

AASA aims to support leadership development by establishing a framework of:

Resonant Leadership

Resilient Leadership

Nimble Leadership

UNDERSTANDING RESILIENCE AND RESILIENT LEADERSHIP

RESILIENCE

An individual's ability to overcome adversity and experience positive functioning and mental health despite challenging circumstances, trauma, or extreme stress.

RESILIENT LEADERSHIP

The ability of leaders to navigate challenges, maintain their own well-being, and effectively lead their organizations through adversity, while also building resilience in their employees and creating a supportive and positive work environment.

Resilient leaders can bounce back personally from adversity and handle challenging work conditions. They are flexible, adaptive, have strong coping skills, and are effective in dealing with disruptive events.

RESILIENT LEADERSHIP COMPETENCIES

The Key Competencies of Resilient Leadership



THINKING RESILIENCE

Resilient leaders maintain optimism, construct realistic perspectives, and find constructive solutions to problems.



RESILIENCE CAPACITY BUILDING

Resilience capacity building involves recognizing weaknesses, seeking balance, and utilizing support networks to improve outcomes.



RESILIENCE ACTION SKILLS

Resilience action skills include adaptability, creativity, and perseverance coupled with the will and desire to take action. These skills are needed to set new goals, develop plans, and move forward.



BUILDING RESILIENCY CAPACITY IN OTHERS

Leaders understand that resiliency can be developed and seize opportunities to build community and help others increase personal self-efficacy and build resilience.

IMPLICATIONS OF RESILIENT LEADERSHIP FOR DISTRICT AND SCHOOL LEADERS



Resilient leadership facilitates leadership wellbeing and overall district and school success. Resilient leaders have a positive impact on school climate, foster supportive environments, and build relationships that contribute to the development of resilience in both teachers and students. They play a critical role in promoting effective teaching, supporting teacher retention, and enhancing student resilience to personal and academic hardship.

BUILDING RESILIENT LEADERSHIP

The "Becoming a More Resilient Leader" toolkit focuses on the skills and traits of resilient leaders and is designed to support district leaders build resilience.

Sample tools and activities include:

- Identifying Protective Factors: What Makes You Resilient?
- Activity: Scenario Plan
- Self-Reflection Questions: Overcoming Adversity

10+ tools and resources for developing your leadership resilience!

