

Resiliency in the Virtual Environment

Presented by Pamela Sumner





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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.

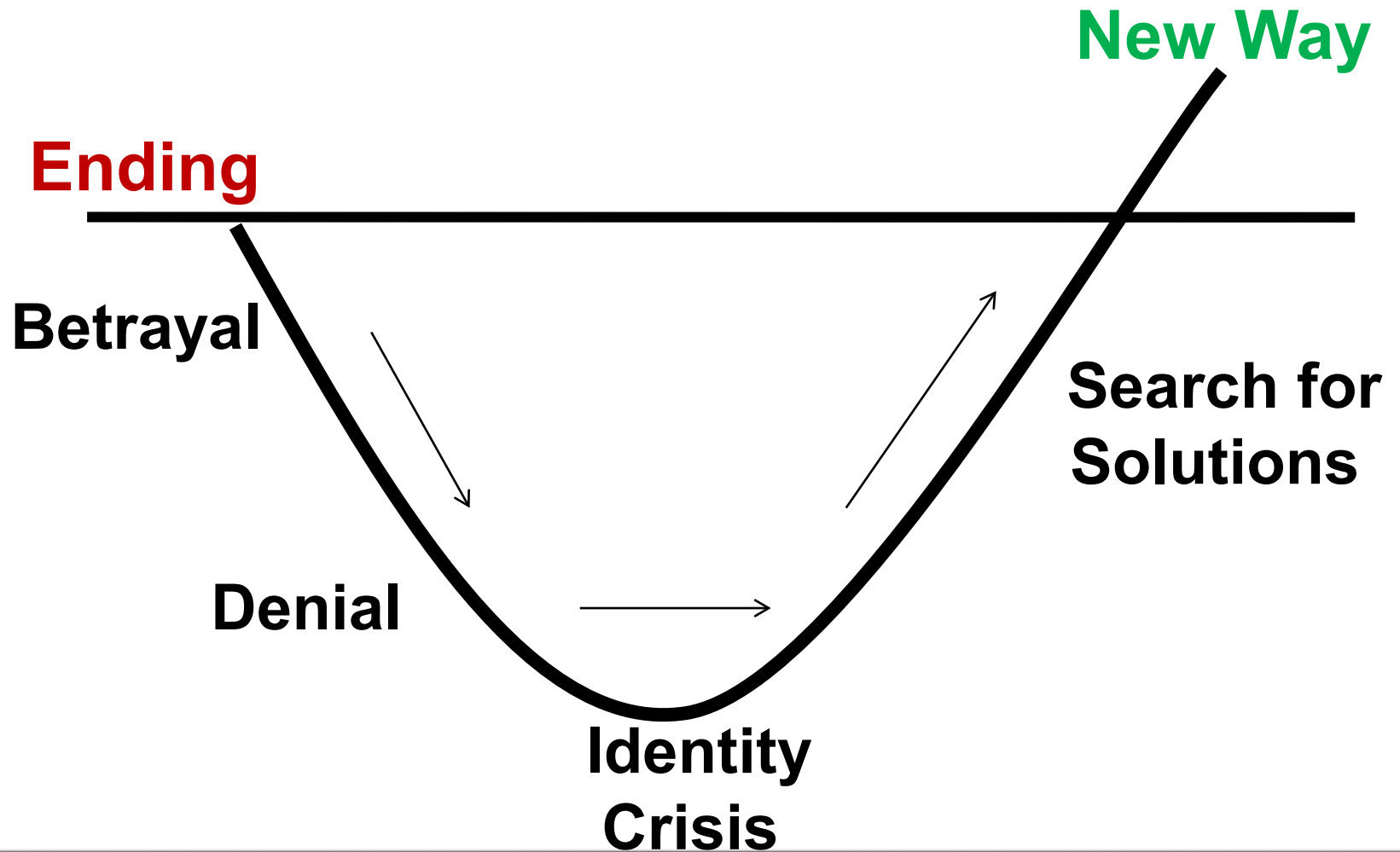
CHANGE:

