



# *Project* **RESILIENCE**

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# Serving & Leading with **RESILIENCE**

- Why?
- Develop Yourself.
- Reflection.
- Craft YOUR Recipe.



"We have to do tough things and feel our way through tough situations."

*Brene Brown*



# Why? RESILIENCE

Define ***your*** why?

Ask yourself “why do I do what I do?”

Buy-In

Why are you in your role? Why are you at **this** organization?

Does the Mission, Vision, & Core Values of your organization speak to your Why?



Self-Care

Continuing Education

Support Network

Peer Consultant; Mentorship



*Develop Yourself.*  
**RESILIENCE**

Pour into **YOU**.





# Reflection RESILIENCE

Acknowledge the past. Focus on the logic.

Now, reach into the logical side of your  
brain and do what is needed.

*Emily Endert*



*Craft Your Recipe.*  
**RESILIENCE**

Create the combination that works for **YOU**.





*Resilience is built with a solid foundation.*

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## Resilience Recipe

Confidence

Vision

Awareness

GRACE

Emotional Intelligence

Positivity

*Recipe for*  
**RESILIENCE**



*Thank you*  
**FOR YOUR TIME**