

# LEAD WELL

## KNOWLEDGE

### RESILIENCY

#### SUMMARY

Resiliency is a key core skill leaders need to navigate the challenges and obstacles that exist in executing good work. There are many applications of resiliency - for this video the focus is compartmentalization. Leaders often have multiple projects and responsibilities at the same time. How can they prevent a major problem in one area not to take over all areas? Having the skill to be able to compartmentalize is the answer. It is really hard - yet worth the effort.

#### REFLECTION

Do you know yourself well enough to be able to monitor if a hard problem in one area of life is affecting other parts of life? As a human you know it will affect you to some extent - yet can you contain it enough to still be able to function well?

#### ACTIONABLE ITEMS

- Make a list of 4-5 key areas of life whether be projects, relationships, roles. On a scale of 1-10 - 1 being low stress and 10 being extremely stressful and problematic put a number by each one.
- How can you compartmentalize any area you scored an 8 or above so it doesn't take out the other areas of life? What resources do you have to help you do this?