



# Staying the Course Through Turbulent Times: Resilience in Action

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## Learning Goals

1. Learn stress management strategies that support personal well-being and leadership effectiveness.
2. Explore evidence-based practices for building resilience and adaptability during uncertainty.
3. Identify techniques for maintaining team morale and productivity under pressure.



## Learning Goals

4. Practice decision-making frameworks for high-stakes, ambiguous situations.
5. Develop resilience strategies for leading with optimism and clarity during organizational change.



# **Resilience strategies to lead with :**

**Steadiness**

**Optimism**

**Clarity**

**...Ensuring you can guide your teams effectively  
through  
organizational transitions and turbulent times.**

# **The Science of Well-Being: Dr. Laurie Santos, Yale University**

## **Goal #1: Learn Stress Management Techniques...**



**Misconceptions about Happiness**

**Stuff that Really Makes us Happy**

**Putting Strategies into Practice**

# **Leadership Theories using ChatGPT**

## **Goal #2: Leading teams in uncertainty**

### **Transformational Leadership theory:**

**Charisma (inspires confidence, commitment, admiration)**

**Inspirational (articulates a compelling vision)**

**Intellectual stimulation (encourages creativity and challenges the status quo)**

**Individualized consideration (shows personal care and concern for team)**

# Leadership Theories using ChatGPT

## Goal #2: Leading teams in uncertainty...

### Authentic Leadership theory:

**Self-awareness (understand one's strengths, weaknesses, and values)**

**Transparency (accountable in word and deed)**

**Ethical behavior (internal and external moral perspective)**

**Makes decision based on people and organizational need**

# Leadership Theories using ChatGPT

## Goal #2: Leading teams in uncertainty...

### Servant Leadership theory:

Prioritizes the needs, growth and well-being of followers over their own interests.

Empathy (understanding and sharing the feelings of others)

Awareness (self-awareness and team awareness)

Commitment to the growth of people (supports development of others),

Foresight (acting in best interest of the team and organization)

Healing: Fostering well-being in others

## 5 Minute Exercise: Your Leadership Style:



**Which description best describes your leadership style?  
What is a main strength and what is an area for improvement?  
Share with a partner. 2 min per partner.**

## 10 minute exercise:

### Goal #3: Maintaining team morale and productivity under pressure

*From “How to Choose Your Leadership Words”. KMH Leadership Coaching and Development website. Exercise from 20 Powerful Words to Describe Your Leaders Style.*

What 3 words describe how I currently lead?

What 3 words describe how I want to lead?

What word would my team use that may surprise me?

**Select from the words on the next slide**

# 20 Most Powerful Words to Describe Leadership

(from KMH website)

**Grounded**  
**Intentional**  
**Discerning**  
**Visionary**  
**Creative**  
**Compassionate**  
**Authentic**  
**Decisive**  
**Bold**  
**Uplifting**

**Curious**  
**Empowering**  
**Transparent**  
**Measured**  
**Courageous**  
**Strategic**  
**Resilient**  
**Collaborative**  
**Accountable**  
**Aware**

## **Case Study: Revitalizing Student Engagement in a Post-Pandemic Campus**

**Goal #4: Practice decision making frameworks in high stakes situations...**

**Distribute handout created using MS CoPilot: 20 minutes**

## **Goal 5: Developing Resilient Strategies**

**Name 3 ways this presentation helps your leadership practice when you return to your institution.**

**Conclusion: Are you ready to lead with :**

**Steadiness**

**Optimism**

**Clarity**

**Ensuring you can guide your teams effectively  
through  
organizational transitions and turbulent times.**

# Questions?