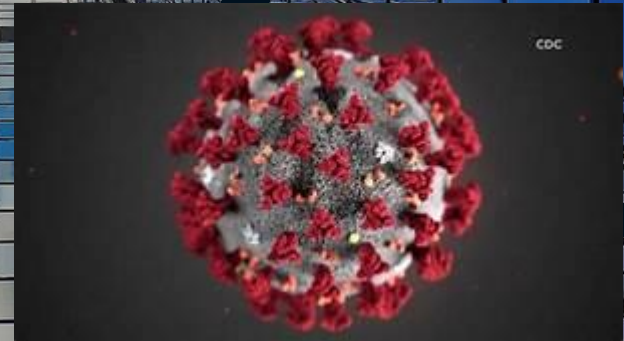


# Resilience in Crisis



Lakes Community High School  
Antioch Community High School

Presenter: Marvin Bembry President, MKB Leadership Transformation

Nov 23  
2020

# Thank you



- Superintendents
- Principals
- Teachers & Staff

# 5 Themes of Leadership



- Leadership is influence
- Everything rises and falls on leadership
- Highest form of leadership is self-leadership
- Greatest purpose of leadership is to add value to others
- Heart of leadership is service

# 2020: Year of Crisis

*March 18, 849 million children and students have been forced out of schools and universities in a total of 113 countries.*



Young girls listen to the teacher at Ecole Gourdjia Kwara, Tilaberri Region, Niger.

# Tweets of Support

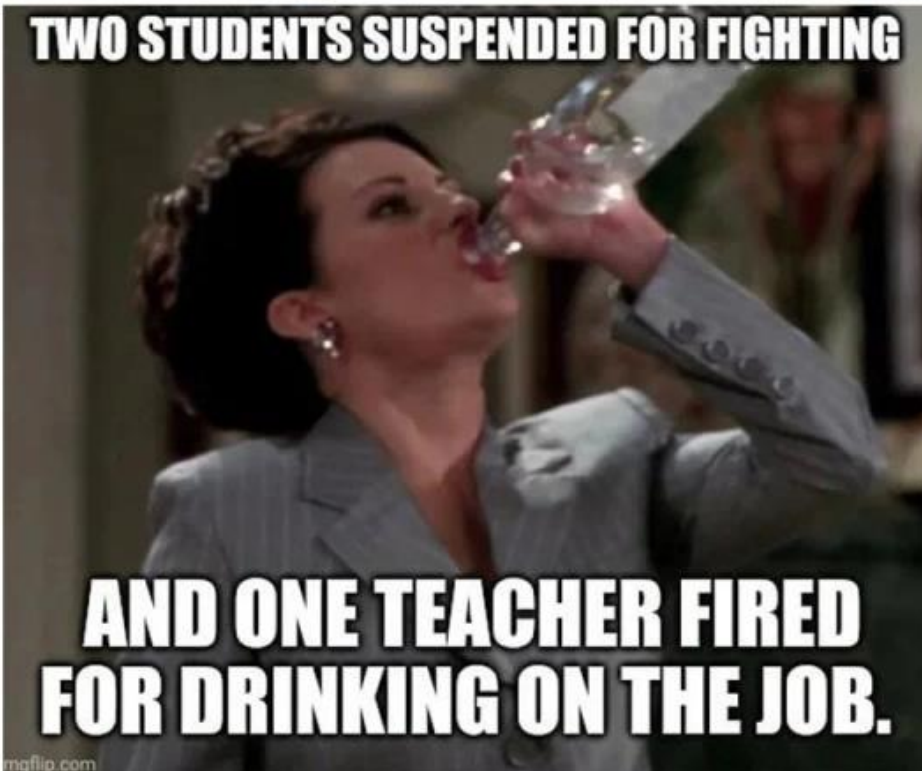
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- shonda rhimes
- Been homeschooling a 6-year old and 8-year old for one hour and 11 minutes. Teachers deserve to make a billion dollars a year. Or a week.
- Pat Tomasulo
- I just did a Zoom visit with a 1st grade class and all I have to say is teachers should make a billion dollars right now.
- Dennis DiClaudio Total Landscaping
- My son's teacher has a five-hour Zoom meeting with two dozen six-year-olds every day. There's no possible way she's being paid enough.

# Extra-Mile

- @BeirutCityGuide
- Saleem Saad is a teacher from Saida, South of #Lebanon. He didn't have electricity at home so he sat on the street to get internet from a closed cafe to resume teaching his class. So much respect for teachers who are going the extra mile to make this year easier for students.





# Crisis of 2020

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- Pandemic
- Racial & Civil Unrest
- Economy in flux
- Education
- Families
- Pre-Post Election



# Skills needed

- Adaptability
- Resilience
- Visionary

# Breakout Questions ?



What are you/your/school team becoming during these pandemic/racial justice/election crises?

What culture changing opportunities are NOW available to us?

# Three advantages to a Crisis

- 1. Changes the Balance of Risk/Reward (when the status quo is broken, there is almost no downside to taking a chance on something new)
- 2. Increases Focus (crisis enables people to eliminate distraction and push toward a common goal)
- 3. Identifies Leaders (new leaders are able to step up and lead when others are too afraid to act)

# RQ Resiliency

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- Resiliency “the virtue that enables people to move through hardship and become better.”
- “To be resilient, you must understand that your objective is not to come to rest, because there is no rest. Your objective is to use what hits you to change your trajectory in a positive direction. Resilience is often endurance with direction.”

Author and ex-Navy Seal, Eric Grietens

# Thoughts on Resiliency

How are you viewing things?  
People?

Are you investing intentional  
time to reflect?

What 2-3 things can you focus  
on to move forward in 2021?

Perspective –How you view things will determine how you do things. Resilient people put things in perspective.

Reflection – A great add-on to developing perspective is reflecting on what has really happened and how it affects you. Reflecting on the things you can control versus the things you cannot control is often a difference-maker when developing resilience.

Focus – With so much going on and so many unknowns in the mix, choose to focus on a select few things you can do to move forward.

# Thoughts on Resiliency

- 1. Self-Empathy** – Don't beat yourself up. These are challenging times, and the same empathy you give to others so freely could go a long way with yourself.
  - Are you being too hard on yourself?
- 2. Positivity** – Avoid the negative. Turn off the news. Stop looking at social media. Focus on positive actions that can move you forward.
  - How can you limit the barrage of negativity?
  - What is possible now?
- 3. Possibility** – Things may not be optimal right now, but what is possible now? What is now in play because of what has happened?

# Thoughts on Resiliency

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- 1. Adaptability** – Stop resisting the change you know you need to make in your thinking. Adapt to the changing environment. Use this unprecedented time as a reminder that another change is coming somewhere in the future. You don't know when. You don't know what. But change is a fact of life, and adaptable people make the best of change when it occurs.
  - 2. Get your rest** – Lack of sleep is a big reason many people struggle with resilience.
- What's your stance toward more change?
  - Are you getting enough rest?

# Application

- What are some distractions that you can identify that you can eliminate today for greater focus during this time of crisis? Write down as many as you can think of, and make a commitment to eliminating one over the next five days.



# Thank You

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- Marvin Bembry
- President, MKB Leadership Transformation & Executive Director  
John Maxwell Team
- [Marvin.bembry@mkbleadership.com](mailto:Marvin.bembry@mkbleadership.com)