RESILIENCE

The Resilience, Recovery, and Renewal initiative aims to support all employees (individual contributors, managers, administrative and faculty leaders) through the COVID-19-related impact to our work, as we all learn how to respond, re-engage, and emerge stronger as individuals and an organization. Training, consulting, coaching, tip sheets and toolkits will be provided as resources towards this goal.

Resilience can be defined as responding well to disruptive change. Below are current resources related to improving resilience.

**University Resources**

Harvard University Coronavirus Site
- Community Notifications
- Health & Wellbeing Advice
- Remote Work Resources

Coping with coronavirus (HMS)
Resilience Resources (HSPH)

**Coming Soon:**

**Building Personal Resilience**
This suite of workshops is designed to help strengthen resiliency by learning and practicing cognitive science-based tools, and techniques that foster greater “bounce-back” ability.

**All Employees**

How to Be Your Best Self in Times of Crisis (TED Talk)
How Resilience Works (HBR)
That Discomfort You’re Feeling Is Grief (HBR)
The Antidote to our Anxious Times is a Learning-Mindset (HBR)
What Open Water Swimming Taught Me About Resilience (TED Talk)
Featured Learning for Employees from LinkedIn Learning

**Managers**

4 Behaviors That Help Leaders Manage a Crisis (HBR)
7 Leadership Principles for Managing in the Time of Coronavirus (HBS)
Beyond Coronavirus, the Path to the Next Normal (McKinsey)
Communicating Through the Coronavirus Crisis (HBR)
Five Questions that (Newly) Virtual Leaders Should Ask Themselves (HBR)
How to Talk to Your Team When the Future Is Uncertain (HBR)
Leading in a Crisis (DCE)
Managing Through Crisis: How To Lead Through Crucible Moments (HBS)
Real Leaders Are Forged in Crisis (HBR)
Featured Learning for Managers from LinkedIn Learning and Harvard ManageMentor

**Leaders**

Coronavirus and the campus: How can US higher education organize to respond? (McKinsey)
Coronavirus: How should US higher education plan for an uncertain future? (McKinsey)
How CEOs Can Support Employee Mental Health in a Crisis (HBR)
Leading Through Uncertainty, Start with Kindness and Start with Yourself (Academic Leadership Group)
Resources for resilient leadership (Deloitte)