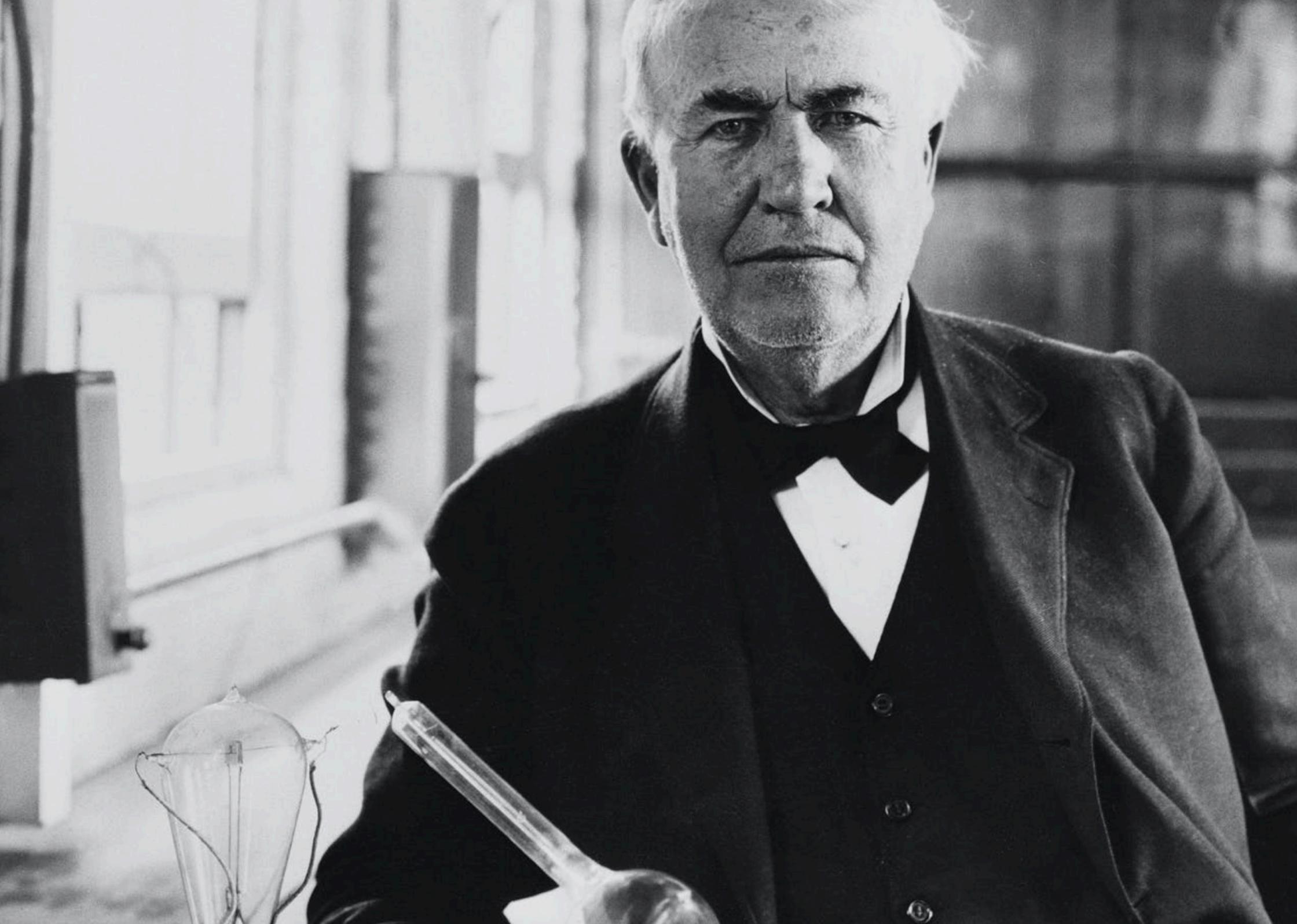




The Resilient Leader

Scott Pilgrim

L
CROSSWAY





What could have
destroyed him

Therefore, since through God's mercy we have this ministry, we do not lose heart.

2 Corinthians 4:1

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

2 Corinthians 4:8-9

We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Corinthians 4:10

Therefore, we do
not lose heart.

2 Corinthians 4:16

Resilience

Not just flavour
of the month

Not just “bounce back-ability”
or “being bulletproof”

“Not unique to leaders,
but essential for effective
long-term leadership”

– **Kavin Rowe**

Why do some people adapt to stressful situations better than others?

Why do some people
recover from adversity
better than others?

Why do some manifest a capacity to cope with higher work demands than others?

Why do some remain
more optimistic and
solution focused than others?

Why do some cope with
change better than others?

Resilient individuals resemble a twig with a fresh green, living core. When twisted out of shape, it does not break, instead it springs back and continues growing, stronger as a result of the adaptability experience.

– **George Vaillant**

Not toughness, but rather
lived hope in the real world.

– **Kavin Rowe**

Building resilience

Five key capabilities

Roffey Park – Resilience Capabilities Model



Perspective

Living with uncertainty

“now and not yet”

– Seligman

Short-term versus long-term

Opportunity/growth focus

Emotional intelligence

Purpose + Strengths

Clear sense of personal purpose + values
Priorities' alignment
Aligned with strengths/call
New discoveries

Connections

“Resilience rests
fundamentally
on relationships”

Embracing hope through

Connection with God
Connection with others

**A vital aspect of
Christ-like community.**

How we can build resilience in
community at Crossway?

Physical energy and renewing activities

Exercise

Sleep

Diet Hobbies/Relaxation

Joyful/soulful activities

1000 UK Leaders

Work-life balance

Personal challenges

Physical health

Your biggest challenges?
What is God saying today?
Where do you need help
or change?

“Because of God’s
great mercy and grace
we do not lose heart.”

TCROSSWAY