



# Growing Resilient Leadership

Practices for a healthy mindset and lasting impact



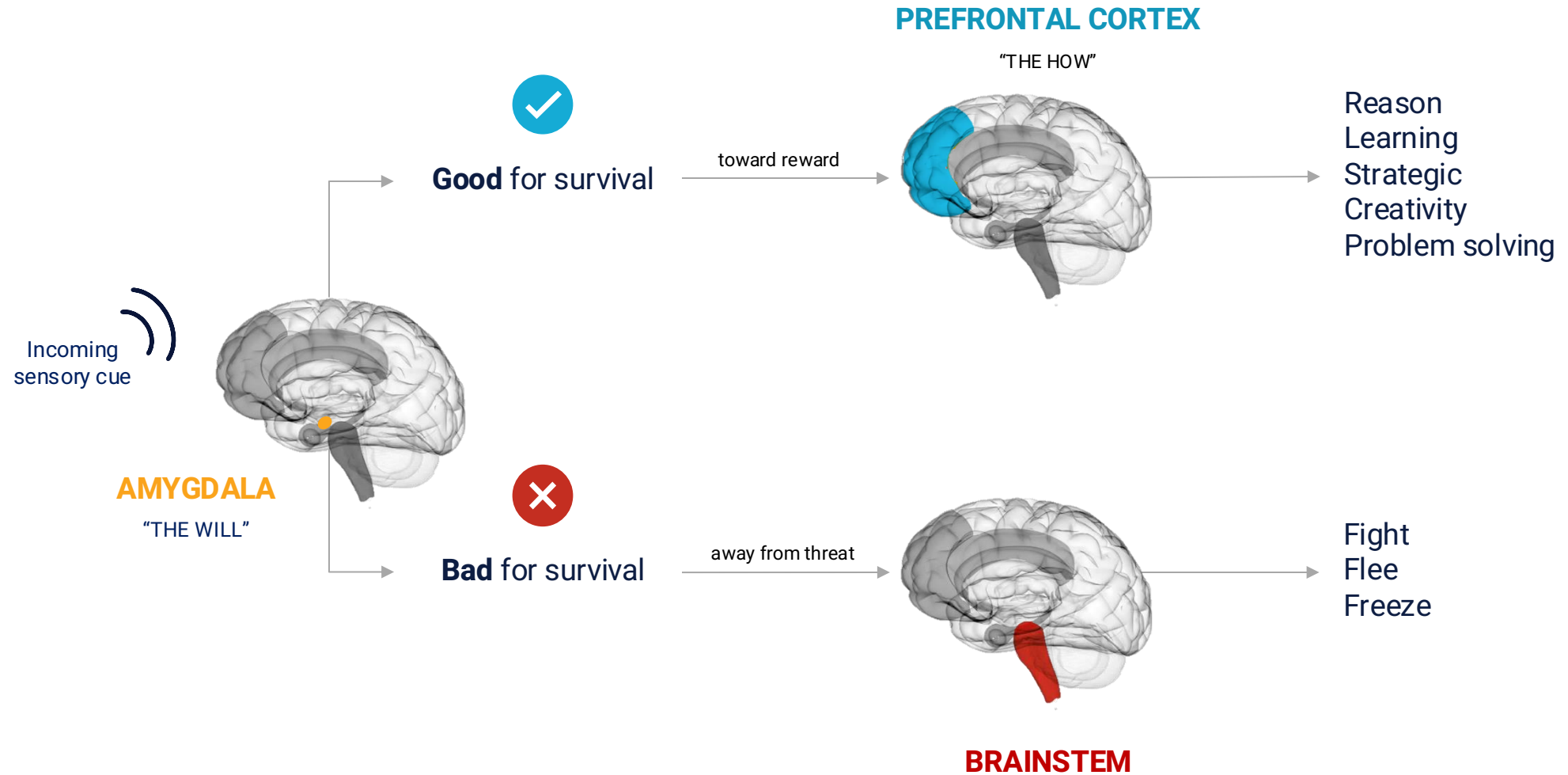
**Healthy leaders** leading  
healthy organisations will  
have the greatest impact.

"For you created my inmost being;  
you knit me together in my mother's womb. I praise you  
because I am fearfully and wonderfully made; your works are  
wonderful; I know that full well..."

Psalm 139:12-13 (NIV)

# Brain functions

The brain as an optimising system



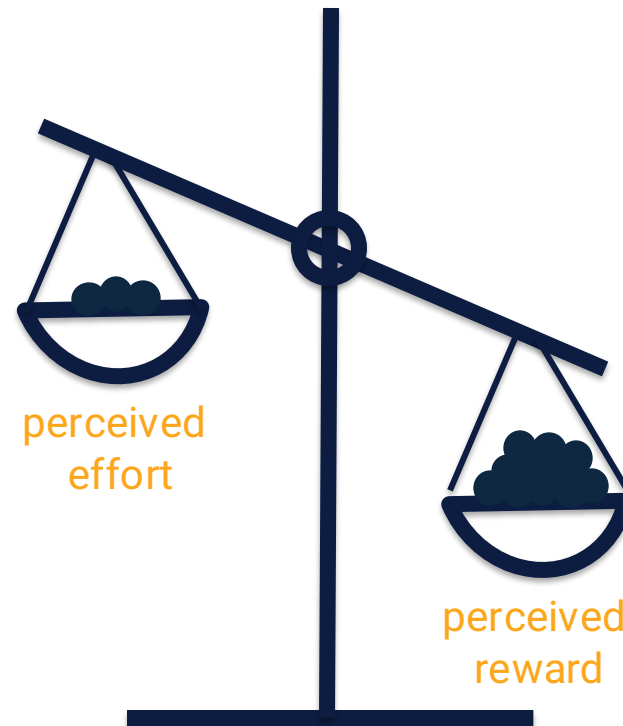
# The energy allocation formula

Balancing reward with effort.



