



Jeff Davidson: Breathing Space

Most Setbacks Are Not Forever

When nothing is working, resilient individuals manage to figure out how to get back on track. They approach daily tasks, long-term projects, group or team relations and other problems with ingenuity. If they lose a deal, they rigorously assess why. If something goes wrong on a project, they jump right in to see what is failing. They consider the possibilities, try out each one and follow each through for whatever insights might emerge.

Resilient people are adept at managing sudden, significant and complex change with minimal dysfunctional behavior. Their capabilities can be a marvel to behold. Rather than shrink from controversy, they're more likely to dive into the fray. They take a stand-up role, and if necessary, freely admit where and when they went wrong. They assess both the choices they made that lead to a particular result and what other choices they could make to achieve a more desirable outcome in the future.

Breaking Out of the Box

When resilient people find themselves boxed in on all sides, they don't wallow in self-pity—at least not for long. They're willing to face their feelings, brainstorm or even clean out the file cabinet, knowing that such activities can be therapeutic. Perhaps most vitally, they determine what they can accomplish right now, today. They know that the act of getting things done, in and of itself, generally proves to be an uplifting experience, however small the deed.

By identifying, observing and then incorporating the behaviors of resilient people, it's possible to change your own behavior to better deal with the world around and within you. Look for the person in your workplace who is efficient, seems to roll with the punches and doesn't come unglued in the face of setbacks. That's the person to emulate.

Arrangements Are Temporary

Resilient types are flexible and know when to roll with the punches, and in many instances, they are above average at overcoming sentimental attachments to a place, a piece of equipment, a method or even a business philosophy. On some level, they understand that, particularly in the workplace, most arrangements are temporary.

Resilient individuals don't seem to get as flustered by bends in the road. If they're thwarted in some aspect of a project, they make forward progress in others. Most importantly, they use what they have to get what they want.