The Resilience of Self-Leadership

Indiana Center for Nursing
Virtual Resilience Series
October 12, 2021
Compassion

Compassion has to start with yourself.

The Resilience of Self-Leadership
Presence

Practices

“it's not hard to be present, it's hard to remember to be present.”
Recovery is not an option to experience joy at work.
7-Day Resilience Challenge

1. Challenge Sign-up: https://dschallenge.org/icn/

2. Texts start tomorrow, 10/13/21, 8 am EST

3. Practice resilience as many days as possible

"Whatever you practice, you become very good at it.

Prem Rawat

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