

Career Resilience:

*Inspiring your future and
your employees*

Team Building with the Career Resilience Quest

Move your team to the next level of effectiveness and stability with the Career Resilience Quest. As a team-building process, the Quest can help you improve collaboration, communication, planning, flexibility, and problem-solving on your team. Contact your Outreach Specialist to learn how your team can take the Quest.

- **Unlock your core power**
- **Increase your energy and ability to thrive**
- **Model clarity, problem-solving, and sense of mission**
- **Act on what's important to you now**

Career Resilience Quest

This self-paced, interactive program is designed to free up your energy, bring you greater clarity, and help you plan the actions that will help you lead and inspire your team. You can do the program in segments, entering and returning at will.

Go Solo on the Quest

Leaders who develop themselves set a powerful example for their teams. Take a solo journey on the Career Resilience Quest to unlock the best in you and apply it to your professional and personal life.

How To Get Started

Contact your Outreach Specialist to setup for a team building Quest at manager.bhmt.org/outreach

Signup for a solo quest
manager.bhmt.org/manage-your-team



The Quest Process —

Each step will bring positive benefits:

Preparation: Knowing how you are affected by change and challenges makes you better at planning for them.

Positivity: Find and make the most of opportunities. Stay engaged and act from a positive outlook. Inspire and energize those around you.

Confidence: Embrace your skills, knowledge and abilities, assert yourself appropriately, and step up to challenges.

Priorities: Decide what's important to you. Learn how to say "no" when you need to. Use your values to guide your decisions.

Creativity: Generate options and alternatives. Find solutions using "both/and" thinking.

Connection: Generate inspiration and energy with team members. Work collaboratively. Get more out of your relationships with team members.

Structure: Organize tasks, schedules, responsibilities, and projects. Model effective work habits. Get more out of existing systems.

Experimenting: Do something to stretch yourself and your team members beyond the tried and true. Identify and act on meaningful possibilities.

Through this program, you will also develop an action plan for strengthening your resilience, as a manager and in your career. What you discover will be useful both professionally and personally.