

This guide is not intended to be the definitive guide to resilience, it is a collection of tools, articles, and resources on the subject, curated so that you have an overview of the topic all in one place. Resilience is a term which is widely used and mis-used in business and in life but what do we understand by the term? The Cambridge dictionary defines it as:

**“Resilience:** *The ability to be happy, successful (etc.) again after something difficult or bad has happened*”

**The Secret Formula for Resilience;** In this article from the New Yorker Maria Konnikova asserts that we need to get back to the root of what resilience really means and to recognise that we can build a core set of skills to enable us to be more resilient.

## SOME OF THE RESEARCH

**Conceptual frameworks and research models on resilience in Leadership:** Janet Ledesma’s article explores how the conceptual frameworks and research models on Resilience relate to the field of Leadership development.

**Executive coaching enhances goal attainment, resilience, and workplace well-being:** Anthony Grant et al’s research on the contribution that executive coaching can make to resilience and workplace wellbeing published in the Journal of Positive Psychology.

## BUSINESS RESILIENCE

**Business resilience:** A collection of articles on Business Resilience published and collated by McKinsey in their Featured Insight series.

**How to build business resilience:** This article from Financial Management magazine was written in response to Covid-19 and explains how leaders can build resilience in the businesses they lead.

**The resilient mindset:** Slides from an interactive CRF event delivered by Katharina Lang, Professor of Leadership, IMD Business School, cover how to adopt a resilient mindset in a crisis.

**A step in the resilience direction:** In this article from HRD magazine Dr Eleanor Murray of Oxford Saïd Business School posits that building organisational resilience using an OD approach could give organisations a much-needed edge.

## FOR YOUR COACHING

**10 ways to build personal resilience:** For your reference or for use with clients some graphic representations of how you can build personal resilience.

## BUILDING AND MAINTAINING RESILIENCE

**Building resilience:** The Harvard Business Review Insight Centre have helpfully curated a series of their published articles on aspects of resilience and burnout here.

**Resilience skills:** Leslie Riopel’s article published in Positive Psychology brings together the skills, factors, and strategies of the resilient person.

**Resilience:** How do you build and develop your resilience skills – this practical guide from Skills You Need gives us some tips and tools.

**Resilience activities and exercises:** Positive Psychology have also developed a kit of resilience building tools and exercises.

## TED TALKS

**Grit:** It is no accident that Angela Lee Duckworth’s TED talk on Grit has been viewed by over 20 million people.

**How failure cultivates resistance:** In his research for NASA, clinical psychologist Raphael Rose discovered that failure is key to creating resilience.

## PODCASTS

**The Resilient Leader:** 3 leaders tell their personal stories on this podcast series produced by Deloitte.

**Resilience and Leadership:** In a wide-ranging discussion, leadership coach Kirstan Marnane and Meyler Campbell Chairman Daniel Burke explore the topic of how we can lead ourselves and develop our resilience simultaneously.