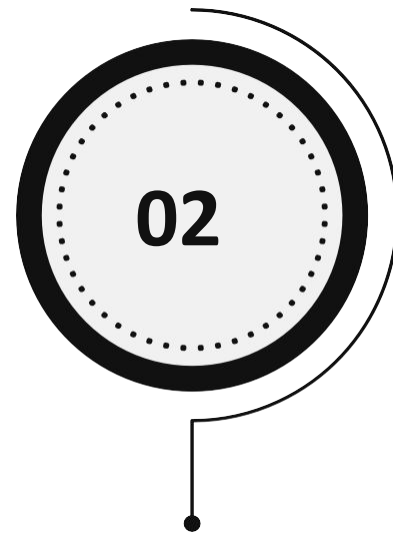
# INTRODUCTION TO PROFESSIONAL RESILIENCE

Professional resilience encompasses the ability to bounce back from setbacks, maintain composure under pressure, and thrive in adversity.

Developing professional resilience is a multifaceted endeavor that encompasses various dimensions:



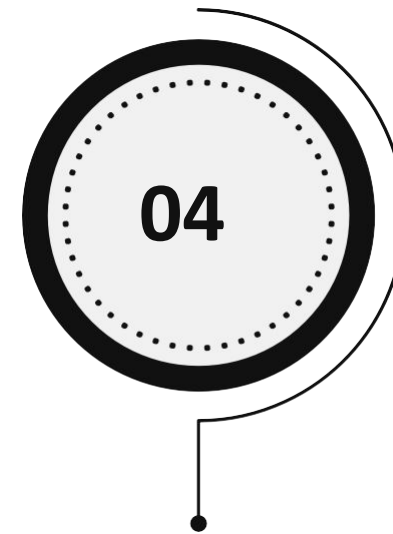
Decide on individual commitments



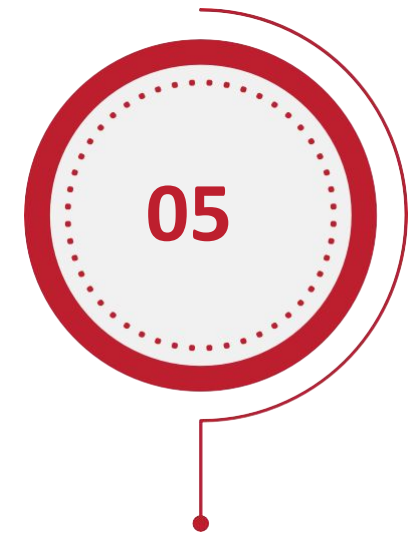
Inform capital allocation between different priority areas and funds



Assess overall contribution of NDF to development agenda



Communicate with key internal and external stakeholders



Monitor performance over time and fine tune implementation



# THE IMPORTANCE OF RESILIENCE IN **CAREER** **DEVELOPMENT**

Professional resilience plays a pivotal role in career development.

## **HERE'S WHY PROFESSIONAL RESILIENCE IS INDISPENSABLE IN CAREER DEVELOPMENT:**

- ✓ Navigating Challenges and Setbacks
- ✓ Thriving in Uncertainty
- ✓ Enhancing Performance Under Pressure
- ✓ Promoting Adaptability and Innovation
- ✓ Building Confidence and Self-Efficacy
- ✓ Fostering Long-Term Well-Being

# CHARACTERISTICS OF RESILIENT PROFESSIONALS

HERE ARE SOME KEY CHARACTERISTICS OF RESILIENT INDIVIDUALS:

- ✓ Emotional Regulation
- ✓ Optimism and Positive Outlook.
- ✓ Adaptability
- ✓ Problem-Solving Skills
- ✓ Self-confidence
- ✓ Self-Efficacy
- ✓ Resilient Mindset
- ✓ Social Support Networks





# FACTORS INFLUENCING RESILIENCE

Personal factors significantly shape an individual's resilience—their ability to withstand, adapt to, and recover from adversity.

