



Resilience

Module Six (1)

A Promoting Excellence
Online Course

This is part of a series of online courses
available from Promoting Excellence
Leadership Consultants.



Promoting
Excellence

Handout for Module 6: Where there is a lot of change and uncertainty

Where there is a lot of change and uncertainty

- Be aware of what you can and cannot control.
- Remain as positive as possible, look for win-win.
- Be prepared to step out of your comfort zone and avoid being overly cautious. Be open to trying new things and new ways of doing things.
- Some cynicism is healthy but an overly sceptical view, and a tendency to mistrust, can lead to dislike of all change and inertia.
- Be prepared to develop effective responses and create solutions to new challenges.

Where there is not a supportive or collaborative climate

- Be open and direct about your objectives and concerns in helping to defuse conflict and improve relationships.
- Be aware of the trap of taking an overly pessimistic view of difficulties in work relationships.
- As far as possible, try not to take things too personally and approach difficult situations by focusing upon the issues, not the personalities involved.

Where there is a lack of a sense of purpose

- Create time for yourself, following your interests and things you enjoy, helping you remain positive.
- Develop your personal responsibilities and focus on doing the right things as well as you can.
- Try to evaluate the aspects of your job that are most important and beneficial to others.
- Be prepared to take opportunities to challenge and ask pertinent questions, e.g. why are we doing this?

If any of the above areas are appropriate to you what will you do first?

What will you prioritise?