

Building your Resilience¹

Enter at least one thing in each section you do well and one or more things you could do to help develop resilience:

<p>Attitudes and perspectives - valuing what you do, maintaining interest in the job, developing self-awareness and accepting your own limitations.</p>	<p>Balance and prioritisation - setting limits, work life balance and looking after and valuing yourself, taking effective approaches to your continuing development.</p>
<p>Organisation of your work environment - good management, good staff and teams, effective systems at work.</p>	<p>Supportive relations - positive personal relations, effective professional relationships and good communication.</p>
<p>What three things will I do to build resilience as a leader?</p>	

¹ *Jenson P et al Building physician reliance (2008) Canadian Family physician*