



# LEADERSHIP RESILIENCE



*Mastering the Art and Science of Listening to Our Bodies*





## *Today's Agenda*

1 History of Main Streets

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2 Leadership Resilience

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3 Somatic Awareness

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4 Human Threat Response

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5 Listening to Our Bodies

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# History



FROM HORSE-DRAWN CARRIAGES TO  
ELECTRIC CARS

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Main Streets were  
originally designed for  
horse-drawn carriages  
and pedestrians.



Main streets have had to be as adaptive as the  
stewards who strive to revitalize and preserve their  
rich heritage and continue to thrive as vibrant hubs  
of community life for generations to come.



# Leadership Resilience



Leadership resilience is the **capacity** of a leader to effectively **navigate** and adapt to the complex and unpredictable **challenges of our times** while maintaining the ability to **lead teams and organizations effectively**.





# Somatic Awareness

## SENSORY INSIGHTS

There is valuable  
information in your  
sensations.

## UNIVERSAL LANGUAGE

Sensation is our first  
language.



## CONCEPT AND DEFINITION

It's listening to your body and  
paying attention to the  
sensations, like noticing tension,  
relaxation, pain, or comfort, and  
understanding how these  
sensations relate to your  
emotions and well-being



# HUMAN THREAT RESPONSE



## FIGHT

Move toward the stressor.

## FLIGHT

Move away from the stressor.

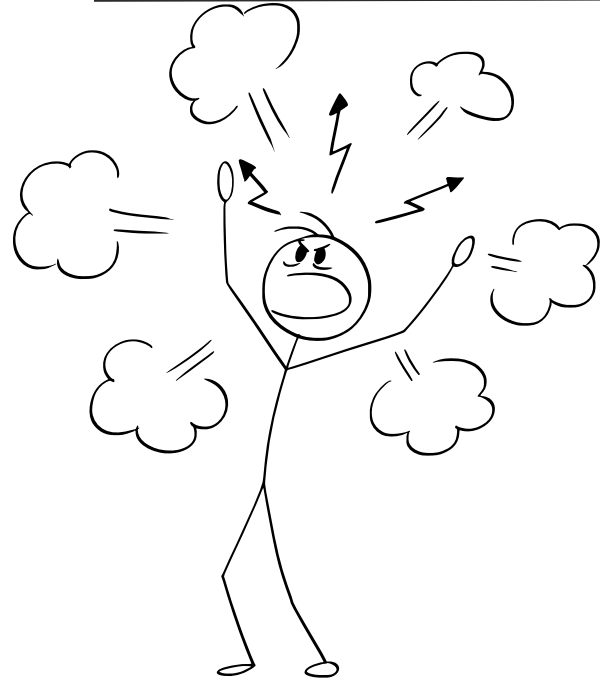
## FREEZE

Too overwhelming.  
Shutdown.

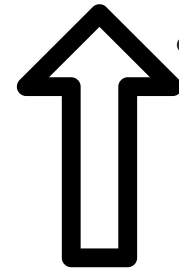


# ≡ *Window of Tolerance*

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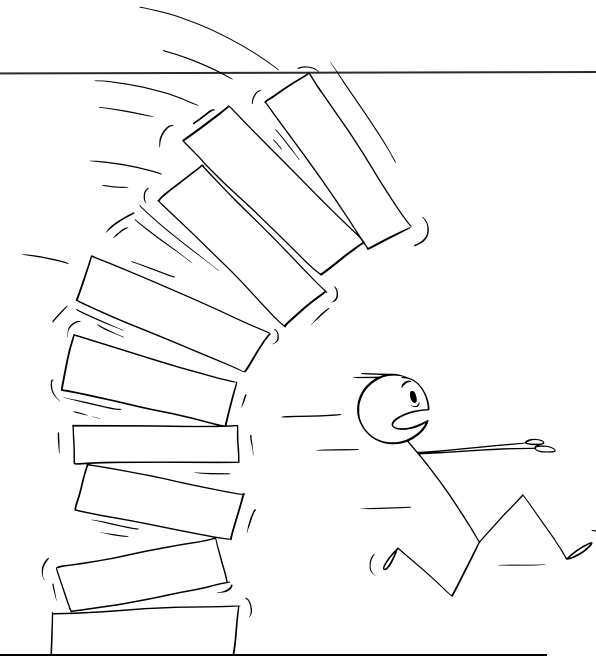


