

Second Edition: Build Adaptability and Resilience via LOC Learn

Build Core Competencies via LOC Learn is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is "Adaptability and Resilience." We encourage you to take this opportunity to refresh your skills and abilities and share them with a friend or coworker. Select a learning resource below:

| Online Learning Resource | Resource Type, Duration | Speaker/Author | What you will learn: |
|---|-------------------------|----------------|---|
| The Golden Rule of Resilience | Video, 3 minutes | Sharon Melnick | Resiliency to change is a matter of limiting stress by controlling more of what you can and letting go of what you can't control. |
| Reaching Goals Using Perseverance and Resilience | Course, 27 minutes | N/A | In this course, you will learn about earning trust and assessing your circle of trusted people, as well as developing resilience, and what to do to regain trust and rebuild resilience. |
| Adaptability Through Transparency | Video, 3 minutes | Steve Strout | There is no one management style that will resonate with everyone. You need to be able to adapt quickly to ensure all employees receive the message the way its intended. |
| Forging Ahead with Perseverance and Resilience | Course, 31 minutes | N/A | In this course, you'll learn to develop personal resiliency, adaptability, and perseverance. You'll explore the resources and people it takes to sustain perseverance, and you'll discover actions to help you build a work-life balance, sharpen your focus, and foster the resilience perseverance to face and overcome setbacks. |
| Resilience Versus "Presilience" | Video, 3 minutes | Eileen McDargh | The concept of resiliency is insufficient; that's why you need presilience. |
| Adaptability: The Art of Winning in an Age of Uncertainty | Book Summary, 8 pages | Max McKeown | In Adaptability, the author demonstrates how to recapture a youthful imagination and not allow "the impossible" to become an obstacle to success. In this Summary, we discuss the salient points of the book based on our interpretation of its contents. |
| Resilience: How to Cope When Everything Around You Keeps Changing | Book, 198 pages | Liggy Webb | Containing timely examples and tips tailored for coping with difficult times, this easy-to-digest, anecdotal and practical guide arms you with a personal toolkit to handle day to day challenges, and provides strategies for thriving in uncertain times. |