# bulletproof performance

# Resilience Under Pressure







Building a 'Gameplan' to successfully execute the six key competencies of managing change and challenge in the workplace, which are: Adaptability, Confidence, Purpose, Social Connection, Transparency & Energy.

#### **Awareness**

- 1. What does resilience mean to me personally & professionally?
- 2. Think>Feel>Do
- 3. The 6 key actions of resilience

# **Identify**

- 1. Personal and professional impacts
- 2. Resilient perspective, managing expectations
- 3. The 'Resilience Guide'

## **Transform**

- 1. Building our "Resilience Road Maps"
- 2. Identifying resilience roadblocks
- 3. Building a set of professional & personal resilience convictions

### **Future**

- Resilient behaviour impacts on the delivery of the organisation's values
- 2. Depositing into my resilience bank
- 3. Looking out for others







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