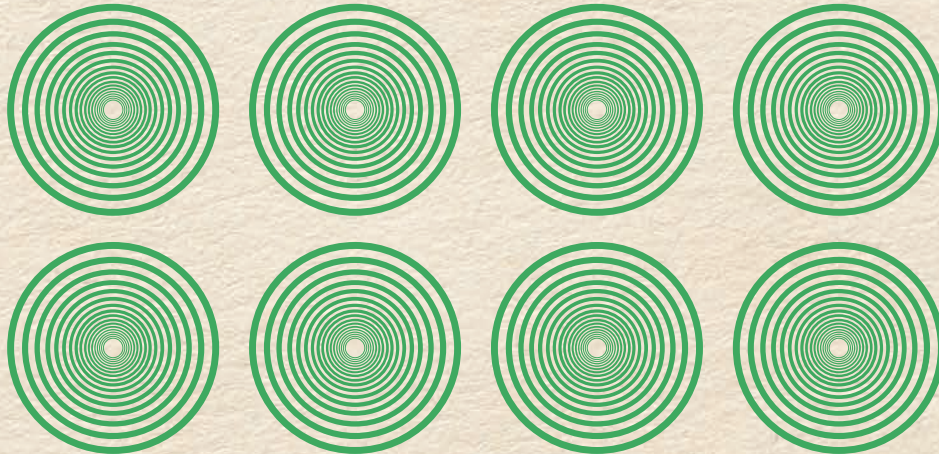




THE LEADER'S GUIDE TO RESILIENCE

HOW TO USE SOFT SKILLS TO GET HARD RESULTS



AUDREY TANG

FT PUBLISHING
FINANCIAL TIMES

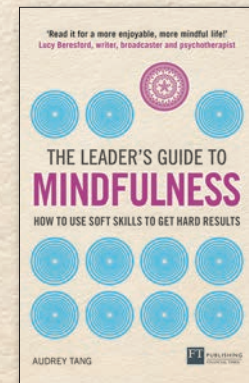
With accessible and practical tools and tips, *The Leader's Guide to Resilience* will help you to:

- Navigate work–life balance and organisational growth without stress and burnout.
- Attract and retain passionate, courageous and flexible staff.
- Plan for a resilient future and embed a culture of accountability and responsibility.
- Nurture a network responsive to change in a world of uncertainty.

'If you weren't resilient before, you will be after reading this book!'

**Dr Rob Hicks, TV doctor,
author, medical consultant**

Also by Audrey Tang:
The Leader's Guide to Mindfulness



**MINDFULNESS WILL CALM YOU,
RESILIENCE WILL ARM YOU.**

Praise for ***The Leader's Guide to Resilience***

'If you weren't resilient before, you will be after reading this book!'

Dr Rob Hicks, TV doctor, author,
medical consultant

'A must read for any leader looking towards building personal and team resilience, thought-provoking with lots of opportunities to stop, pause and reflect. There are lots of scenarios and practical exercises to stimulate ideas and at the end of each chapter there is a process to help you identify a personal action plan. A great additional to add to an existing leaders tool kit.'

Robert Freund, Head of Learning and Development,
Northamptonshire Healthcare
NHS Foundation Trust

'No better time to assess your resilience and your ability to lead others when things appear tough. *The Leader's Guide to Resilience* is the go-to resource for my self-reflection and how I show up as a leader.'

Peter Priebe, Executive Vice President,
Chief Innovation and Investment Officer, WATG

'A timely, welcome and practical book about resilience, which provides tools and techniques to build personal strength in an easy-to-apply manner. Suitable for all levels – from students to experienced leaders, from individuals to teams – and written in an energising style; this book motivates you to survive, rebuild and thrive . . . and gives you the momentum and guidance to do so.'

Professor Vishanth Weerakkody, Dean,
Faculty of Management, Law and Social Sciences,
University of Bradford

The Leader's Guide to Resilience

Table of Contents

Front Cover

Half Title

Title Page

Copyright Page

Contents

About the author /

Publisher's acknowledgements /

Foreword /

Introduction /

Part 1 Becoming resilient

1 Build resilient people /

2 Build strength /

3 Attract, maintain and retain courageous teams /

4 Harness drive and inspire passion /

5 Establish a responsive network /

6 Be authentic /

part 2 Shaping resilient organisations

7 Lay resilient foundations /

Table of Contents

8 Be sustainable /

9 Resilience in practice /

10 Develop a confidence mindset to survive, rebuild and
grow /

11 Resilient future planning /

Epilogue: Resilient leadership /

Index /

Back Cover