

CITY OF ST. ALBERT

Resilience – Ready or Not it's Vital to Operations

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Is resilience vital to our operations?



Why does team diversity strengthen resilience?



Where does cross-training align with resilience?

- **N**ew perspective
- **O**ffers continuity
- **R**enewal by Teaching
- **M**itigate complacency
- **A**cknowledge Others
- **L**oad Sharing



How do you build Teamwork?

- **M**otivate
- **A**ppreciate
- **R**espect
- **C**ommunicate
- **H**appiness
- **I**ntegrity
- **N**urture
- **G**ive of self...and Food!



What is an ART Session & When to Have One?

- **A**fter Action Reviews
- **R**eadiness and Response
- **T**ransfer 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

