CITY OF ST. ALBERT

Resilience – Ready or Not it's Vital to Operations

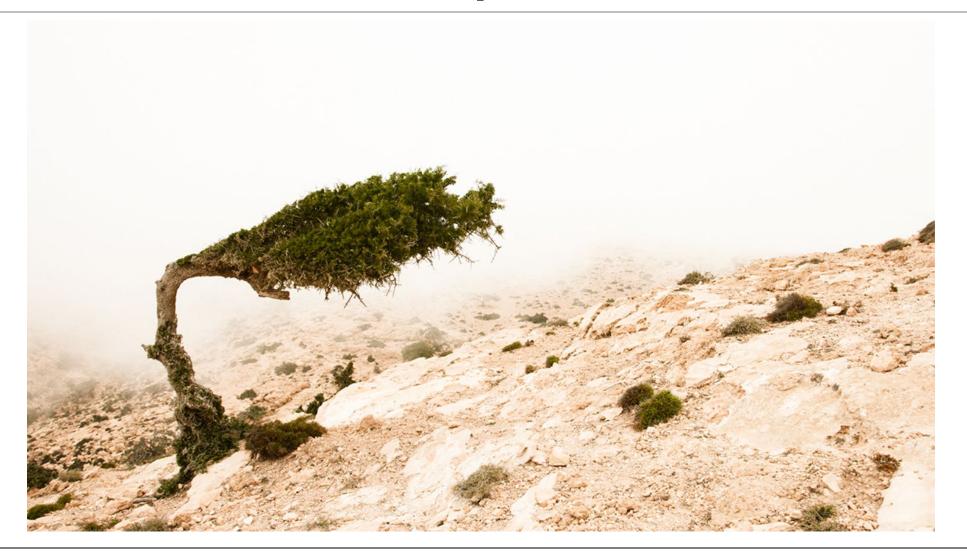
NWWC 2023







Is resilience vital to our operations?







What does resilience mean to you?







Why does team diversity strengthen resilience?











Where does cross-training align with resilience?

- New perspective
- Offers continuity
- Renewal by Teaching
- Mitigate complacency
- Acknowledge Others
- Load Sharing







How do you build Teamwork?

- Motivate
- Appreciate
- Respect
- Communicate
- Happiness
- Integrity
- Nurture
- Give of self...and Food!







What is an ART Session & When to Have One?

- After Action Reviews
- Readiness and Response
- Transfer of knowledge







How Resilient are You?

- Self Awareness
- Realistic
- Keeping Calm Under Stress
- Empathy
- Self Control
- Motivated
- Optimistic







Who's Critical & Essential and what do they need?!











Closing & Questions

- Resilience Are you ready or not?
 - Thank you and please contact Brian Brost, bbrost@stalbert.ca





