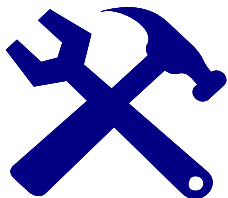


INFLUENCING
RESILIENCE
TIP SHEET

#1

ROLE MODELLING



Leader Tool #1: Role Modelling

Most leaders nowadays understand that what they THINK, FEEL, SAY and DO is the single greatest tool of influence that they have as a leader. As such, being a positive role model of resilience is one of the most powerful tools that you have available to you for influencing resilience in others.

In fact, Albert Einstein said

“ *Setting an example is not the main means of influencing others, it's the only means* ”

This Tip Sheet is designed to provide you with some hints and tips on how you can role model resilience.

Hints and Tips to Role Model Resilience

1

Let your team know that you have done the Building Resilience course and encourage them to do the same.

2

Seek to demonstrate the mindset and behaviours of resilience as outlined throughout the Building Resilience – Leaders course.

3

If resilience is a strength of yours, share the strategies you use to deal effectively with change, challenge and adversity when a team member is managing a difficulty.

4

In team meetings, as well as in formal and informal conversations - demonstrate a resilient mindset and behaviours to organisational change and challenges.

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.