





PATH
 INTERNATIONAL
**Resilience and
Center
Sustainability**
 Kathy Alm, CEO

Topics


- 14 Attributes of a Thriving Nonprofit
- Resilience
- Emotional Intelligence







**The 14
Attributes of a
Thriving
Nonprofit**
 From Joan Garry's book *Guide to Non-profit Leadership*





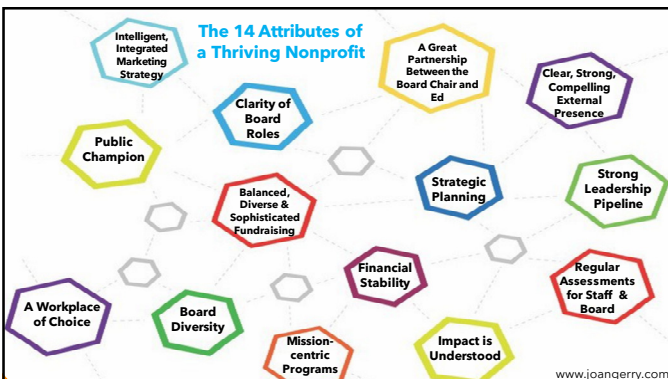
14 Attributes of a Thriving Nonprofit

- Workplace of Choice
- Public Champion
- Financial Stability
- Balanced, Diverse and Sophisticated Fundraising
- Board Diversity
- Clarity of Board Roles
- Mission-Centric Programs



14 Attributes of a Thriving Nonprofit

- Impact is Understood
- Clear, Strong, Compelling External Presence
- Intelligent, Integrated Marketing Strategy
- Regular Assessments for Board and Staff
- Strong Leadership Pipeline
- Strategic Planning
- Board Chair/ED Strong Partnership





Resilience





Resilience

From *The Secret to Building Resilience* by Rob Cross, Karen Dillon and Danna Greenberg

Harvard Business Review





Resilience

Building a network of healthy relationships



Resilience

4 Ways to Cultivate Resilience

By Emily Sohn
New York Times




Resilience


Exercise




Resilience

Step 1
Identify Your Top Resilience Needs

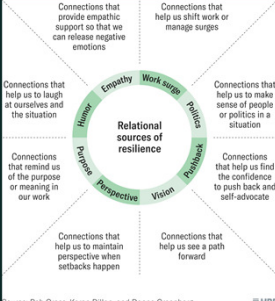


Resilience

What Are Your Top Relational Sources of Resilience?

A well-developed network of relationships can help you rebound from setbacks. Identify the spheres that are most important to you. Are you falling short in some categories?



Source: Rob Cross, Karen Dillon, and Danna Greenberg © HBR

Resilience


Step 2
Reflect
Broaden
Initiate




Resilience


Optimism and
Humor







Emotional Intelligence

- What is it?
- How do you get it?
- Why it matters




Emotional Intelligence




Emotional intelligence, more than any other factor, more than I.Q. or expertise, accounts for 85% to 90% of success at work... I.Q. is a threshold competence. You need it, but it doesn't make you a star. Emotional intelligence can.

(Warren Bennis)

izquotes.com



What is Emotional Intelligence?



- Authentic Engagement - is a thoughtful and profound way of showing up in life. A way that informs your relationship to yourself, others and the world
- It's an awareness and understanding of your emotions as they occur and can evaluate the emotions as appropriate or not, before responding to a situation or another person

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Why do we need Emotional Intelligence?

- Builds resilience and compassion
- In today's climate organizations are experiencing change and transition due to shifting priorities affected by external societal demands - so it's not enough to be technically sound - you must be emotionally intelligent and culturally competent
- As a leader, you need to excel beyond technical or hard skills like decisiveness, charisma, integrity, strategic thinking and communications

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How do you get Emotional Intelligence?

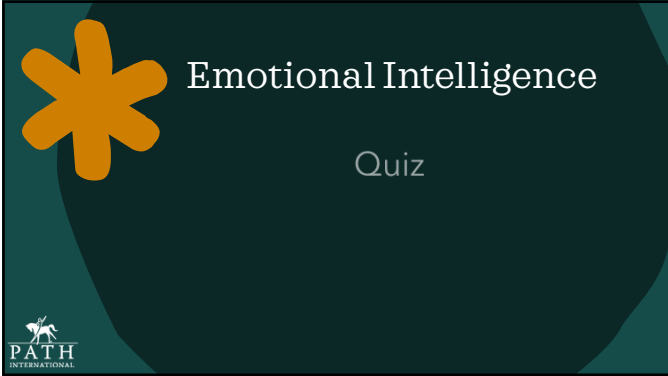
- Cultivate the following:
 - Self Awareness
 - Self-management
 - Curiosity
 - Empathy
 - Vulnerability
 - Social Awareness
 - Relationship Management

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Why Emotional Intelligence Matters

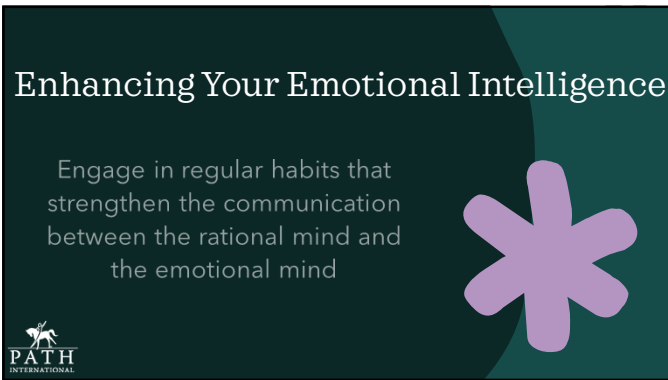
- Builds networks, builds resilience
- Prepares you to address difficult circumstances and challenging times
- Authentic engagement promotes safety, trust and a positive culture

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Emotional Intelligence
Quiz





Enhancing Your Emotional Intelligence

Engage in regular habits that strengthen the communication between the rational mind and the emotional mind






Themes and Connections





Questions?

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