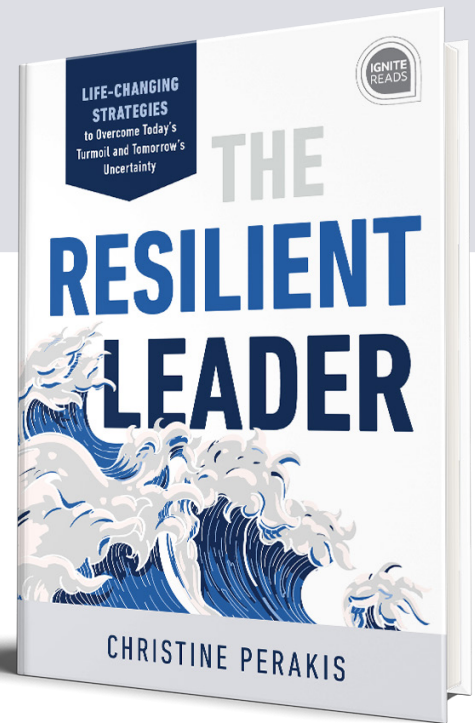


Spark Impact in Just One Hour

*Value-Building Experiences
by SimpleTruths.com*



A Guide for Dealing with Turmoil and Uncertainty:

The Resilient Leader

By Christine Perakis

Includes printable worksheet for meeting participants

©2020 Simple Truths, LLC

**Become your own Storm Warrior and
prosper in the aftermath of any storm.**

HOW?

Prior to your meeting, provide a copy of *The Resilient Leader* to each meeting participant and request the participants read the book and come prepared for discussion. The book will also serve as a learning tool and a future resource to reinforce training ideas.

Ask these thought-provoking questions prior to discussing the book:

1. What Category 5 storms have you weathered? (i.e. starting a new business, drowning in debt, a ruined relationship, actual flooding, etc.)
2. How did you deal with this storm?

Book Discussion Questions

1. Becoming Your Own Storm Warrior

- ▶ Think about a situation from your past where you chose to go it alone and prolonged or worsened your situation. Who did you burden by your choice? What could you have done differently to get the support you needed?

2. This is Not a Drill

- ▶ Think about storms you have weathered in the past. Now, in preparing for future storms, create a checklist of things, people and steps you need to consider or prepare for.

3. The Catastrophe after the Catastrophe

- ▶ Think back to the Category 5 storms each of you mentioned that you have weathered. Ask each other what worked and what you needed but didn't get.

4. The Seven Barometers of Resilience

- ▶ What has kept you going and motivated in tough situations?

5. Discover How to Create Your Float Plan

- ▶ Ask members of your team to identify the single skill that would make the biggest impact on the performance of each member in their role.

6. Harness the Power of the Category 5 Storm

- ▶ Ask people who know you to give you their perception of you under normal circumstances, moderately stressful circumstances and under extremely stressful circumstances. How does this compare with your self-perception?

7. Manage the Catastrophe after the Catastrophe

- ▶ Identify some tools that you can implement within your organization to keep your team calm and for conflict resolution.

8. Develop a Category 5 Leadership Style

- ▶ Ask each team member to articulate your company's vision. How does this align to your vision as a leader?

9. Build Your Tribe to Weather Any Storm

- ▶ Brainstorm ways you can magnify the comfort zone of you and your team.

10. Keep the Emergency Channel Open

- ▶ What is it that drives how you respond to information? Think about different situations and how you responded. What does this say about your behavioral style?

11. Commit to a Course

- ▶ Do you currently have any decision-making models in place? If so, what are they? If not, brainstorm ideas.

12. Homecoming

- ▶ What can you do to connect with people who are in similar circumstances?
- ▶ What can you do to reach out to someone who is experiencing their own Category 5 storm?

The Resilient Leader shows you how to overcome turmoil and uncertainty and to live with more purpose and greater capacity to be of service to the world.

You can survive and thrive in any Category 5 storm to reach clear skies and calm seas by becoming a Storm Warrior.

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

Corporate Account Manager – Lance Vanderhagen | Phone: 630-961-3900 x 247 | Toll-free 800-900-3427 x 247 | Email: lance.vanderhagen@sourcebooks.com