

The Lowedown

An update on the life and ministry of Dave & Jennifer Lowe



Global Leadership Summit: Resilience

What is resilience? Is it a skill? Is it an ingrained character quality?

Marcus Buckingham, researcher and developer of the Gallup StrengthsFinder assessment addressed this question last month at the 2020 Global Leadership Summit, which Jen and I had the opportunity to attend virtually.

Buckingham and his team of researchers were interested in understanding this quality of resilience that some people seem to have, which gives them the ability to face incredible challenges without breaking or buckling.

Buckingham's research determined that resilience isn't a



A Picture of resilience - a lone tree somehow thrives in a harsh environment where plant life is sparse

Photo by [Patrick Hendry](#) on [Unsplash](#)

skill but a quality that can be developed. His talk focused on how to build resilience in others and in ourselves. Specifically, he shared 3 different ways we can build resilience in ourselves.

First, Buckingham talked about a concept he called **Agency**, which simply refers to items we can control. One of the things we can control is the rhythms in our lives. Remember the morning and evening commute? As much as you might have hated that time in the car, it created an obvious separation between home life and

work life. For many, that natural break is gone, disrupting our natural rhythms.

The research on resilience, according to Buckingham, suggests that resilient people work hard and then take a break - they recognize the value of recovery. This sounds a lot like the idea of sabbath (rest), doesn't it?

What are some

ways you can create natural breaks in your schedule that would lead to rest, recovery and resilience?



Resilient people have learned the importance of rest and recovery

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Secondly, Buckingham elaborated on the idea of **Compartmentalization**, which means that different parts of our lives have different feelings and different outcomes. The most resilient people seem to understand that we have many different lanes in our lives and if we're not doing well in one lane, there are other lanes. This doesn't mean we deny the things that are going bad in that one area of life, but it's a realization that there are other areas where I can see success and progress.



We all have different areas or lanes in our lives. If we're struggling in one area, we can still succeed and see progress in other lanes.

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What are the different lanes in your life where you're seeing success? How can you leverage your experience in those areas to help you in the areas where you're struggling?

According to Buckingham, the third way to develop resilience in ourselves is through our **Strengths in Work**. Resilient people have figured out how to utilize their strengths to derive meaning, purpose and joy from the circumstances they're in.

Interestingly, Mayo Clinic research indicates that you don't need to fill up your whole week with those invigorating activities in order to create resilience. If we can fill up just 20% of our schedules with the kinds of activities that bring life to our souls, we can develop resiliency that enables us to withstand the more difficult life circumstances which we may encounter.

What are the things that bring life to you? How can you inject a few of these joy-producing activities into your schedule to help build resilience?

Young Professionals face unique challenges, even apart from Covid, that makes resilience an important quality to develop. Many are struggling to find a supportive community while dealing with extreme financial issues and an uncertain job market.

We're privileged to be able to help Young Professionals develop resiliency through coaching, Strengths assessments and awareness and Leadership Development.

Thank you for your part in helping us develop resilience in our own lives while helping Young Professionals to do the same. We are grateful for you!

*Love,
Dave & Jen*