

A conference room with a long table and chairs, overlaid with a teal filter. The room features large windows in the background and a small round table with a plant in the center of the main table.

Resilience in Action

Strategies for Nonprofit Leaders to
Stay Healthy in the Years Ahead



Things are “back to normal,”
but we don’t **feel** “back to normal”

Nonprofit employee burnout

30% are **burned out**

20% are at **risk of burning out**

60% of Nonprofit leaders report feeling **used up** at the end of the workday

Source: DDI World's Global Leadership Forecast for 2021.

How do we move forward?

How do we move forward?
Leadership Resilience

Resilience is the **ability** to
recover quickly from **difficulties**

How do we **recover quickly**?

How do we **recover quickly**?
Take time off

How do we **recover quickly**?

Take time off

daily, weekly, and quarterly

How do we **recover quickly**?

Take time off

daily, **weekly**, and quarterly

How do we **recover quickly**?

Take time off

daily, weekly, and **quarterly**

If you're never **fully OFF**
You'll never be **fully ON**

"Time off won't heal you
when the problem is
how you spend your **time on.**"

- Carey Nieuwhof

How do we **recover quickly**?

Take time off

Schedule time on

Today



June 18–24, 2023



18 Sun

19 Mon

20 Tue

21 Wed

22 Thu

23 Fri

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

Meeting

Meeting

Meeting

Meeting

Meeting

Meeting

Meeting

Meeting

Meeting

Meeting

My **calendar** should reflect
my **priorities**

Today



April 30 – May 6, 2023

	30 Sun	May 1 Mon	2 Tue	3 Wed	4 Thu	5 Fri
	Service		Pray / Prep / Plan		Pray / Prep / Plan	Pray / Prep / Plan
7 AM		Workout at Gym & Shower Bodyplex Fitness - 3808	Prep for Sermon series meeting	Workout at Gym & Shower Bodyplex Fitness - 3808	Write 5 sermon outlines for	Look at budget
8 AM						Meal Plan
9 AM	Baby Dedicatio	Plan for team meeting	Series Planning Jason's Office Jason Berry	LIBERTY and WRITING		LIBERTY WORK
10 AM		Steve/Brandi Stev				
11 AM		Buford Team Meeti Buford Lounge Brandi Overby	Creative Meeting PKs Office Mandy Cate			
		Steve / Brandt recor		Drive to Buford	Drive to Brown Bag	
12 PM		Catch up on email & writing	Write for Liberty	Wednesday Prayer Buford Campus Worship Brandi Overby	Lunch with Andrew Sabau Brown Bag Deli & Cafe	Hair Cut / Shave / Shower
	Meet with Sarah and Cor			Margin for meeti	Margin to prep fo	
1 PM	Write for Liberty	Deidrick/Steve Buford Steve Walton	CP Meeting Boardroom Dan Vander Wal	Meet w Zach Fleming	Heather Ioveridge c	
2 PM				Write for Liberty	Work on Resilience Talk	Shop at Publix
3 PM		Courtney/Steve Steve's Office Steve Walton	Write Sermon			LIBERTY WORK

Only do what *only you* can do.

How do we **recover quickly**?

Take time off

Schedule time on

Protect your eyes

You can do **anything**
you want to do,
you just can't do **everything**
you want to do.

I have an **unlimited supply** of No's
but only a **few** Yes's

“If it isn’t a **clear yes**,
then it’s a **clear no.**”

- *Greg McKeown, Essentialism*

OVER 2 MILLION COPIES SOLD

WHEN TO SAY YES
HOW TO SAY NO
TO TAKE CONTROL
OF YOUR LIFE



BOUNDARIES

BOUNDARIES

NEW YORK TIMES BESTSELLER

CLOUD & TOWNSEND



DR. HENRY CLOUD & DR. JOHN TOWNSEND

How do we **recover quickly**?

Take time **off**

Schedule time on

Protect your **yes**

“I have fought the **good fight**, I
have **finished** the race, I have **kept**
the faith.”

- *Paul's Letter to Timothy (2 Timothy 4:7, NIV)*

Table Questions

1. Introduce yourself and your nonprofit
2. What "time off" strategies do you use to stay resilient? Which one is most helpful? Is there one you need to add (daily, weekly, etc)?
3. Does your current calendar reflect your priorities? Why or why not? What practical change can you make to correct this?
4. Is saying "no" a struggle for you? What strategies do you use to protect your Yes?

Q & A

