



THE RESILIENT LEADER INSTITUTE

Facilitator

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The Resilient Leader Institute

In today's fast-paced and unpredictable world, resilient leadership is not just an asset—it's a necessity. The Resilient Leader Institute equips leaders with the mindset, skills, and strategies needed to navigate adversity, engage their teams, and drive long-term success.

Institute Structure

The institute consists of three interconnected modules, each designed to strengthen leaders capacity in times of uncertainty:

- Module 1: The High Cost of Leadership Without Resilience
- Module 2: The 7 Behaviors of Resilient Leaders
- Module 3: Resilient Leaders Leading CARE
- Module 4: Resilient Leaders Mastering Difficult Conversations

Institute Format

The Institute will be conducted in a "flipped" class format. Participants will participate in three pre-recorded modules. Each module consists of three to four mini sessions (No more than 15 minutes per session). After each module participants will participate in a live Zoom Q&A session with Dr. Lewis. These highly engaging sessions will offer the participants the opportunity to ask questions and learn from each other.

Resilient Leader Self-Assessment

As a participant of the Resilient Leader Institute, you will complete the Resilient Leader Self- Assessment, which will evaluate your current level of awareness and readiness to thrive in and through adversity. Based on your results, you will be categorized in one of three archetypes:

- Empowered Resilient Leader – Building foundational resilience skills.
- Strategic Resilient Leader – Strengthening consistency and strategic adaptability.
- Transformative Resilient Leader – Mastering resilience and leading through adversity with confidence.

This assessment will provide you valuable insights to help you identify growth areas and develop the skills needed to advance as a resilient leader.



Modules



Resilience is the backbone of effective leadership. Without it, organizations suffer from high turnover, poor decision-making, stagnant innovation, and declining morale. This module explores the tangible and intangible costs of leadership without resilience and provides insights into how organizations can avoid these pitfalls. Participants will understand why resilience is essential for sustainable success and how they can begin to cultivate it within their teams.

OUTCOMES

- Recognize the key challenges organizations face when leaders lack resilience and how these challenges impact retention, culture, and profitability.
- Analyze the tangible and intangible costs of leadership without resilience, understanding how it affects decision-making, innovation, and crisis management.

MODULE 1: The High Cost of Leadership Without Resilience

MODULE SESSIONS:

- **Session 1: Understanding the Cost of the Resilience Leadership Gap**



Modules



Resilient leadership is more than just perseverance—it's about thriving in uncertainty, leading with confidence, and continuously evolving. This interactive module takes a deep dive into the seven key behaviors that define resilient leaders: Mindset Mastery, Adaptability, Emotional Intelligence, Service–Orientation, Strategic Career Growth, Continuous Learning & Innovation, and Work–Life Integration. Participants will learn how to develop these behaviors, overcome challenges, and build a leadership approach that ensures long-term success—both for themselves and their teams.

OUTCOMES

- Understand and apply the 7 key behaviors that define resilient leadership.
- Build a resilient mindset that embraces change and growth.
- Strengthen emotional intelligence and adaptability to navigate uncertainty.

MODULE 2: The 7 Behaviors of Resilient Leaders

MODULE SESSIONS:

- **Session 1: Overview of the 7 Key Behaviors of Resilient Leaders (15 mins)**
- **Session 2: Behaviors of Resilient Leaders 1–4 (15 mins)**
- **Session 3: Behaviors of Resilient Leaders 5–7 (15 mins)**
- **Session 4: Recap (5 mins)**



Modules

Effective leadership isn't just about driving results—it's about leading with humanity. In this session, leaders will learn how to incorporate Curiosity, Awareness, Respect, and Empathy (C.A.R.E.) into their leadership approach. These four pillars create the foundation for stronger team engagement, trust, and resilience. Participants will explore how leading with C.A.R.E. enhances team performance, strengthens workplace culture, and fosters psychological safety.

OUTCOMES

- Learn how Curiosity fosters innovation and deeper connections with teams.
- Strengthen Awareness to recognize team needs, challenges, and opportunities for growth.
- Apply C.A.R.E. principles in leadership decisions to drive long-term success.

MODULE 3: Resilient Leaders Leading with C.A.R.E.

MODULE SESSIONS:

- **Session 1:** Overview of the C.A.R.E. Framework (15 mins)
- **Session 2:** Curiosity (15 mins)
- **Session 3:** Awareness (15 mins)
- **Session 4:** Respect (15 mins)
- **Session 5:** Empathy (15 mins)
- **Session 6:** Recap (5 mins)



Modules



Difficult conversations are inevitable in leadership, whether it's addressing performance issues, resolving conflict, or navigating tough organizational changes. This module equips leaders with the tools, confidence, and mindset needed to navigate tough discussions with Curiosity, Awareness, Respect, and Empathy (C.A.R.E.). Participants will develop communication strategies that reduce tension, foster trust, and lead to productive resolutions.

OUTCOMES

- Understand why difficult conversations are essential for growth and team alignment.
- Use Empathy to create psychological safety, ensuring conversations are constructive.
- Walk away with practical conversation frameworks that can be applied immediately.

MODULE 4: Resilient Leaders Mastering Difficult Conversations with C.A.R.E.

MODULE SESSIONS:

- **Session 1:** Overview of the applying C.A.R.E to Difficult Conversation (10 mins)
- **Session 2:** Applying the SCALE Framework to lead difficult conversations (10 mins)
- **Session 3:** Basic Communication Skills for Leaders (10 mins)
- **Session 4:** Recap (10 mins)