

Leadership Caffeine and the Resiliency of the Seasoned Manager

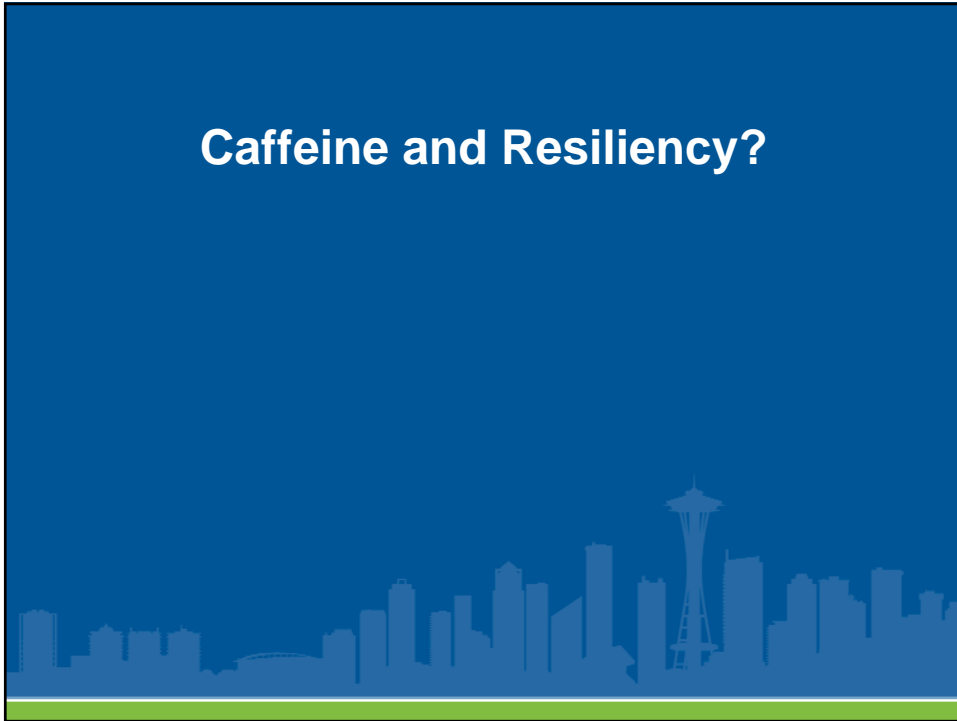
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Why would you want to listen to me on this topic?

- 35 years as a city/county manager
- Spread over three countries (NZ, AUS, UK)
- President of SOLGM, and ICMA

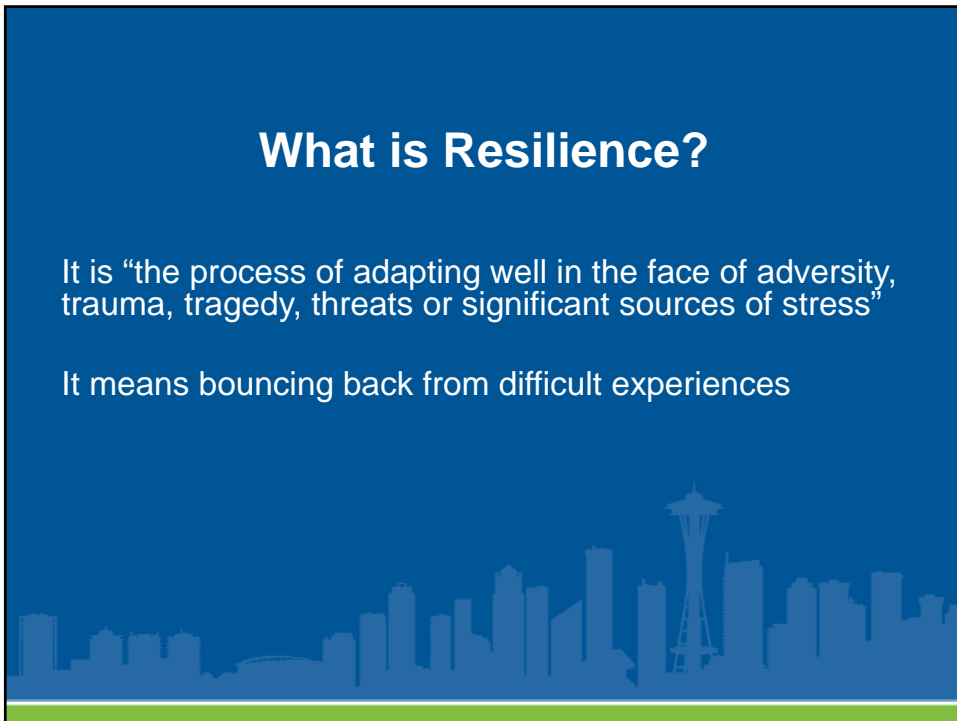
Caffeine and Resiliency?



