

8 Steps to Build Professional Resilience

Source: CCL

1. ACCEPT CHANGE

Find ways to become more comfortable with change.

2. BECOME A CONTINUOUS LEARNER

Learn new skills, gain new understanding, and apply them in times of change.

3. TAKE CHARGE

Take charge of your own career and your own development.

4. FIND YOUR SENSE OF PURPOSE

Help yourself to assess setbacks within the framework of a broader perspective.

5. PAY ATTENTION TO SELF-IDENTITY

Form your self-identity apart from your job. Stay true to your values.

6. CULTIVATE RELATIONSHIPS

Develop and nurture a broad network of personal and professional relationships.

7. REFLECT

Reflection fosters learning, new perspectives, and self-awareness.

8. SKILL SHIFT

Reframe how you see your skills, talents, and interests.