

7-Step **Resilience** Framework

A practical guide for leading through uncertainty — with steadiness, not stress.



**“ You might not be able to stop the storm. But you can decide how you will lead in the storm.
— Robert Dorch**



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7-Step Resilience Framework

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1. Pause Intentionally

Start by naming it. You can't fix what you can't face.

What's causing the most pressure right now?

2. Prioritize What Matters

Not everything is urgent. Some things are essential.

What do you absolutely need to protect — people, programs, or partnerships?

3. Stabilize Small Wins

A small shift can bring big relief.

What small adjustment would help you breathe more easily today?

4. Strengthen Systems

Don't fix everything — reinforce one thing.

What part of your system is stretched thin?

5. Seek Support

Strength isn't isolation. It's knowing when to reach out.

Who could help that you haven't asked yet?

6. Reclaim What Matters

What you protect now may become your foundation later.

If the pressure lifted tomorrow, what would you expand or restart?

7. Sustain the Lessons

Every hard season carries a lesson. Hold onto it.

What do you want to carry forward after this challenge?



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