**Rational
Logical**

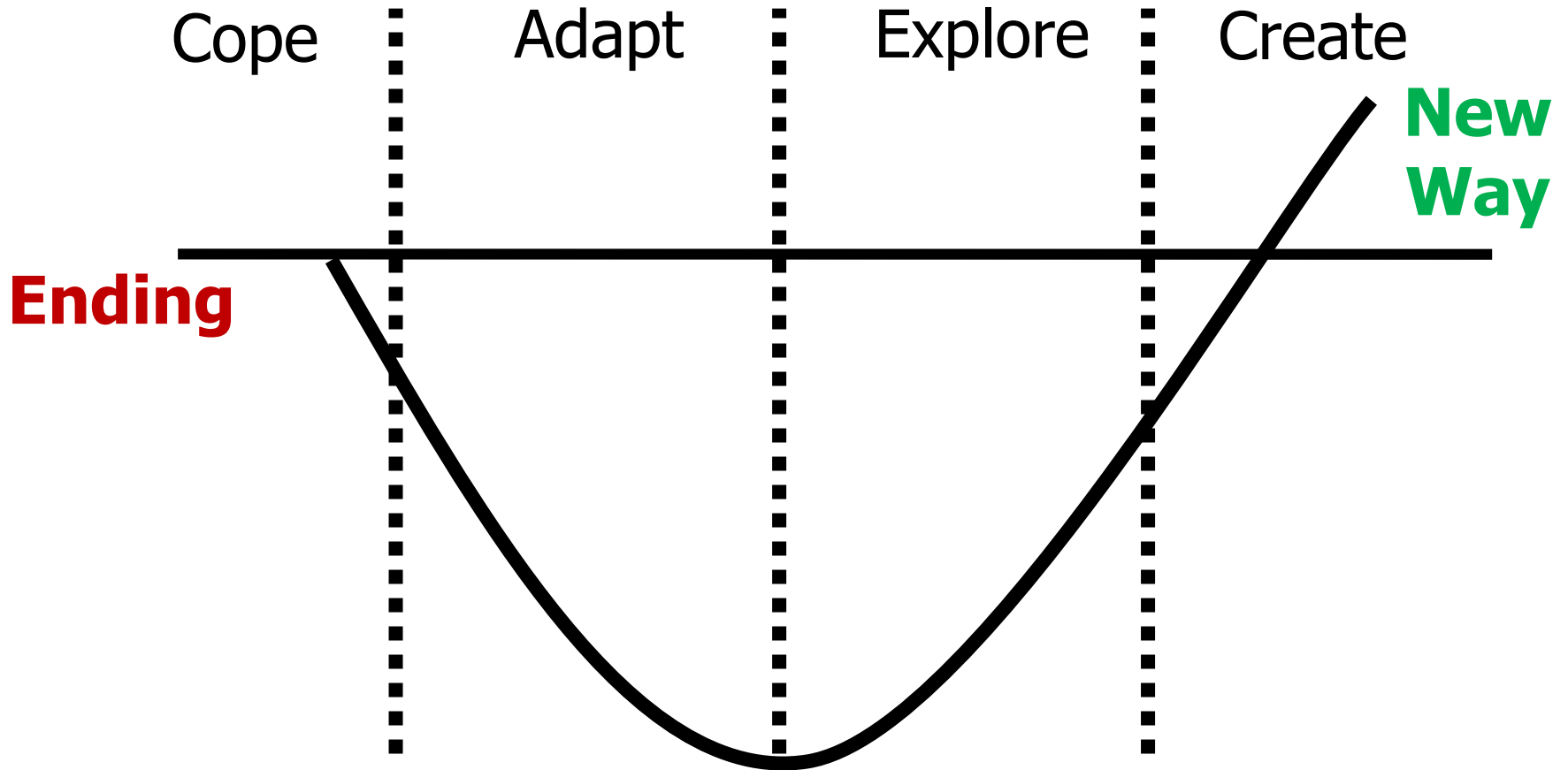
TRANSITION:

