RESILIENCE

Presented by:

Derek Herrera
CEO – Founder at Spinal Singularity
UCLA Anderson School of Management Class of 2015
1st Marine Raider Battalion (MARSOC)
In this session we will...

- Discuss the importance of resilience in our work lives
- Listen to my personal story about how to draw upon your resilience to move through transformative change
- Reflect upon and discuss actions we can take in our own lives to build more resilient capacity
Definition.

Resilience is...

“...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means ‘bouncing back’ from difficult experiences.”

- American Psychological Association
Resilience research consistently reveals the same points:

- All individuals have the power to transform and change
  - Resilience is moderately genetic, but you can build your own resilience by challenging yourself and putting yourself outside of your comfort zone
  - Resilience is a set of learned behavior, attitudes and work patterns that allow you to keep going and growing, even in difficult or uncertain times
  - “eventually you develop a psychological toolbox that can help you overcome tough times” (Dr. Dennis Charney)
Why is **resilience** important in today’s leaders?
What levers are available to you to build resilience?

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Happiness and freedom begin with a clear understanding of one principle. Some things are within your control. And some things are not.

--Epictetus
Challenge:

Take Charge

Take Action

Put your team first
Group discussion:

When have you encountered a significant change at work?

How did you respond?
As you reflect upon the story I shared with you, the stories from others, and your own experiences, which levers are most instrumental to you when you move through change or deal with difficult times?