



Building Resilience

A Focused Learning Plan

Resilience has been getting a lot of attention recently— and for good reason. Building resilience will help you develop healthy strategies for overcoming adversity.

1. **Watch “Shift Your Mindset to Build Resilience”**



60 mins



Webcast Recording

Begin by exploring 8 factors that will help you build resilience, including the ABC Model you can use to take back control when difficult situations arise.

2. **Watch “Creating an Inner Coach Stronger than Your Inner Critic”**



60 mins



Webcast Recording

Building from the 8 factors of resilience and the ABC model, learn to recognize and develop your inner coach. This webcast explores the neuroscience of the undermining voice, the 4 types of inner voices that undermine courage, confidence, and resilience, and how your inner critic enters into your personal and professional lives.

3. **Read “Building Leadership Resilience in Higher Education”**



30 mins



Whitepaper

Now that you have a solid understanding of how you express resilience, take the next step and learn how to use resiliency to lead in any situation. Not only will you walk away with a solid understanding of the role resilience plays in effective leadership, you’ll be connected to other resources, presented with activities, and receive practical strategies for developing resilience in leadership.

4. **Complete & Submit Your Final Reflection!**

Please complete all of the reflection activities on the next page. Don’t forget to submit your work once it’s complete.



Building Resilience

A Focused Learning Plan

Please confirm that you've completed each of the following activities:

I have watched "Shift Your Mindset to Build Resilience"

I have watched "Creating an Inner Coach Stronger than Your Inner Critic"

I have read "Building Leadership Resilience in Higher Education"

Then, answer the following reflection questions:

1. Think of a past or anticipated obstacle you face. Apply the ABC model (Adversities, Beliefs, and Consequences) to create a plan to help you work through that obstacle.

2. Apply your knowledge of undermining voice and how to track negative thoughts and patterns to craft a constructive inner-coaching message for yourself.

Once you're done, submit your work to receive proof of completion.

Please email your completed PDF to austin@academicimpressions.com

If you would like us to notify your supervisor of your completion of this focused learning path, enter their email in the box below.