

THE SUNY SAIL INSTITUTE PRESENTS

*LEADERS
LEARNING
LIVE*



SAIL INSTITUTE

*Empowering Strategic, Academic,
and Innovative Leadership*

Leaders Learning Live: *Personal and Organizational Resilience*

Interviewer: Carolyn Mattiske, Associate Director, SUNY SAIL Institute

Guest Speaker:

- Chet Warzynski, SAIL Leadership Strategist

Housekeeping

- We will start right at noon
- Enter questions in the Chat
- This webinar will be recorded

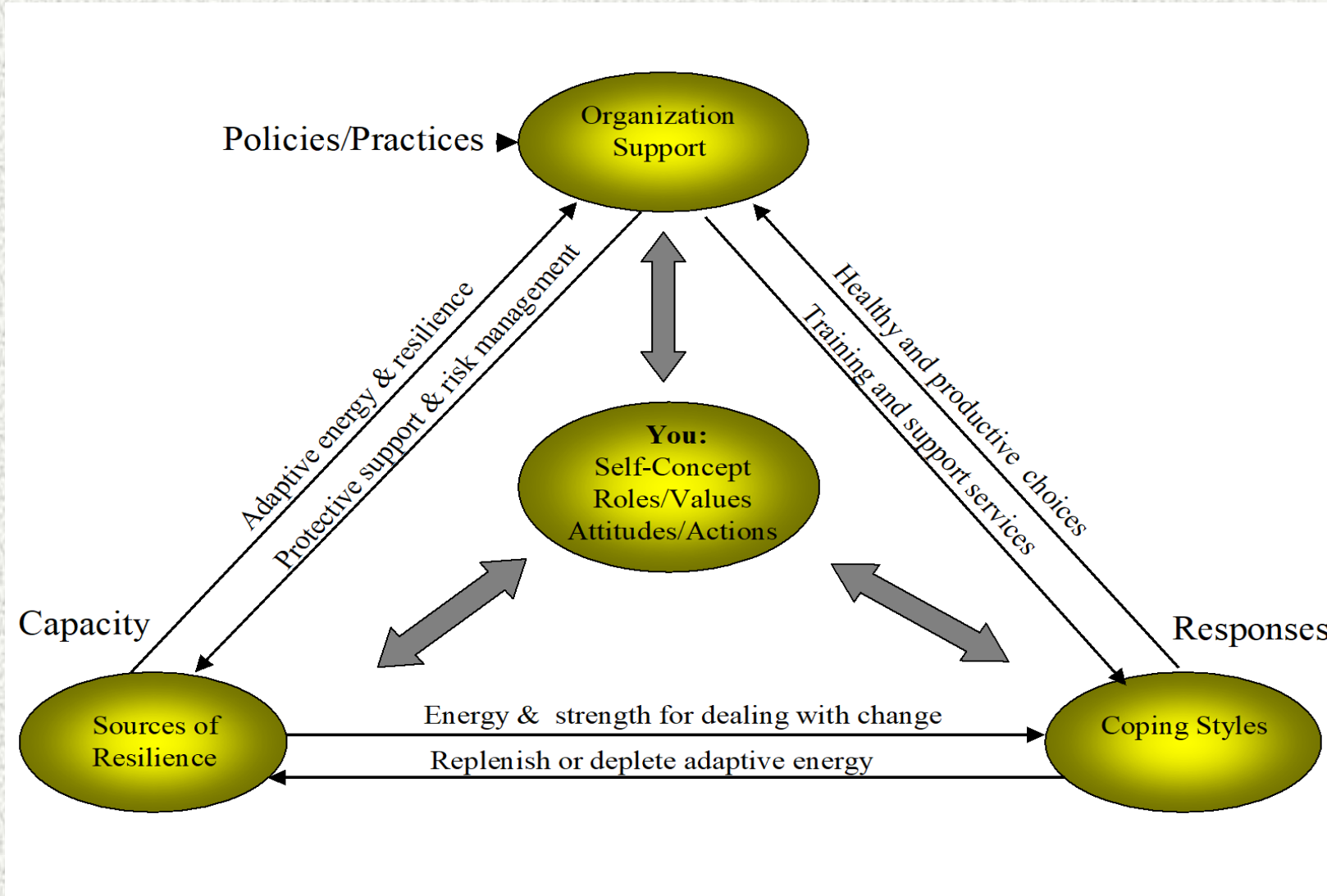
Learning Outcomes

- Increase self-awareness and understanding of how to deal with loss
- Examine evidence-based approaches for building personal and organizational resilience
- Understand healthy and unhealthy ways of coping
- Develop a theory (and strategies) for building resilience based on group experience

