



# Resilience for an Uncertain World

**Donna Oti, Ph.D.**  
**Communication and Culture, LLC**  
**The 3C Firm**



What is the  
first word you  
think of when  
you hear the  
word  
*Resilience*?





What changes  
have you  
navigated during  
the last two  
years?

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# Resilience

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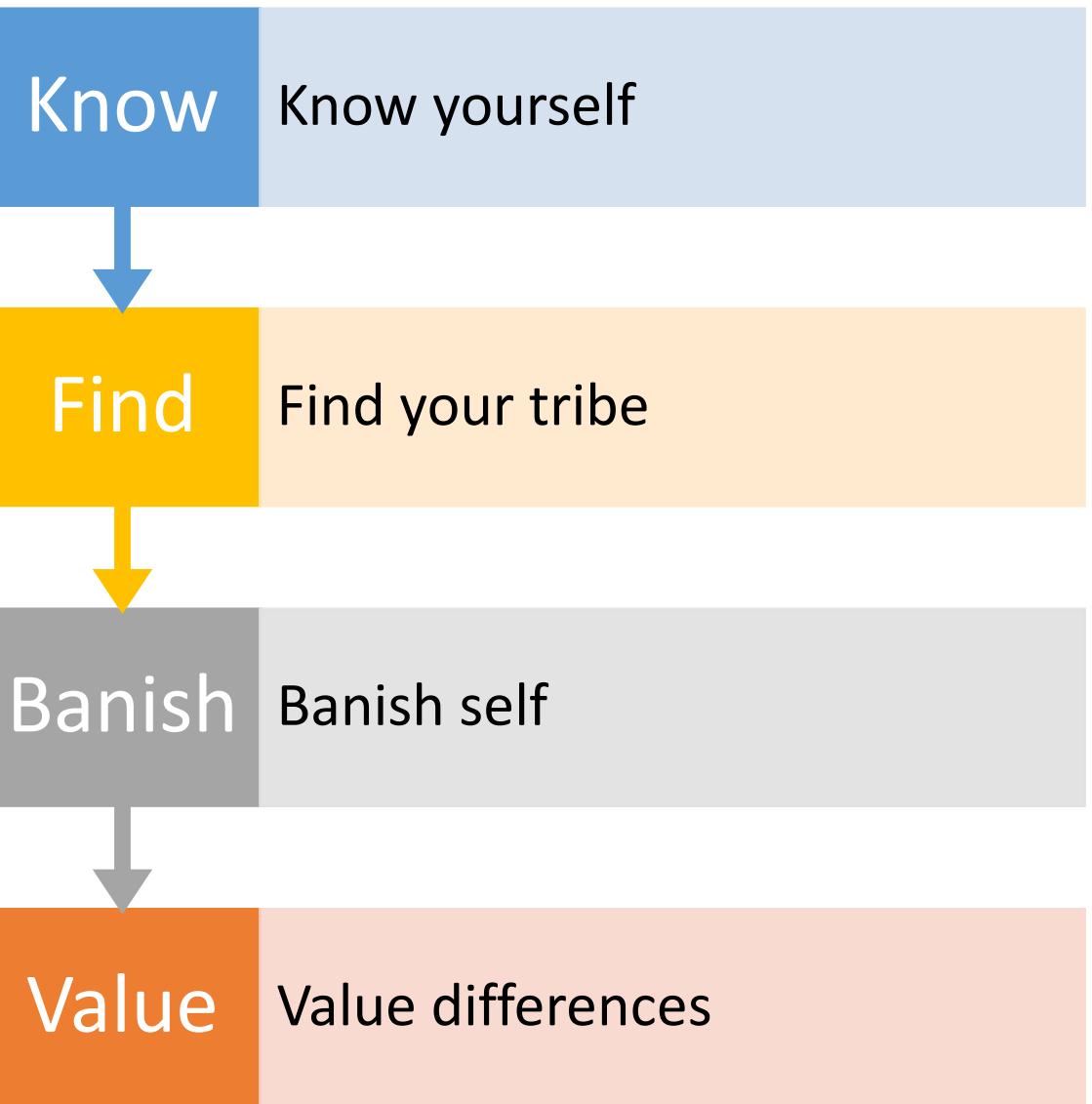


The capacity of a system to absorb disturbance and reorganize to retain essentially the same function, structure, and feedbacks; that is, it is to have the same “identity.”

