Resiliency in the Virtual Environment
Presented by Pamela Sumner
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The playbook for working remotely that existed even a month ago has been thrown out the window. What challenges do you face when working in a virtual environment?
Webinar Objectives

In this webinar we will explore resiliency in the virtual environment:

• Factors within and beyond our control,
• Acceptance based coping and
• How to connect to a place of inner peace.
Resiliency is what you seek more of as you face planned and/or unplanned life changes and challenges.
No matter how you spell it, **Resiliency** refers to your capacity to handle change and the difficulties, demands, and stress that come with the choices you make.
The World is Changing

Times are changing, and as a result, things on the job are changing too.

Driven by technology, information and people global changes are rapid and complex, and loaded with challenges!

If you try to manage change the same way you’ve managed a stable routine situation, you will struggle.

It’s time to switch gears, it’s time to implement a personal and professional resiliency strategy.
CHANGE is often both rapid and complex!
Rapid + Complex = Raplexity
Change Versus Transition

It’s not the change that does you in… it’s the transition.
Transition Curve

- Betrayal
- Denial
- Identity Crisis
- Search for Solutions
- New Way

Ending
Transition Curve to Resiliency

Cope  Adapt  Explore  Create

New Way

Ending
Transition Curve to Resiliency

Ending: Information

Transition: Support

New Way Vision
Transition Curve to Resiliency

Ending: Information

Transition: Support

New Way Vision
Those Factors Within & Beyond Your Control
Those Factors Within & Beyond Your Control

Know What You Can Influence!
Acceptance Based Coping means coming to peace with the current situation, instead of trying to alter or deny it.
Three Guarantees of Change

• First Guarantee: Change won’t go away, it will only go faster.
Three Guarantees of Change

• Second Guarantee: No matter how well planned, change is rarely problem-free.
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• Second Guarantee: No matter how well planned, change is rarely problem-free.
• Third Guarantee: Each of us is accountable for embracing change and becoming resilient.
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• Second Guarantee: No matter how well planned, change is rarely problem-free.

• Third Guarantee: Each of us is accountable for embracing change and becoming resilient.
Inner peace is a choice and many of your habits determine how much peace you experience in your daily life and within your virtual environments.
Connecting to a Place of Inner Peace

1. Focus your what you can control or have some degree of influence over
2. Take care of you
3. Do good deeds
4. Be assertive
5. Avoid trying to change others
6. Be true to yourself
Gain Resiliency in the Virtual Environment
Resiliency is born of:

• Optimism
• Flexibility
• Innovation
• Risk Tolerance
• Stress Tolerance
Thank you.

Next Webinar is 04/21/20 @ 11:00 am
“How to Stay Mindful When Working From Home” Karen Klingberg
• nbdc.unomaha.edu/training
  • 402.554.2521
  • nbdc@unomaha.edu