## Hyperarousal

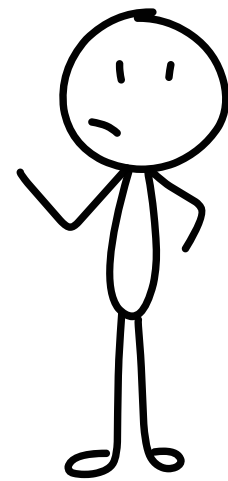


- Threat Response
  - Fight or Flight

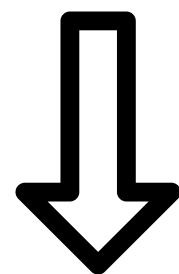
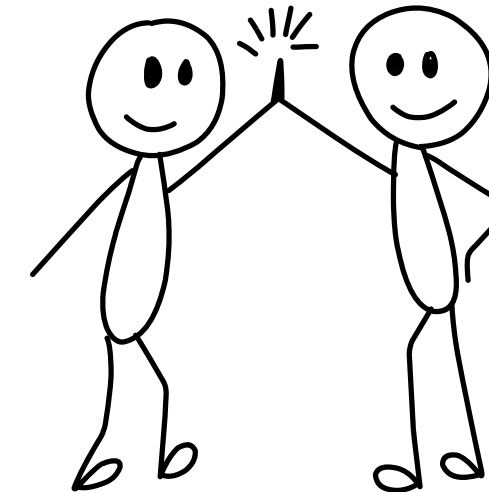
- Feeling unsafe
- Overwhelm
- Anger
- Defensiveness
- Reactivity



## Window of Tolerance

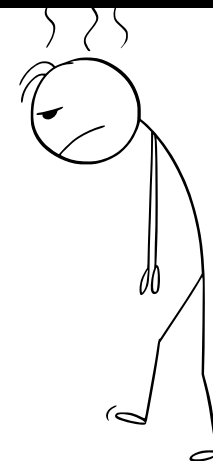


- Feeling safe
- Curious
- Connectedness
- Thinking brain and survival brain are working together
- Present



## Hypoarousal

- Threat Response
  - Freeze



- Numb
- Low energy
- Feeling disconnected
- Unable to think or respond



It was just a hunch.

Trust your gut.

Most people recognize less than 1 percent of their sensory data.

I need to get something off my chest.

I've had cold feet about...

I had an inkling.

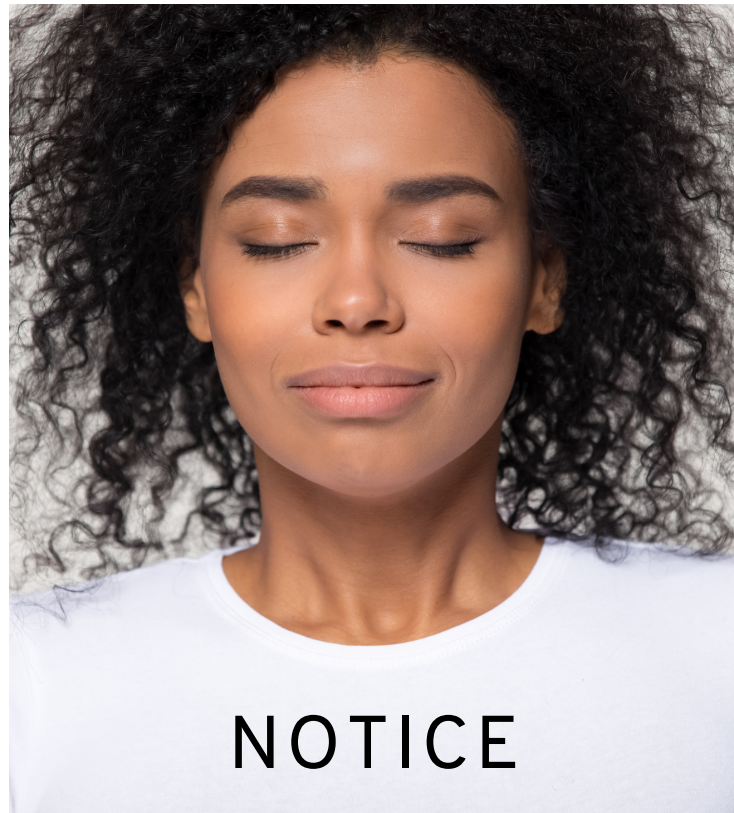






Three Pillars of

# Somatic Awareness



NAVIGATE





## NOTICE

Of the three pillars of Somatic Awareness, “noticing” is perhaps the most important. We can’t name or navigate what we don’t notice.





