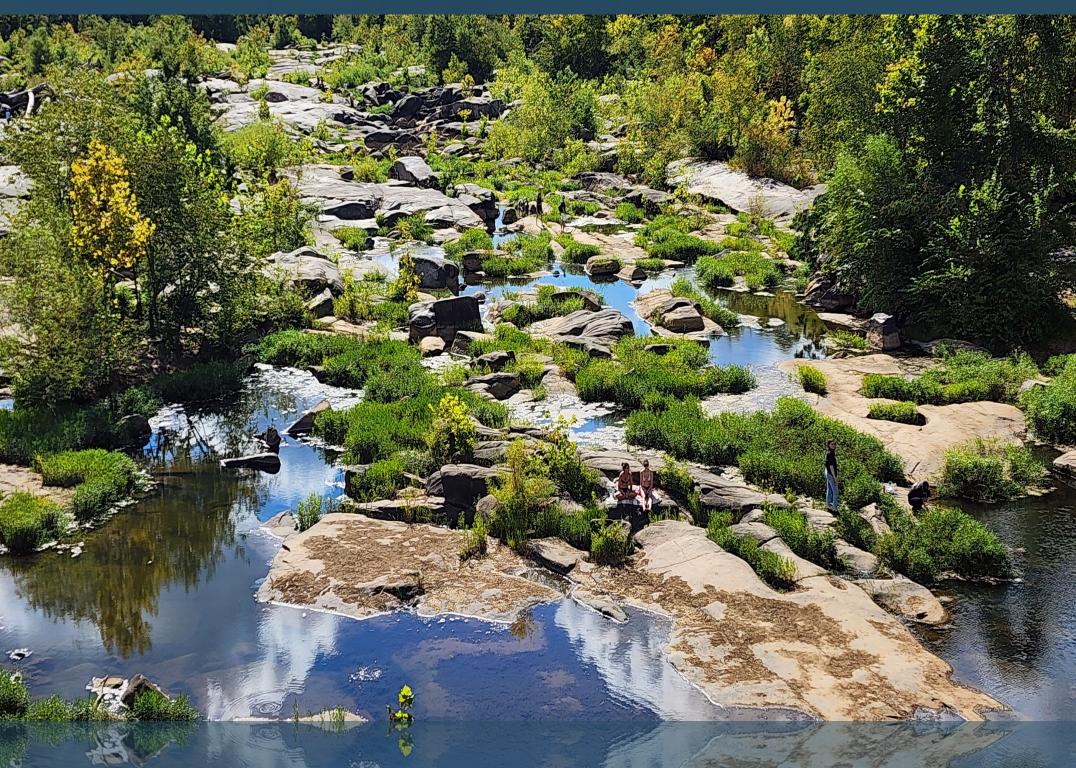
# 7-Step Resilience Framework

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 Dortch





## 7-Step Resilience Framework

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

### 1. Pause Intentionally

Start by naming it. You can't fix what you can't face.
What's causing the most pressure right now?

#### 3. Stabilize Small Wins

A small shift can bring big relief.
What small adjustment would help you breathe more easily today?

#### 5. Seek Support

Strength isn't isolation. It's knowing when to reach out. Who could help that you haven't asked yet?

#### 2. Prioritize What Matters

Not everything is urgent. Some things are essential.

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

#### 4. Strengthen Systems

Don't fix everything — reinforce one thing.

What part of your system is stretched thin?

#### 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?



