

LEADERSHIP DEVELOPMENT

Building resilience

Stress & time management

Selected workshop content



Resilience in everyday leadership

Recognize your limits.
Choose your next step.

Pressure can be real even when you are leading well.

HONOR YOUR CAPACITY

Notice what you can sustain and what needs to change.

INVOLVE OTHERS

Ask for support, perspective, or a clearer priority.

How stress shows up

Think of a recent moment when pressure affected your leadership.

Reflect individually, then share what feels useful with a partner.

- 01** What did you notice in yourself?
- 02** What story were you telling yourself?
- 03** How did you respond to others?
- 04** What would you like to do differently?

A deliberate reset

**Pause long enough to choose
a more useful response.**

01

Notice

What happened?
What am I feeling?

02

Question

What do I know?
What am I assuming?

03

Choose

What response would
help the situation?

The Eisenhower Matrix

Sort work by importance and urgency.

	URGENT	NOT URGENT
IMPORTANT	DO Address a time-critical issue.	SCHEDULE Protect time for meaningful work.
LESS IMPORTANT	DELEGATE OR RENEGOTIATE Clarify who should own the task.	ELIMINATE OR LIMIT Reduce work with little value.

Where is your energy going?

Identify one drain and one way to restore energy in each area.

AREA	WHAT TO NOTICE	A POSSIBLE RESET
Physical	Sleep, movement, meals, breaks	Protect a real lunch break.
Mental	Focus, decisions, overload	Reserve one period of focused work.
Emotional	Relationships, difficult conversations	Ask a trusted peer for perspective.
Purpose	Meaning, values, visible impact	Reconnect one task to why it matters.

Apply it to your week

Bring one real leadership challenge.

Discuss with a partner or small group.

Priorities

What deserves protected time?

Energy

What is draining your capacity?

Support

What could you ask for or renegotiate?

One commitment

**What will you try
this week?**

I will...

Starting...

I will ask... to check in with me.