Techniques to

# Boost Noticing

*Practice*

**Present-Moment  
Awareness**



*Engage in*

**Body Awareness  
Exercises**

*Keep a*

**Sensations Journal**





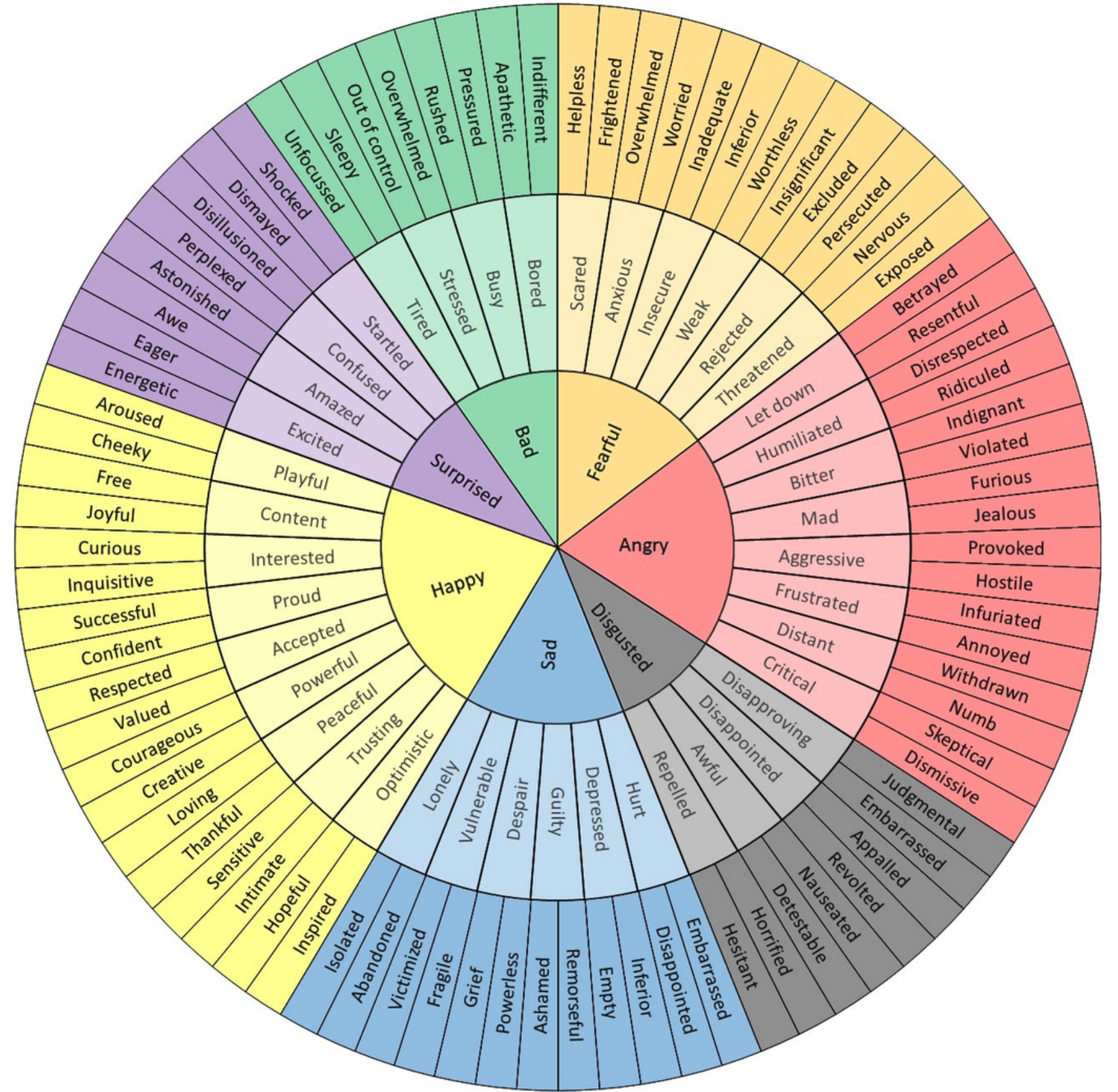
## NAME

A Google search reveals at least 3,000 English-language words to give meaning to our emotional experiences.

Unnamed, unresolved emotions become stumbling blocks.



<https://feelingswheel.com>  
→





# NAVIGATE

Self-regulation is a key factor in achieving success because it signifies the inner strength to navigate one's thoughts, emotions, and behaviors, leading to personal growth and desired outcomes.



# HOW TO CALM THE NERVOUS SYSTEM



## Evaluate

Is the situation unsafe or just uncomfortable? Recognizing the difference will show the survival brain and nervous system that you are safe or safe enough.