# The energy allocation formula

Perceived reward > perceived effort



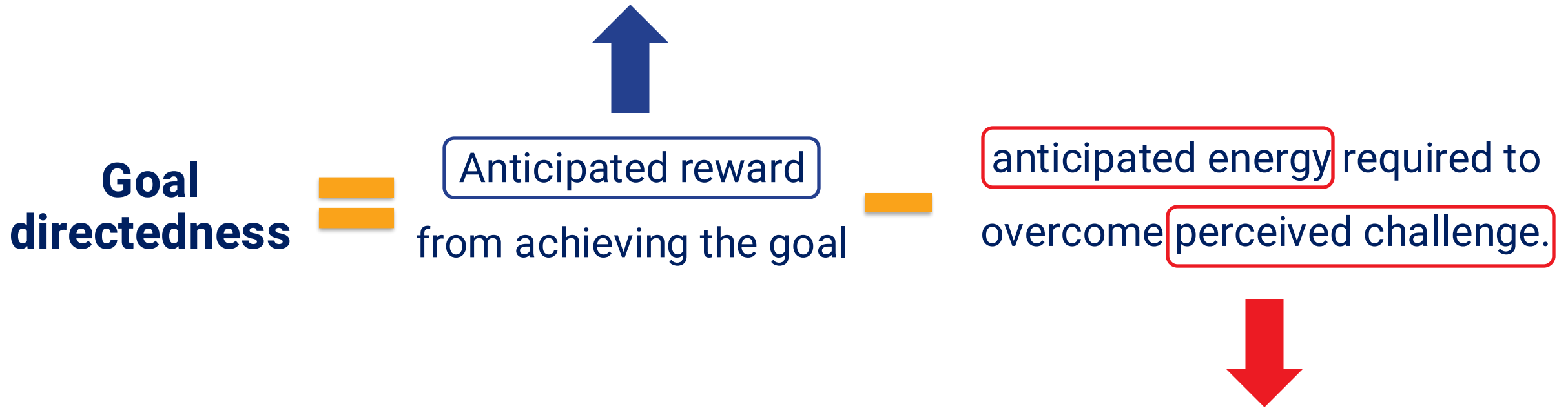
This task/ activity/ goal is worth pursuing for my survival. I will assign energy to drive it.

# The energy allocation formula

Perceived reward > perceived effort



This task/ activity/ goal is not worth pursuing for my survival. I will withhold energy to drive it.



Why does this matter?

What we **anticipate and perceive** is influenced by our **mindset**.



"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you."

Philippians 4:8-9 (NIV)

"For the joy set before him he endured the cross..."

Hebrews 12:2 (NIV)

"The joy of the Lord is your strength."

Nehemiah 8:10 (NIV)

# Putting it into practice



Increase the value of your goals

- Prayer - awareness
- Envision goal - belief



Negative thought patterns (ANTs)  
Destructive habits

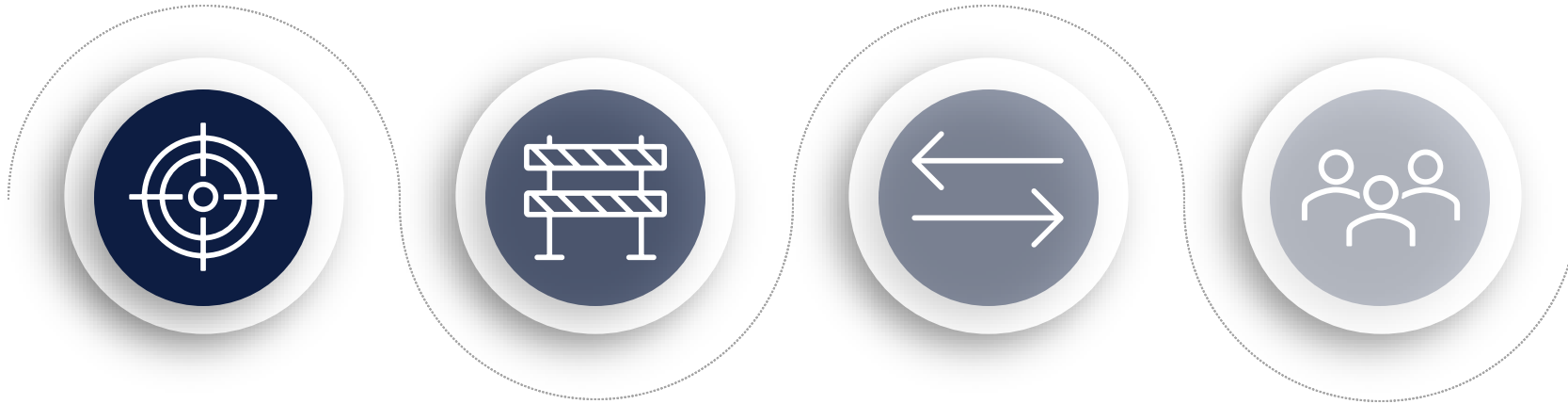


Character strength practices |  
Gratitude, Curiosity, Humor,  
Enthusiasm, Optimism



Character strength practices |  
Curiosity, Optimism

# Making it happen



Make a  
conscious  
**decision**

Add or  
remove  
**barriers**

Have a **plan**  
or **substitute**

Community &  
**accountability**

# Fifty<sup>54</sup>Four

THE CAPACITY COLLECTIVE



ASSESSMENTS



COURSES &  
RESOURCES



LIVE  
LEARNING



WHATSAPP  
COMMUNITY

Thank you!

**L**IVE LEARNING  
with a specialist