

WEEK 6 WORKSHEET

Leader Resilience & Emotional Regulation

SECTION 1 — PERSONAL RESILIENCE ASSESSMENT

Instructions: Identify stress triggers and current responses.

My top stress triggers:

1. _____
2. _____
3. _____

How I currently respond under stress:

SECTION 2 — PERSONAL RESILIENCE PLAN

My regulation strategies:

Daily habits that strengthen resilience:

Support systems I rely on:

SECTION 3 — TEAM MORALE STABILIZATION PLAN

Behaviors to reinforce:

Behaviors to reduce:

Values to emphasize during pressure:

Messages to deliver consistently:

Slide Highlights:

- Your team mirrors your emotional state — calm leaders create calm teams.
- Stress triggers: timelines, expectations, personnel issues, unclear tasks, politics, personal pressures.
- Leaders transmit stress through tone, posture, facial expression, impatience, micromanaging.
- Regulation strategies: slow thinking, clear communication, professional posture, kindness, respond not react.
- Resilient leader habits: strong routines, preparation, boundaries, values-based decisions, organized workflow.

How to Use This for the Worksheet:

- Use the slide list to identify your stress triggers.
- For “current responses,” reflect the stress-transmission patterns listed in the slides (tone, urgency, posture).
- Regulation strategies and daily habits can be pulled directly from the calm confidence model.
- Team morale stability actions should match slide guidance: reinforce positive behavior, reduce negative behaviors, maintain values under pressure.