## Move Your Body

Moving your body. The motion, tells the body it has survived the perceived threat.



## See and Sense

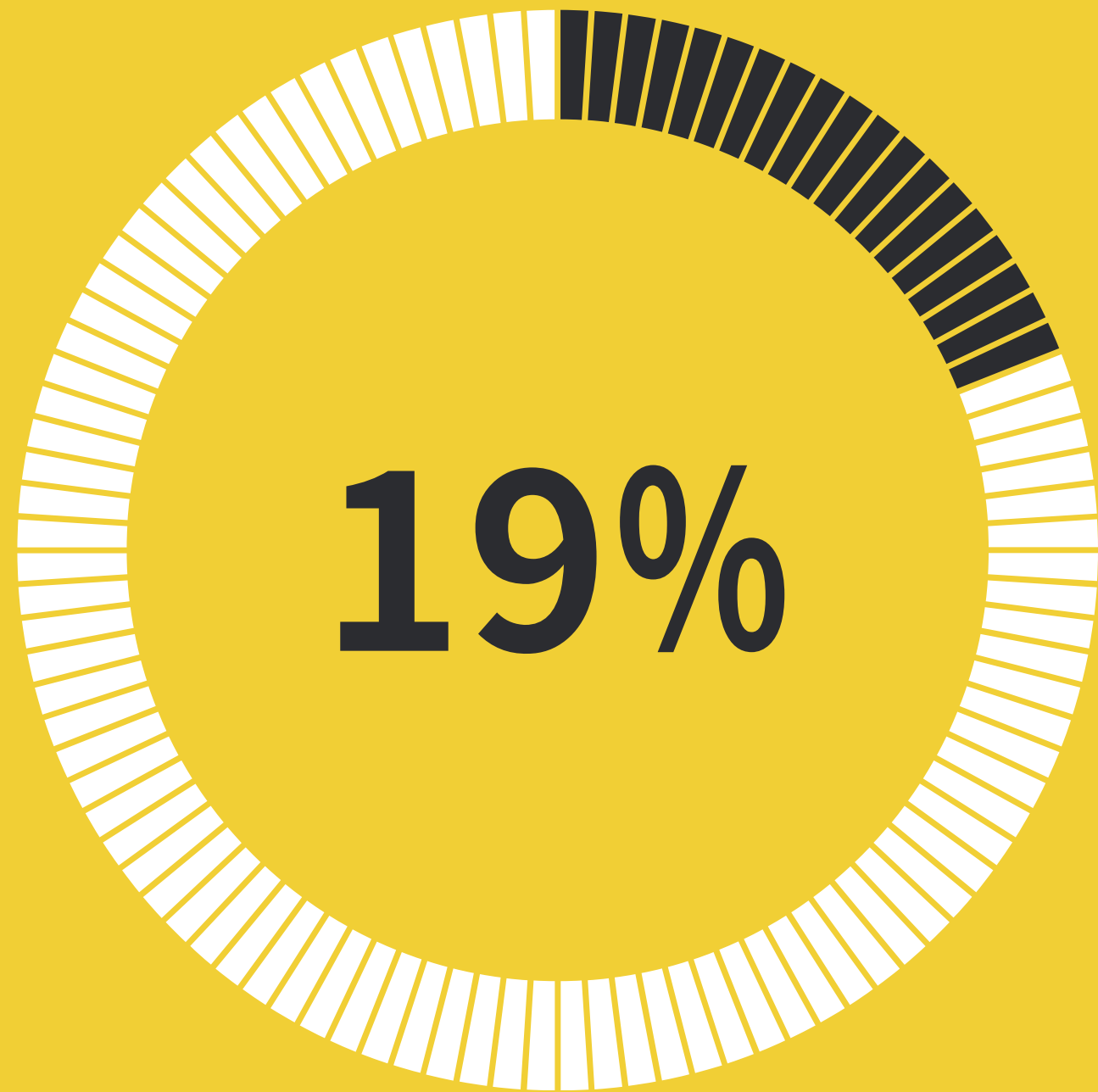
Counteract non-life threatening audio triggers by engaging your sense of sight.



“It’s helped me so immensely!”

# FEAR IS FRIGHTENING

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- Fear is a contagious emotion.
- A few of the most common fears are of job loss, retaliation, failure, conflict, and speaking up.
- According to Gallup research, nearly 19 percent of U.S. workers rate their mental health as fair or poor.



# ROOTING OUT FEAR

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Creating a positive culture is an important leadership responsibility and can have a direct impact on the success and effectiveness of the organization.

