

## PRAESTA PROMPT: A PAUSE FOR REFLECTION

### Looking after your resilience

Our working lives have been turned upside down in recent months. We have sometimes felt elated by what we have been able to move forward. On other occasions we have felt dejected, frustrated or impotent. We may have felt underappreciated and taken for granted. We may have suffered from what has felt like unreasonable and inappropriate behaviour by others.

**How best might you review where you are and what frame of mind will be helpful in this next phase?** Here are some questions to think about before you plunge back into the fray.

#### Taking stock

1. What have I learned about what helps me maintain my equilibrium and what can derail me? What is the shift I have made in my way of looking at the world?
2. What positive and negative behaviours have I observed in leaders around me, and what has been the effect on me and others? How have I learned from what I have observed?
3. What have I added to my leadership toolkit?

#### Looking forward

4. How can I bring grounded optimism if the road ahead looks tough, encourage others to put setbacks into perspective, and inspire confidence we will find a way through?
5. Might I show more curiosity about what drives others behaviours when they upset me, and look for ways of understanding each other better?
6. What might need to grow and develop in me, to help me manage difficult relationships?
7. Am I dwelling on what might have been and blaming myself for mistakes, rather than learning and moving on?
8. How best do I create reflective space so I can take back control of my priorities, look after my wellbeing, and give others the leadership they need from me?
9. How might I show my appreciation to family and friends for the support they have given me?
10. What am I going to seek to enjoy in my work as I look ahead?

These ideas take forward the thinking in the Praesta Insight booklets 'The Resilient Leader' [click here](#) and 'The Resilient Team' [click here](#). For the accompanying video, [click here](#).