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 Nonprofit 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

- 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

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
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?

Resilience
Step 2
Reflect
Broaden
Initiate

Resilience
Optimism and Humor
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.
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

How do you get Emotional Intelligence?

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

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
Enhancing Your Emotional Intelligence

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

Themes and Connections