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# Strategies for building resilience



# 1. Know yourself



# What do you want to lead?

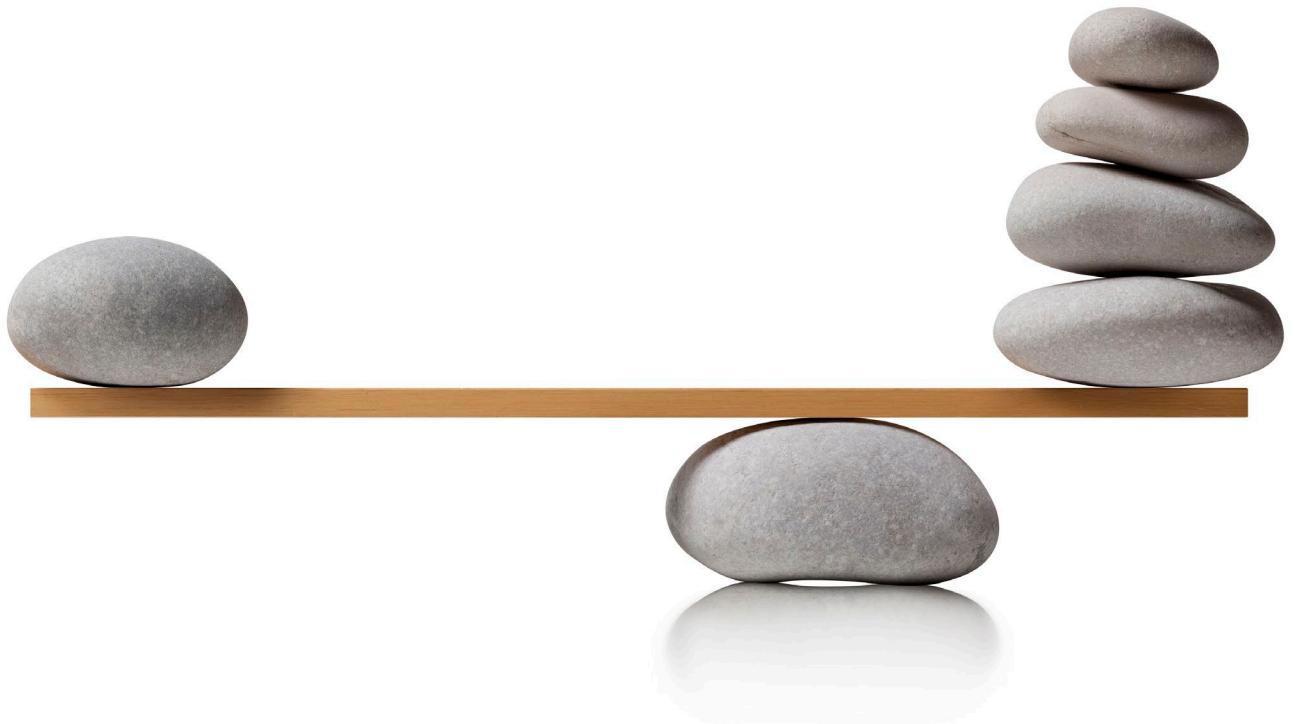
- Individuals
- Organizations
- Society



# Why do you lead?

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- Harmony
- Karma/Justice



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How do you want to  
solve problems?

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- Community
- Human
- Knowledge
- Society





2. Find you tribe

# RELATIONSHIP LOGICAL

# ACTION ORGANIZED

The Relationship Way is focused on how change effects relationships. These people value authentic and personal interactions, and seek harmony with others. They are often expressive and compassionate.

The Action Way values risk taking and challenges. They are focused on the bottom line, getting things done quickly, and individuality. They desire freedom and creativity.

The Organized Way is highly responsible and detailed, focused on order and processes. They have a strong work ethic and appreciate tradition, routines, and organized systems.

The Logical Way wants to know the "why" of every situation. They fixate on solid data and the purpose of change. They are highly analytical and often perfectionistic.

Source:  
Jill Mellot  
*Emergent Performance Solution*



3. Banish self

# Psychological Threats

Status

Certainty

Autonomy

Relatedness

Fairness

Source: David Rock's SCARF Model

## 4. Value differences



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# Refocus

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- Reach out
- Engage
- Flex
- Organize
- Comfort
- Understanding
- Sleep





# Questions?

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