The Talent Development team is pleased to offer relevant and meaningful learning opportunities to Virginia Tech's faculty and staff. On a quarterly basis, we are offering resources and professional development opportunities through this flyer, "On Topic," focusing on the university's core values and goals.

This winter, the professional development opportunity we are highlighting is Resilience. Overcoming any setback requires resilience, and much like a muscle, resilience is something that can strengthened with practice. In this issue, we offer resources intended to help everyone understand that we all experience setbacks, every single one of us, and that by implementing a few regular practices in our daily routines we can overcome hurdles and be better leaders at work and in everyday life.

ON TOPIC: RESILIENCE

Do not judge me by my successes, judge me by how many times I fell down and got back up again.

Nelson Mandela

ONLINE COURSES

Managing Emotions

Emotional Intelligence

Mental Agility

If you have never accessed a LinkedIn Learning course previously, please use this link to activate your Virginia Tech account.

RESILIENCE AT A GLANCE

The term "resilience" gets thrown around a lot, but it's important to remember that resilience isn't something that you have or don't have. Resilience is a skill. It's a way of working through stress and negative emotions to not only bounce back, but to come back stronger. There's no one right way to practice resilience, but here a couple key points that you can practice anytime, anywhere.

- Stay in contact - with everything going on this one's not easy, but staying in contact with friends, family, people you can talk to about a difficult situation is important.
- Exercise - walk, run, bike, or do whatever you can to keep moving. Regular exercise is good for the body, heart and mind.
- Break negative thinking loops - sometimes our minds get stuck replaying a negative situation over and over, find ways to break that cycle and focus on something positive.
- Practice gratitude - take a moment to appreciate the small things in life, it could be a compliment from your boss or a tasty meal, anything that creates a feeling of gratitude.

Need more information? Check out the articles on page 2!
RESOURCES

ARTICLES
Use these articles and resources to help you develop tools and strategies to be more resilient.

UNDERSTANDING
- How to Build Resilience: A Success Story
- How Resilience Works

PRACTICING
- The Bounce Back Project
- Five Science-Backed Strategies to Build Resilience
- For more 8 Steps to Become More Resilient

LEADING
- 7 Ways to Become a More Resilient Leader
- Leadership Resilience: Handling Stress, Uncertainty, and Setbacks

VIDEOS:

TED
- The Secret of Becoming Mentally Strong
- Why We all Need to Practice Emotional First-aid
- What Open Water Swimming Taught Me about Resilience
- Note to Self: Senator Tammy Duckworth

Many more development opportunities and resources are available for faculty and staff at Virginia Tech. See what is available HERE!

RESILIENT HOKIES
If you’re interested in learning more about resilience, Hokie Wellness offers a series of workshops on open to all employees. Learn how to handle stressful situations, when to hit pause or how to treat yourself and stay motivated. Spots are limited so check the website, sign up early and start your journey to a more resilient you.

BOOKS:

 RESILIENT
HOW TO GROW YOUR RESILIENCE, STRENGTH, AND HAPPINESS

RISING STRONG
HOW THE ABILITY TO RESET TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD

GRIT
THE POWER OF PASSION AND PERSEVERANCE

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