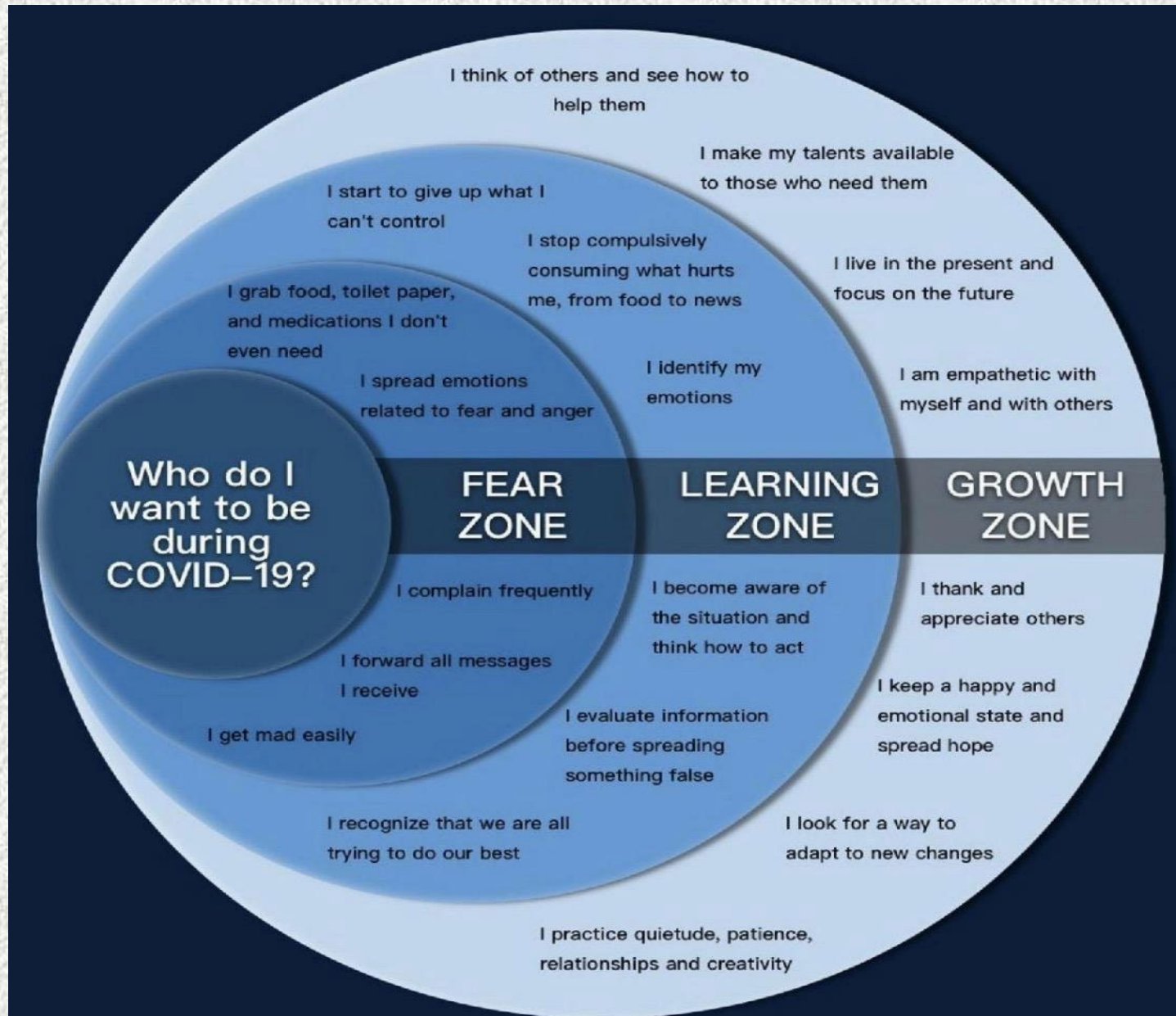
Grit Test

<https://angeladuckworth.com/grit-scale/>

Key Components of Resilience



From Fear to Growth



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We want your feedback!

<https://www.surveymonkey.com/r/ResilienceLLL>

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