

This is issue #3 in the series on leadership and mindset.

A leader can be a better contributor, learn to leverage whatever is encountered and enjoy the leadership journey or experience by managing mindset and being resilient.



Court Leadership — and Mindset —

MINDSET AREAS IN THIS SERIES



About this Series on Court Leadership and Mindset

Being a leader implies that one has acquired and mastered the knowledge, skills, and abilities to deal with whatever comes along or any situation that arises. We quickly learn that additional mindset skills may be useful - attitudes, perspectives, and awareness actions.

These competencies may help us react to and leverage how we experience events, increase stamina, decrease stress, and expand satisfaction.

In this issue, we examine resilience and adaptability.

This Issue: Resilience and Adaptability



"Resilience is all about being able to overcome the unexpected. The goal of resilience isn't to just survive but thrive."
Jamais Cascio, Author

"Each of us makes his own weather, determines the color of the skies in the emotional universe." Bishop Fulton J. Sheen

- ◇ Perseverance
- ◇ Rebounding
- ◇ Endurance

Traits of Being Resilient and Adaptable Include the Ability to:

Apply mental toughness when under pressure
Remain calm and collected
Use determination and perseverance
Practice self-discipline
Avoid negative thinking traps
Embrace challenges and setbacks as opportunities
Learn from experiences and seek feedback
Stop seeing experiences as catastrophic
Try mental toughness like a muscle to be flexed
Employ mental strength during challenges
Exercise resilience abilities to enrich experiences

Identify support sources and expand the network
Leverage relationships and interactions
Reflect and seek input
Cast off self-criticisms and negative self-talk
Navigate and cope through challenges
Take chances and embrace life
Maintain work life balance
Use healthy habits at work and at home
Set a good example and know when to delegate
Pursue wellness and balance
Connect challenges to the larger purpose

Use Connections and Networking for

- Support and encouragement
- Humor for the situation or circumstance
- Focus on the meaning and purpose
- Making sense of people and politics
- Helping to see a path during challenges

Try Resilience Practices

- Physical activity
- Social connections
- Gratitude for experiences
- Mental attentiveness and mindfulness

Resources

H. Mackay, Mental Toughness Defines Champions, Arizona Republic, 1/12/26; K Reivich, A. Shatte, The Resilience Factor, 2002; T. Davis, Get Better – 15 Proven Practices to Build Effective Relationships at Work, 2017; R. Cross, K. Dillon, D. Greenberg, The Secret to Building Resilience, HBR, 1/29/2021; K. Fernandez, C. Clerkin, M. Ruderman, Building Leadership Resilience: the CORE Framework, Center for Creative Leadership, 2020; J. Flaum, B. Winkler, Improve Your Ability to Learn, HBR Special Issue, Spring 2022; V Li, L. Moran, M. Reynolds, A. Robert, S. Ward, 40 Wellness Tips to Help Lawyers Cope with Job Pressure, ABA Journal, 4/1/2022; O. Degnan, Leadership Resilience, LinkedIn, undated.