**Emotional
Psychological**

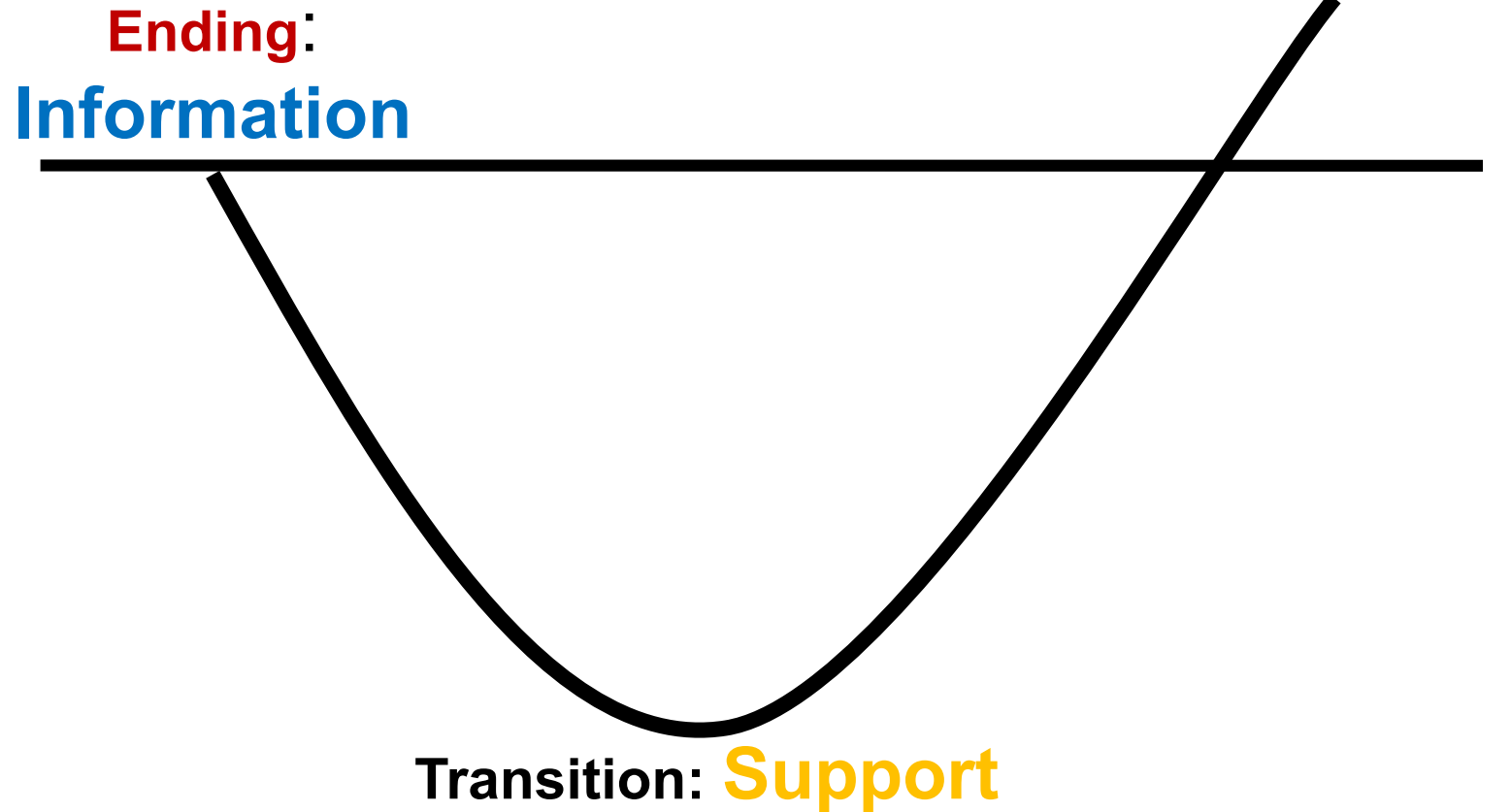
Transition Curve



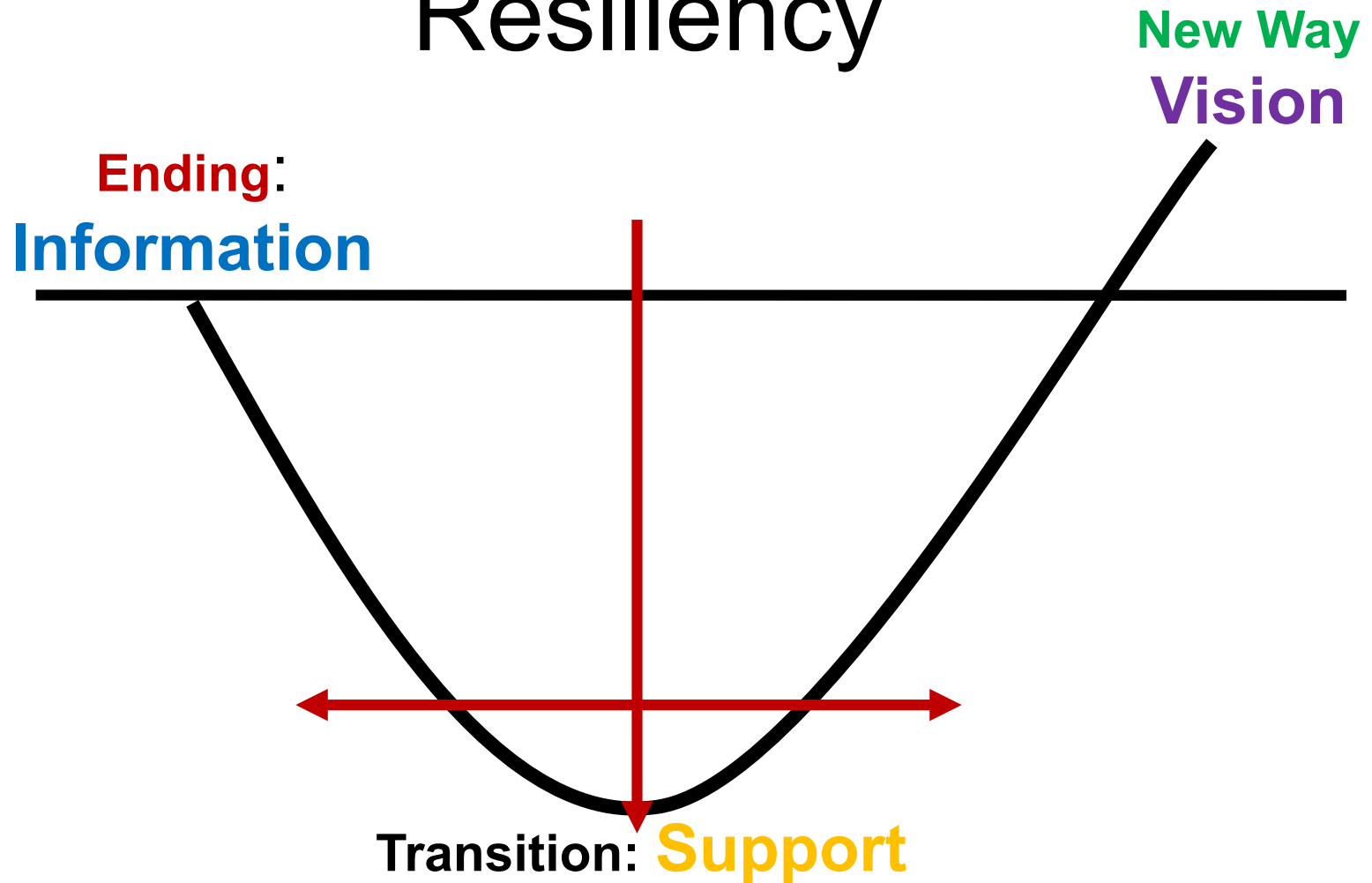
Transition Curve to Resiliency



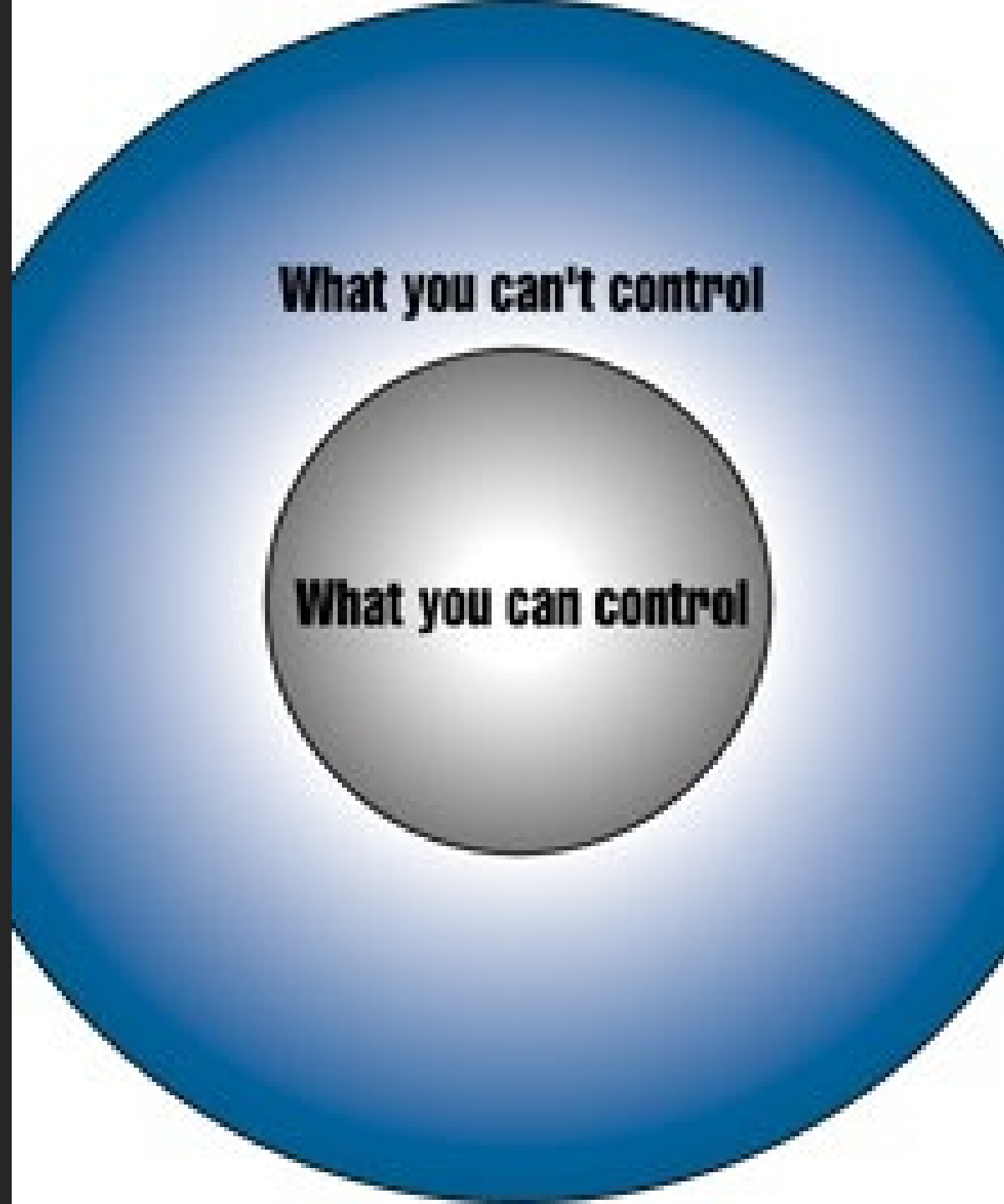
Transition Curve to Resiliency