What is Resilience?

It is "the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress"

It means bouncing back from difficult experiences



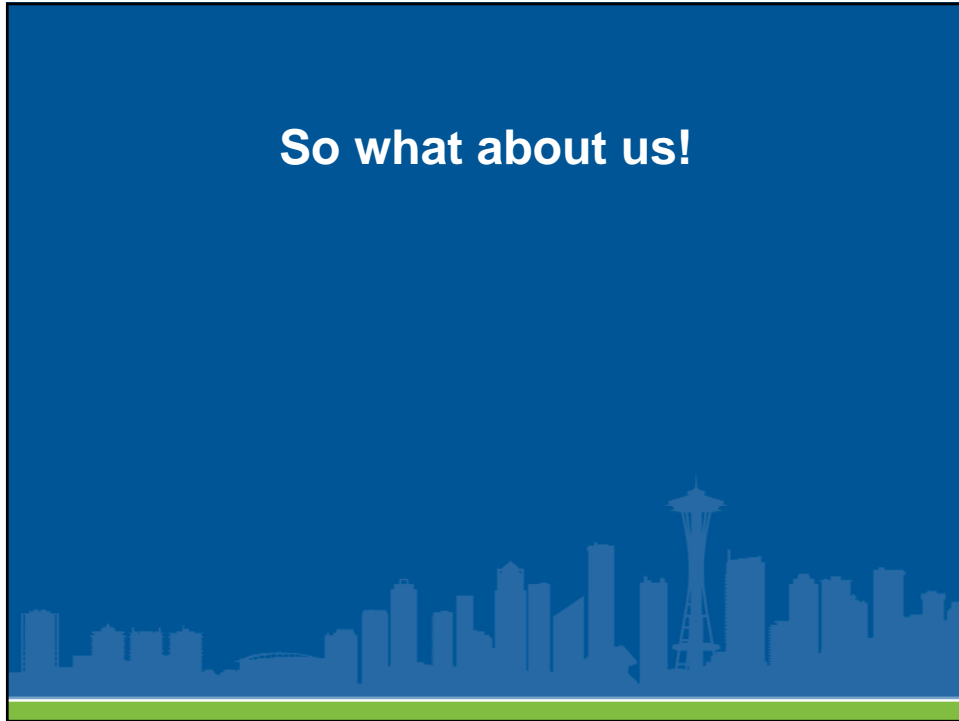
Another way of looking at Resilience



How do we build it?

- Make connections
- Crises can be overcome
- Accept that change is part of living
- Move toward your goals
- Look for opportunities for self-discovery
- Be positive
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself
- Check out [its website](#) for more information

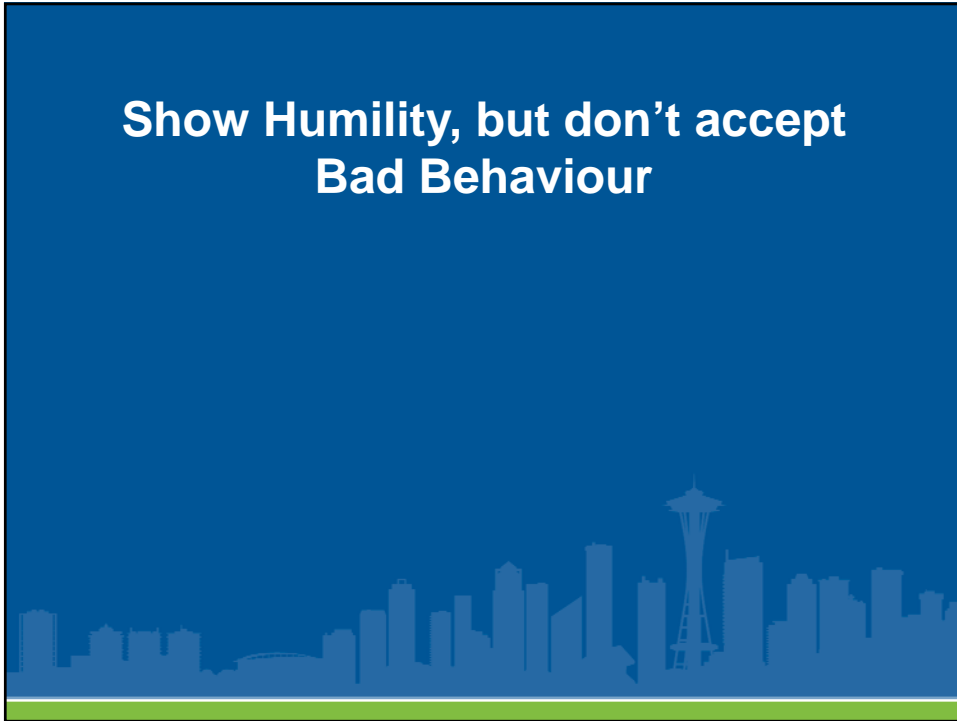
So what about us!



