



The Five “C’s” of Resilience
Notes and resources





WOMEN INFLUENCING LOUISVILLE

OUR VISION

We envision a world empowered by the inspiration, influence and impact of women leaders and transformed by the inclusion of individual differences.

OUR MISSION

Women Influencing Louisville empowers women to achieve excellence and fulfill their leadership potential by providing opportunities for best practice sharing, professional development, mentoring and networking.



GE APPLIANCES
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Connecting Committee

Creating opportunities to connect personally and professionally with one another while seeking the success we desire and empowering all women to achieve excellence

This committee will look to host events and activities on topics such as returning to the office, working with a mix of in-person and remote colleagues, navigating your career in this mixed environment, flexible work, and learning how to work and live in a constant state of change.

Resilience Committee

Creating opportunities to support, educate, and share our experiences as they relate to mental health, burnout, and the constantly changing world we live in today

This committee will help us embrace these tough topics to build our own resilience while holding companies accountable for ensuring the environment, policies, and support structures are in place for women to be successful.



The Five “C’s” of Resilience

The Five “C’s” of Resilience, developed by Dr. Joel Bennett and staff at Organizational Wellness & Learning Systems, are known as the five competencies of resilience.

Centering

-strategies to help you manage emotions and stay grounded during challenging times

Confidence

-a sense of self-worth; you trust your own judgment and abilities; this does not mean you will not ever feel unsure or scared, but when these feelings come, you believe you can overcome them

Community

-a safe network of people who share similar life experiences to recognize, support, celebrate and encourage each other, especially during difficult times

Commitment

-taking ownership of what you say you will do

Compassion

-showing sympathy, empathy and kindness toward others

Centering

Strategies to help you manage emotions and stay grounded during challenging times

- Step away: take a walk, get some fresh air, allow yourself a few mins to step away from it
- Exercise / work out at whatever time make sense – morning to get your day started or after work to create that space
- Start your day with a positive message to get your day started right
- Journaling: helps to provide perspective, determine/reevaluate priorities
- Work/Life Harmony: taking the time to do things you enjoy (what creates your Zen or flow) / [Bonus resource link: Achieving a Flow State: 7 Ways to Get in the Zone \(betterup.com\)](#)
- Talk it out with support allies/network: having someone(s) you can talk with; talk through difficulties – professionally (manager, colleagues) and personally (friends/family)
- Pets/animals for stress relief; talk to them!
- Humor! Laughing is medicine! (Watch a comedy, stand-up show, etc)
- Hobbies! Example: Gardening / [Bonus resource link: Dig into the benefits of gardening - Mayo Clinic Health System](#)
- Allow yourself grace; allow time to heal, to feel, to breathe – feel all the feels!

Confidence

Strategies to create a sense of self-worth

- Sticky notes for daily affirmations; share them with others!
- Extra-circular activities that bring you personal joy (example: riding horses)
- Keep track of things that boost your confidence; create a “feel good file”! When you’re low, you can look at things that bring you up
- Talk with younger folks, pull from their confidence
- Good leadership can bring people up; surround yourself with these people
- Don’t be afraid to fail, keep going, “just keep swimming”

Community

Strategies to a safe network of people who share similar life experiences to recognize, support, celebrate and encourage each other, especially during difficult times

- Volunteerism; creating smaller communities within the bigger community
- BRGs/ERGs
- Personal, professional, developmental communities
- Use a code word for when you really need to talk with someone / [Bonus resource link: Simon Sinek - 8 minutes activity | LinkedIn](#)
- Fun things to build connection: shoutout groups, team building for your team – especially when remote

Commitment

Strategies to help you take ownership of what you say you will do

- Accountability partner – it's too easy to say no to yourself, not as easy to say no to others
- Utilize whiteboards at work or home for goals / dream boards; you can use them for personal use, family use or both, example: vacations – create a visual that provides goal(s), something to look forward to
- Lists! Keep down the mental noise by writing it down (dopamine boost by crossing off tasks)
- Habit stacking – if you want to create new habits, add them on to things you already do / [Bonus resource link: Habit Stacking: How to Build New Habits by Taking Advantage of Old Ones \(jamesclear.com\)](#)
- The best way to eat an elephant is one bite at a time; break down the tasks so they become more reasonable/doable; Break the big goals into levels (Example: you want to speak Spanish, learn to read a menu, chat with friends, etc)
- Time for reflection; reevaluate your strategy/goals – ensure you're on the right track if you're still committed to this goal

Compassion

Strategies to help you show sympathy, empathy and kindness toward others

- Having grace with yourself and others
- Putting yourself in someone else's shoes
- Communication: listening, honest and open, thinking outside the box, creating a safe space
- Learn to be compassionate with yourself
- Tone of voice; smiling
- Small gestures of compassion – say hello kindly, wave at people

Additional resources

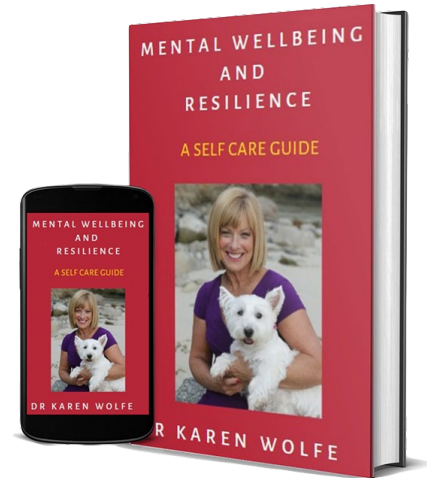
Dr. Karen Wolfe

Free eBook

- **Mental Well-Being and Resilience – A Self-Care Guide**

The Secret Power of Stress Podcast series:

- **Resilience and Thriving**
- **What Is Your Resilience Story?**
- **The Five “C’s” of Resilience**





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