Transition Curve to Resiliency

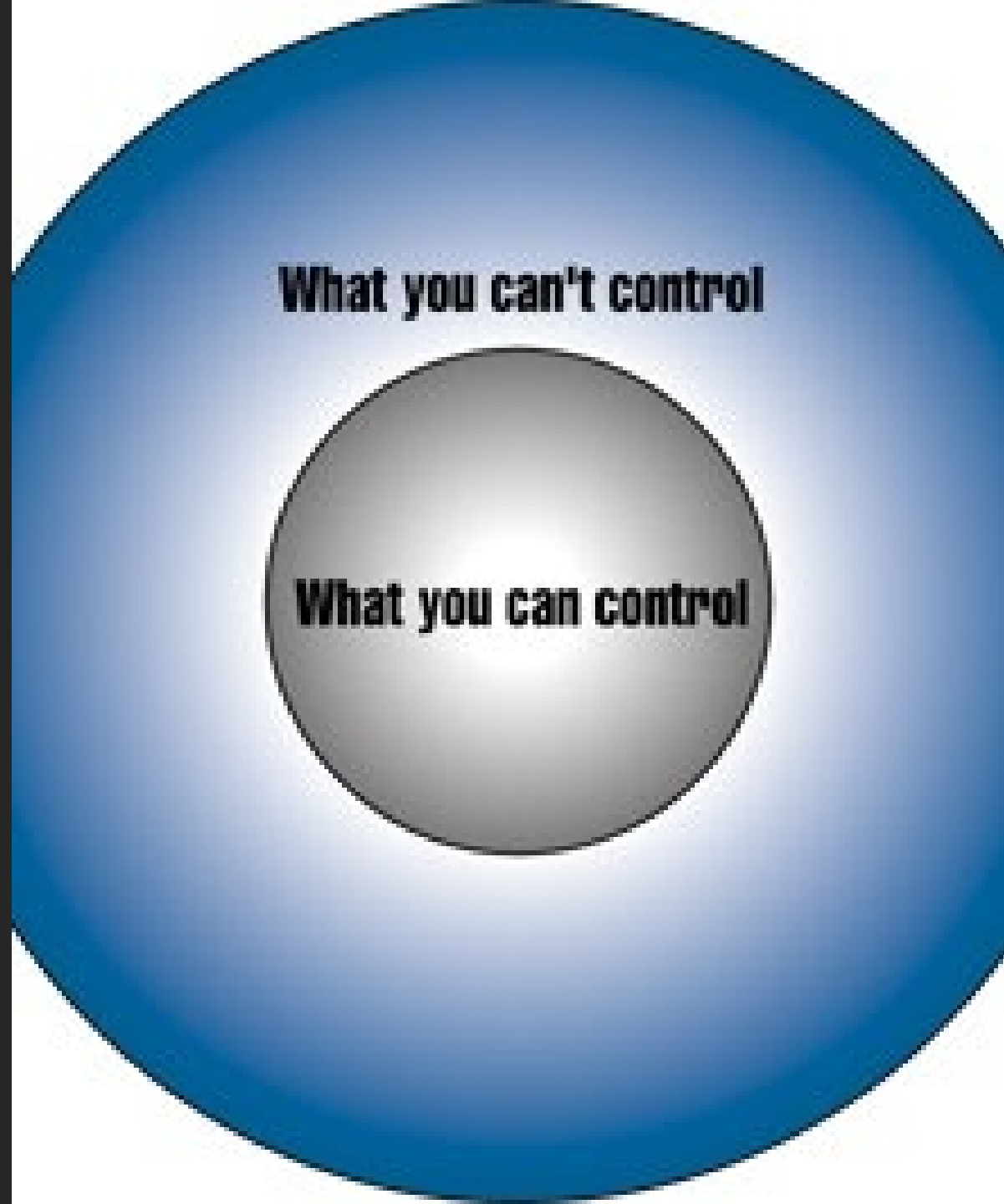


Those
Factors
Within &
Beyond
Your
Control



Those
Factors
Within &
Beyond
Your
Control

*Know What You
Can Influence!*





Acceptance Based Coping

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.



Three Guarantees of Change

- **Third Guarantee:** **Each of us is accountable for embracing change and becoming resilient.**

Three Guarantees of Change

- First Guarantee: Change won't go away, it will only go faster.
- 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.

SET EXPECTATIONS TO MEET REALITY



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

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