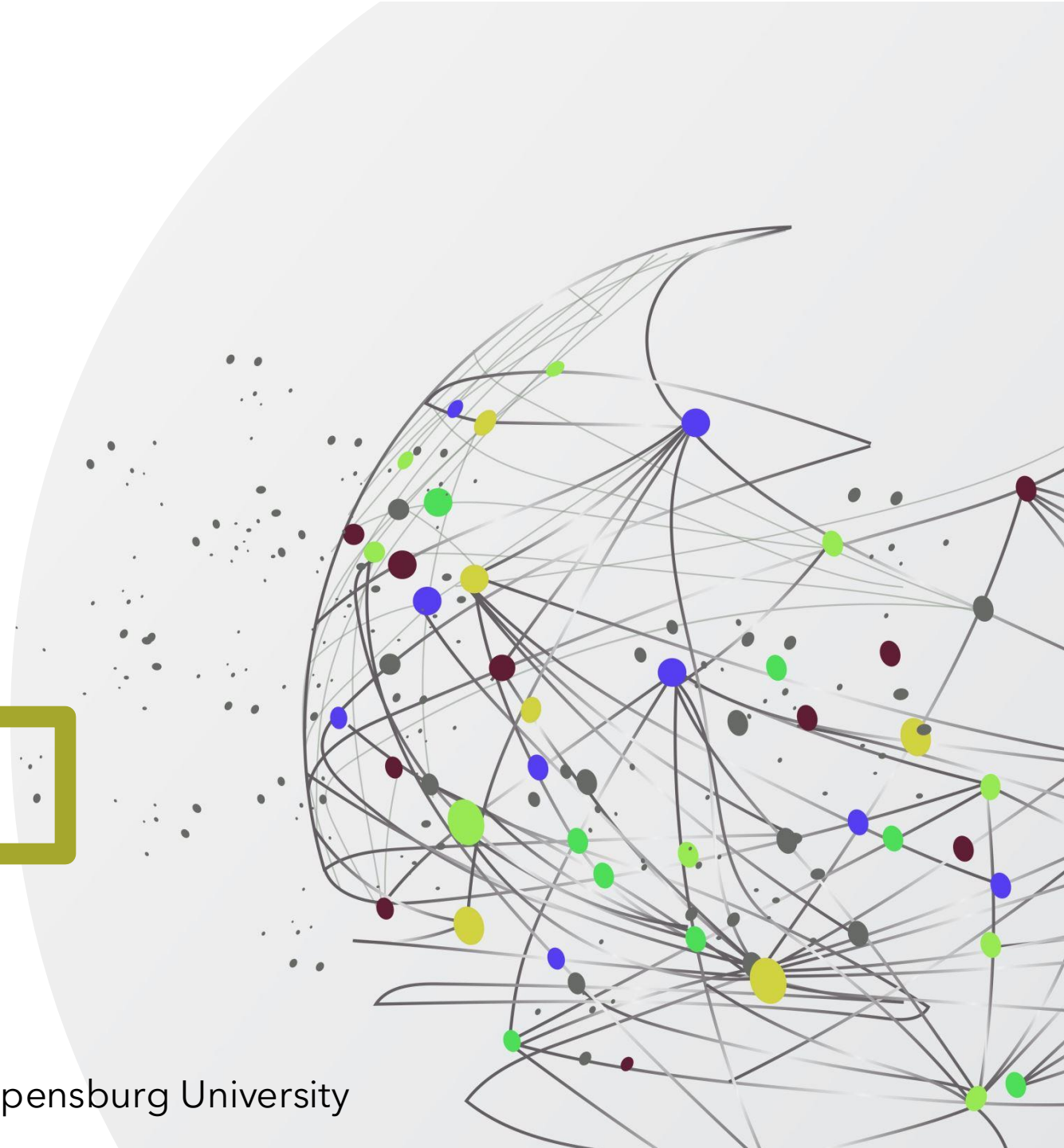


Resilient Leader

PA Bankers Association
Career Development &
Internship Experience
Program



Presented by Toru Sato, Dept. of Psychology, Shippensburg University





Introductions

- Toru
- Arriving in the moment

Participants – thought/feelings you noticed

Zoom Poll

What is a Resilient Leader like?



Resilient leaders recognize 4 Layers of All Beings

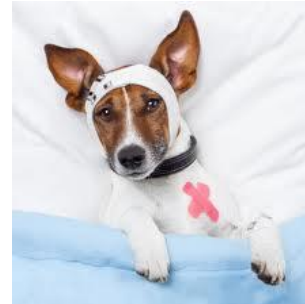
1.



2.



3.



4.