- Leaders set the social and emotional tone for the entire group.
- Leaders have a powerful effect on others' level of emotional regulation.
- Leaders who can regulate their emotions effectively create a secure foundation for their organization, thereby expanding the organization's overall emotional resilience.



# STRESS BUSTERS: THE BIG FOUR



## Social Engagement

Have a social life. Strong personal relationships are a consistent predictor of happiness.



## Sleep

Get enough sleep. A restful night's sleep boosts mental clarity and supports recovery and healing.



## Eat Well

Improving our diet helps maintain a healthy weight, clear brain fog, boost our energy, and mend our immune system.



## Exercise Regularly

Our bodies were made to move. Exercise allows us to discharge stress activation, get better sleep, and contributes to better health and overall well-being.

VIKTOR E. FRANKL

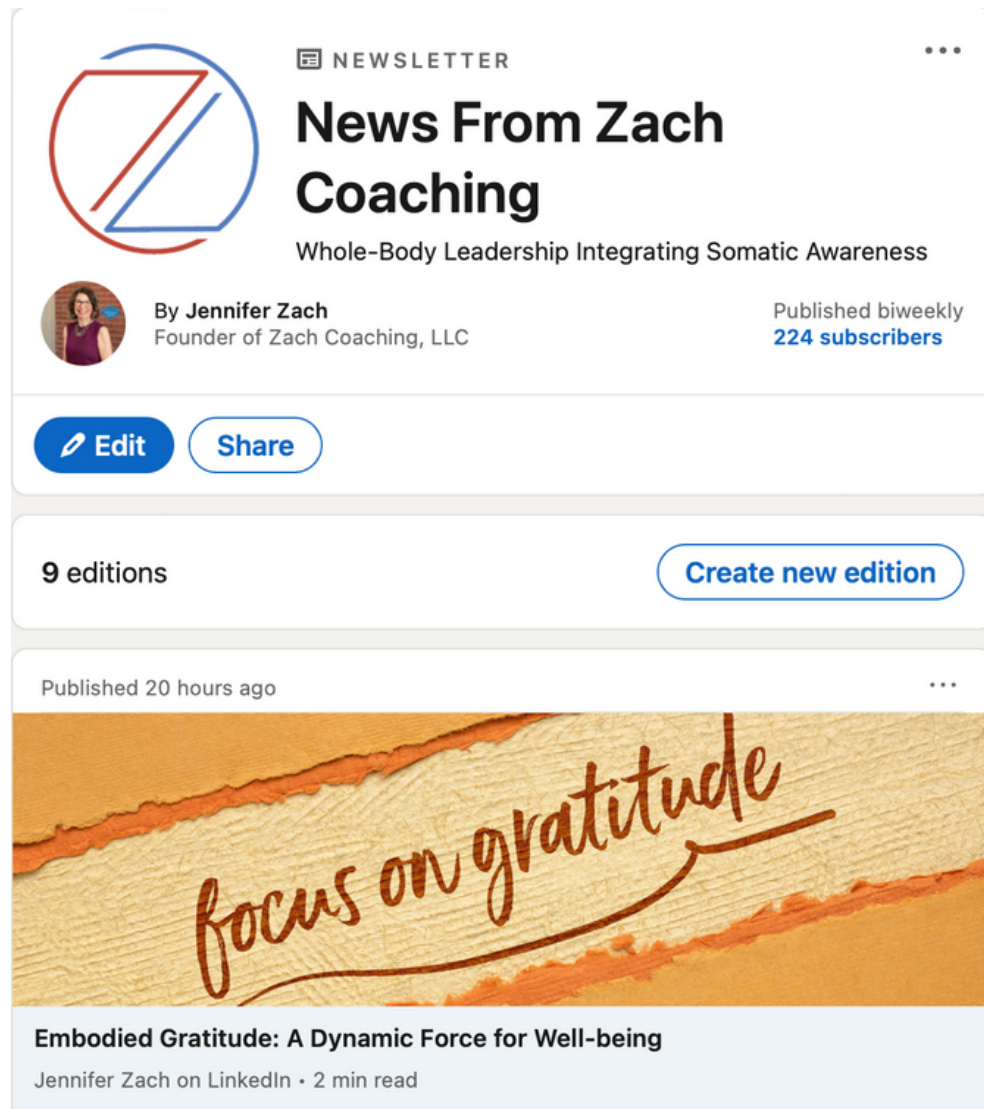
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"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

# Two Ways to Connect

1

Scan to subscribe to my  
LinkedIn Newsletter



2

Schedule a FREE  
Consultation





**Thank you!**



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