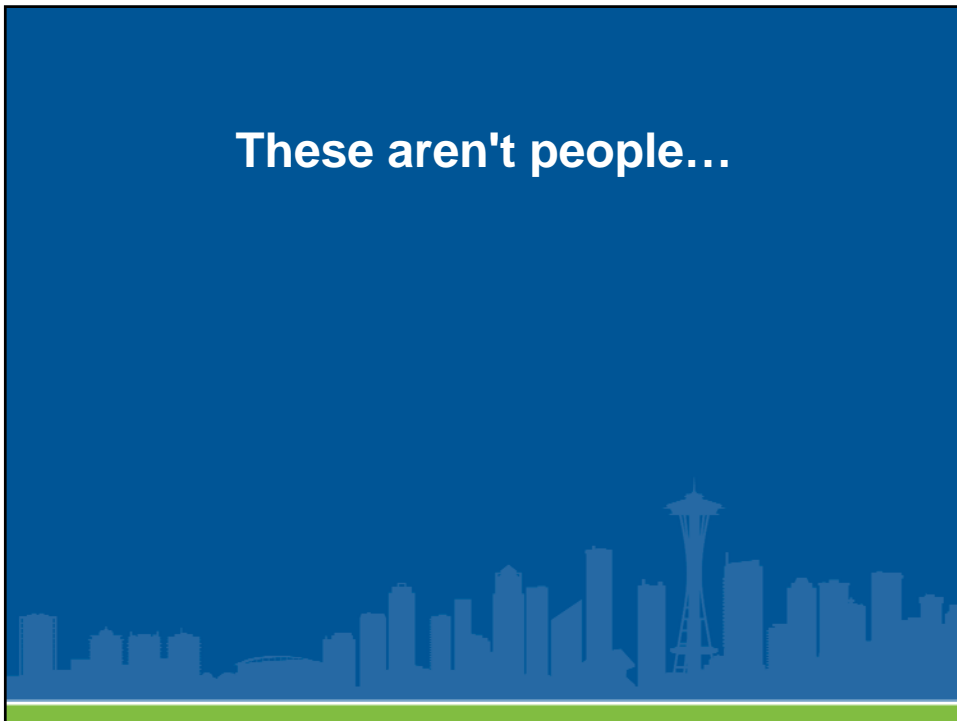
**Focus on the big picture; the legacy
we will leave for future communities**



**Show Humility, but don't accept
Bad Behaviour**



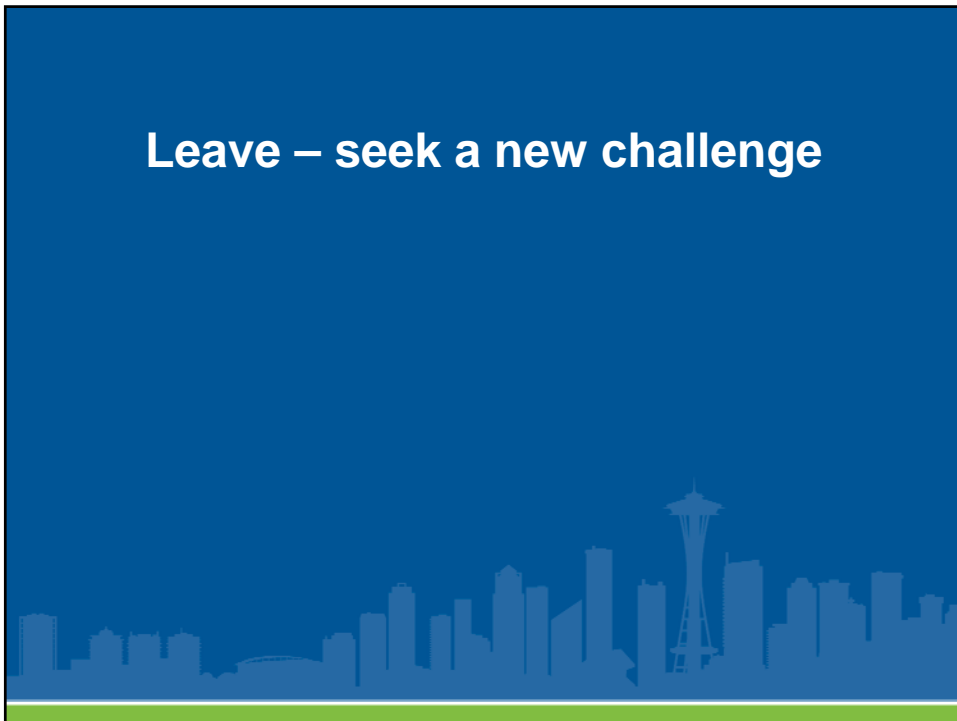
These aren't people...



...they're councilmembers!



Leave – seek a new challenge



Thank you for listening to me!