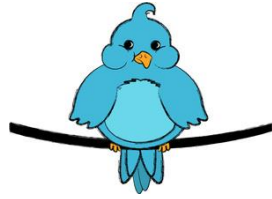


Eric & Homeless man

Your Life Example:
Layer 2 & 3 in another person
Breakout Group



All thoughts & Feelings are Layers 1, 2, & 3



Dance - Blue Bird
Little wave big wave
Querencia

Resilient Leaders Manage Stress Well

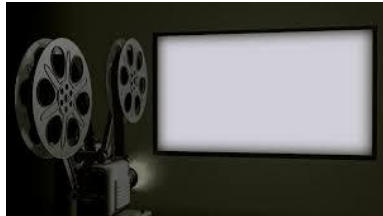


Mindfulness Meditation

Focus on Breath

Observe Thoughts & Feelings
Which layers are they from?

Breakout Group



*"What we are looking for
is what is looking" - layer 4*

St. Francis of Assisi



1. We can choose our thoughts
2. We have all we need to face all of our challenges

Resilient leaders & Social Conflict

A. The high road

1. Realizing that the other person needs
our understanding – recognizing our layer 4

Active Listening - Why is this important?

"Perhaps all the dragons in our lives are princesses who are only waiting to see us act just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that needs our love."

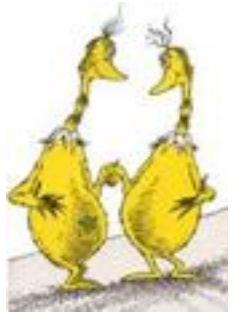


Rainer Maria Rilke



Resilient Leaders & Social Conflict: High Road cont.

2. Leading by example
(what would a mature person do?)
Trusting our deeper selves (layer 4)
3. If emotionally hijacked
taking a time out
(min. 30 minutes)



Attachment to being right creates suffering. When you have a choice to be right, or to be kind, choose kind and watch your suffering disappear.

— Dr. Wayne Dyer

zentips.org

Resilient Leaders & Social Conflict (cont.)

B. The human road

Setting boundaries

a. Subtle signals - change topic - non-verbals

Politely escaping the interaction

b. Accepting & expressing our own insecurities

- "I statements" (layer 3)

instead of blame - "You statements" (layer 2)

c. Making a request



Breakout groups - Response to rejection/criticism

Resilient Leaders & The Work

<https://www.youtube.com/watch?v=CHdM96nrh6w> first 18min

Complete worksheet

https://thework.com/wp-content/uploads/2019/07/jyn_en_mod_6feb2019_r4_form1.pdf
complete up to #4

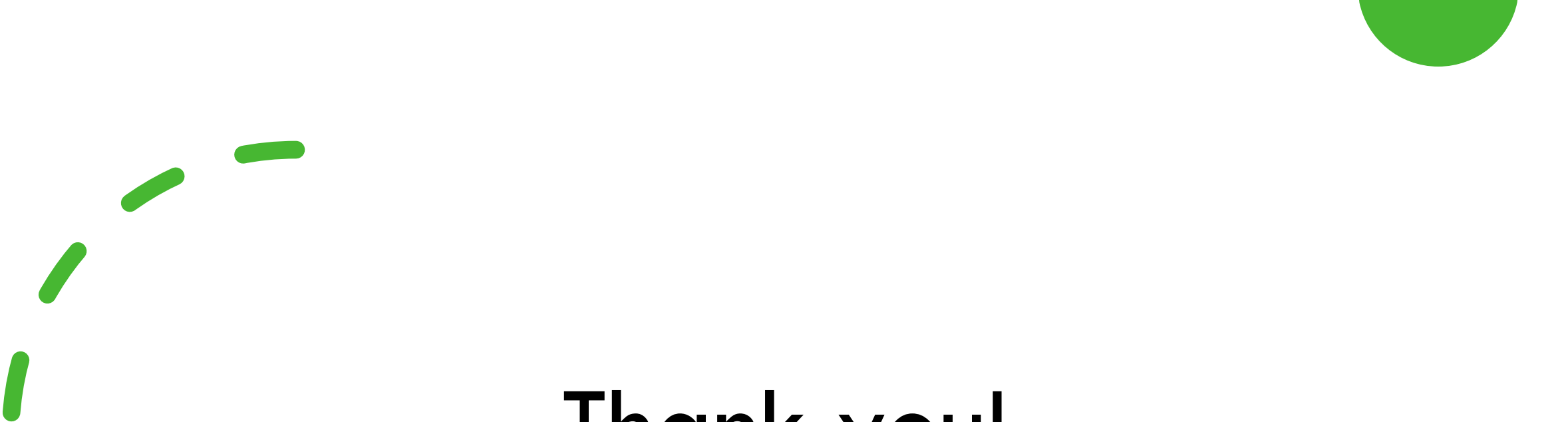


Byron Katie

- 1) Is it true?
- 2) Can you absolutely know that it's true?
- 3) How do you react, what happens,
when you believe that thought?
- 4) Who would you be without that thought?
Turn it around

Role Play – My workers do not appreciate my leadership

All beliefs & feelings are Layers 1, 2, & 3



Thank you!

Questions & Comments