



Resilient Teams



What does a resilient team look like and why are they so good??

Resilient teams show up with energy. They collaborate. They don't let setbacks define them. They acknowledge problems and ask for help. They learn and adapt to change. They keep going with vision in mind and realistic optimism in their hearts.

Imagine working in a team like that...it's invigorating!

Resilient teams will still experience adversity, disappointment, or failure but, they move through this by calling on their resilience behaviours and recover – often coming back stronger than before.

Resilience is about behavioural choices and mindset. It's not about being tough, knowing all the answers, having lots of money or some other magical power. Everyone can learn resilience.

Try these tips to create a resilient team environment:

- ✓ Realistically acknowledge problems, emotions, and challenges. Don't stick your head in the sand.
- ✓ Remain openminded, try creative problem solving, try new solutions, experiment
- ✓ Stop taking things personally, stop blaming and wasting energy on 'witch hunts'.
- ✓ Have a willingness to look at things differently or reframe an experience. One failure does not mean everything else will be a failure.
- ✓ Encourage one another to nurture good mental and physical health. Don't encourage excessive drinking, late night working or 'couch potato' habits.

✓ Lean on support structures and reach out for help. Don't go it alone and don't bury mistakes or hide in a cave.

✓ Promote a growth mindset by embracing challenges, keep learning, work hard, and get new skills. Don't become irrelevant or turn your back on growth and change.

Being resilient takes effort and a mindful approach to life. Everyone can work on resilience and embrace the idea as a positive choice. How can you use these tips to create more resilience in yourself and in your team?

Want to know more resilience strategies?

➔ [Luemo members can learn more from our exclusive Luemo Member Portal](#)

A mindful minute

A minute is not very long... right? So yes, you do have time to slow down and take a little time to slow down your body and mind for better health and productivity.

Try this:

- ✓ **Go somewhere quiet and close your eyes.**
- ✓ **Take three long slow breaths. Really think about your breathing. Don't think about anything else.**
- ✓ **Think about three things that are great right now eg: your great partner, your great health, the sunny day, an upcoming holiday.**
- ✓ **Breathe again mindfully and dwell on your good life.**

A little moment for yourself is gold. Do this every day and you'll find that your mindful minute will stretch out a bit longer, slowing and clearing your mind, relaxing your breath, and reducing your pulse. Enjoy!

Did you know...

A 25-minute session of vigorous sex can burn over 150 calories. Sounds a lot more fun than running...and you don't need special shoes!



Would you like to help your emerging leaders handle workplace situations with more confidence and skill?

Why not chat to us about the Luemo Glo Leadership program?

Our program format is flexible and can include group work, personal coaching, and comprehensive behavioural strength assessments. Face to face and online delivery options to suit your needs.

Talk to us now to book the dates you need. 1300 284 198.