## HERE ARE SOME KEY PERSONAL FACTORS THAT INFLUENCE RESILIENCE:

- ✓ Personality Traits
- ✓ Cognitive Skills and Beliefs
- ✓ Emotional Regulation
- ✓ Self-Efficacy and Confidence
- ✓ Sense of Purpose and Meaning
- ✓ Life Experiences and Learning
- ✓ Mindset and Attitude



# ACTIVITY



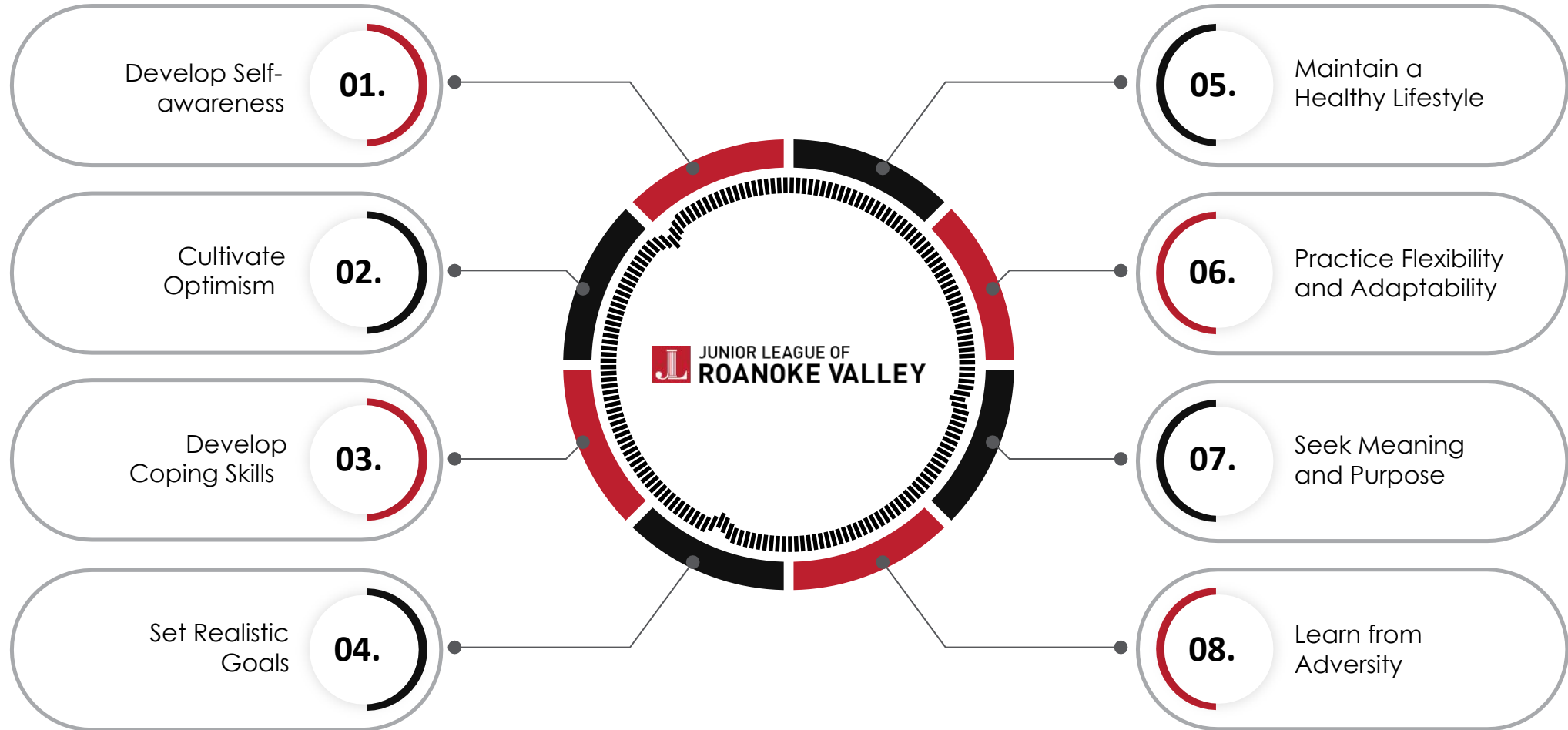
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# STRATEGIES FOR BUILDING RESILIENCE

