

Resilience - What makes a Resilient Leader?



"They don't believe Failure is a permanent condition"

That's from Angela Duckworth's excellent TED talk on 'Grit' ([2-min clip here >>](#)).

Last week, we quoted a study that the #1 most-desired Leadership Characteristic, *by leaders*, is [the ability to stay calm and collected](#). It's not IQ that makes an effective leader. Not talent, not social intelligence. It's Resilience.

Resilience is our ability to adapt and recover when things don't go as expected. To persevere through hardships, to reshape them into a tool of positivity, and to actively learn from them.

As an extreme example, think of Nelson Mandela emerging from 27 years in prison with a smile on his face.

What makes a Resilient leader?

- They view failure as a chance to learn, not a personal flaw
- They accept there are things out of their control, and focus on what they can control
- They have their own motivations inside and outside work, relationships and personal goals

Resilience is infectious when experienced

Modern Leadership Development has had trouble with Resilience. Like many facets of excellent leadership, some consider it unteachable; a natural part of a person's personality, or an attitude developed through their own hardship, which cannot be learned.

Thankfully, most have caught up that it was the teaching tools that weren't ready. Exposing your leaders to a continuous learning environment and the example of their resilient peers is the most effective way to spread development.

So [here's an Infographic to help your own development](#), and a 2-Word Tip...

A fun but useful exercise going round one of our Healthcare communities right now, where personal resiliency is challenged daily, is to jokingly shout '**Plot twist!**' when an unexpected issue comes to derail your day plan.

It's a simple tool to stop the wallowing and move on from your own mental 'plot' of how the day was going to go so you can start acting upon the changes immediately.

And being able to laugh is tremendously powerful for Resilient leaders.

[Click Here for '8 Steps to Personal Resilience' >>](#)



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<https://www.theleadershiphub.com/blog/resilience-what-makes-resilient-leader>