#### **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



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# 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."

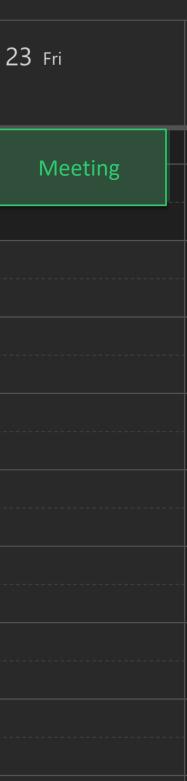
- Carey Nieuwhof



### How do we recover quickly? Take time off Schedule time on



То	Today < > June 18–24, 2023 ~								
	<b>18</b> Sun	19 Mon	20 Tue	21 Wed	22 Thu				
7 AM			Meeting		Meeting				
8 AM 9 AM	Meeting	Meeting		Meeting					
10 AM		Meeting							
11 AM 12 PM		Meeting	Meeting						
12 PM				Meeting					
2 PM									



# My calendar should reflect my priorities



Today $\langle \rangle$ April 30 – May 6, 2023 $\vee$										
	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	ද	Workout at Gym & Shower	¢	¢			
			Bodyplex Fitness - 3808	圮 Prep for Sermon series meeting	Bodyplex Fitness - 3808	Write 5 sermon outlines for				
8 AM				series meeting		outimes for	Look at budget			
			¢		ද 		Meal Plan			
9 AM		Baby Dedicatic	圮 Plan for team m eeting	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 没	Creative Meeting PKs Office Mandy Cate						
			Steve / Brandt recor	X	Drive to Buford	Drive to Brown Bag				
12 PM	ද	Meet wi	└── Catch up on em ail & writing	Write for Liberty	Wednesday Prayer Buford Campus Worship	Lunch with Andrew Sabau Brown Bag Deli & Cafe	Hair Cut / Shave / Shower			
1 PM	Ý	th Sarah and Cor	Deidrick/Steve		Brandi Overby	Show bug ben a care				
	Write for		Buford Steve Walton	CP Meeting	Meet w Meeti	Heather loveridge c				
2 PM			¢	Boardroom Dan Vander Wal	Zach Fle 🥂 🥢 ming	Work on Resilience	Shop at Publix			
			Courtney/Steve		Write for Liberty	Talk				
3 PM			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 yes



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

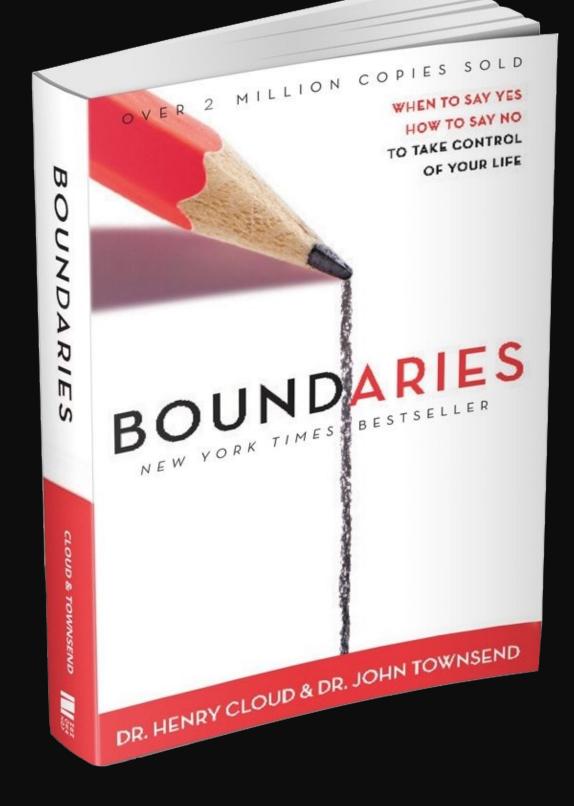


# I have an unlimited supply of No's but only a few Yes's

# "If it isn't a clear yes, then it's a clear no."

- Greg McKeown, Essentialism





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?

**A** & **D**