Resilience is a skill that can be cultivated and strengthened over time through intentional effort and practice

Here are some effective strategies for building resilience:



# APPLYING RESILIENCE **IN THE WORKPLACE:**

✓ MANAGING YOUR EMOTIONS

✓ BEING FLEXIBLE

✓ BELIEVING IN YOURSELF

✓ MAKING USE OF WHAT YOU HAVE

✓ EMBRACING CHANGE

✓ CREATING OPPORTUNITIES FOR YOURSELF

✓ VIEWING **C**CRITICISM AS A LEARNING  
OPPORTUNITY

# ACTIVITY



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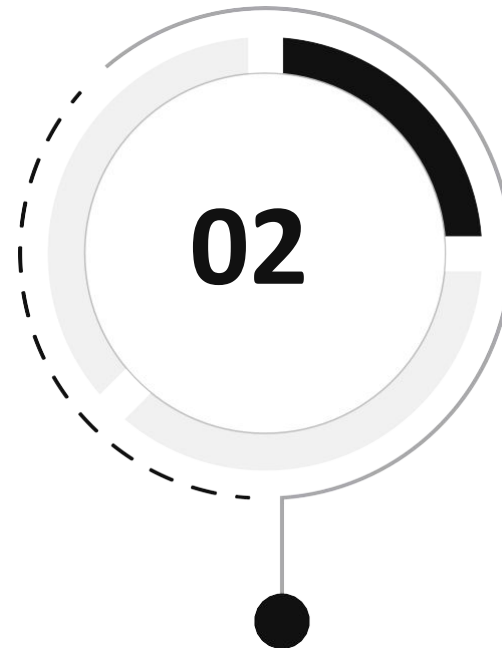
# HANDLING ADVERSITY AND UNCERTAINTY

Adversity and uncertainty are inevitable aspects of life, both personally and professionally. How individuals and organizations handle these challenges can significantly impact their resilience and ability to thrive in the face of uncertainty.

HERE ARE SOME STRATEGIES FOR EFFECTIVELY HANDLING ADVERSITY AND UNCERTAINTY:



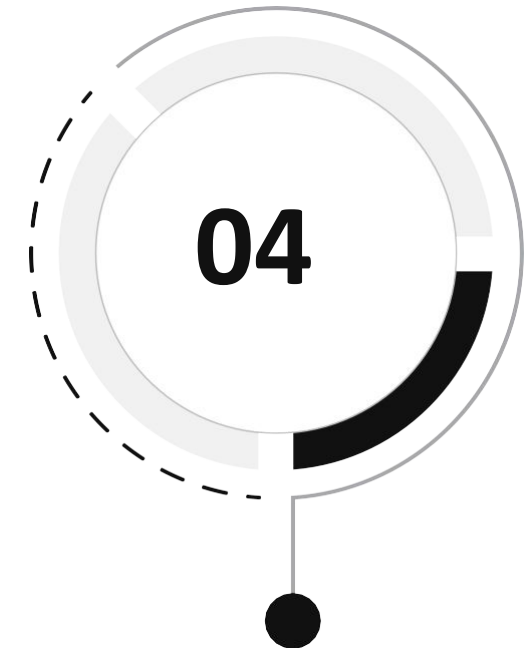
Maintain a Positive Outlook



Adaptability and Flexibility



Seek Support and Collaboration



Focus on Solutions

 JUNIOR LEAGUE OF  
ROANOKE VALLEY

THANK YOU

