

Leaders in Conversation presents

BOUNCEBACKABILITY & UNLOCKING THE POWER OF STORYTELLING

In this episode of **Leaders in Conversation**, guest leader Adeliah Jacobs talks about bouncebackability, how to cultivate leadership resilience using the stories we tell ourselves, and more.

LEVERAGE YOUR
BOUNCEBACKABILITY
AND UNLOCK THE POWER OF
STORYTELLING



BOUNCEBACKABILITY IS

being aware of what is going on right now, yet knowing that there is something beyond the current reality

QUOTES BY ADELIAH JACOBS

“TOLERANCE IS A DECISION YOU MAKE ABOUT SOMETHING YOU DON’T ENJOY”

“BEING ABLE TO BOUNCE BACK TAKES DAILY PRACTICE”

“TRUST THAT WHERE YOU ARE, AND WHAT YOU ARE DOING IS MEANT TO BE”

“LEAD FROM YOUR OWN PERSONAL SET OF STRENGTHS”.

NUGGETS OF **WISDOM**

- ▶ Leaders, as whole people, need to constantly need to reinvent ourselves.
- ▶ Reinvention is about how agile you are, how adaptable you are to change that is happening around you and change that is out there waiting for you.
- ▶ Bouncebackability is being aware of what is going on right now, yet knowing that there is something beyond the current reality.
- ▶ Disruption and setback are opportunities to learn, although nothing makes sense at that point.
- ▶ When you are faced with discomfort, you can move forward, you can move backward, sideways or you can stay where you are. This is the power of choice.



- Would you describe yourself as an adaptive leader? How would others describe your leadership?
- What are the stories you are telling yourself about your current situation? Are they true?
- Recall a time when you were resilient and bounced back. What worked for you then? What did you learn from that experience? How can you use this learning in your current situation?

MESSAGE TO **LEADERS**

Storytelling (the stories we tell ourselves) are important as we navigate through change.

- Pause and listen to the different stories you tell yourself
- Validate your stories with someone you trust
- Know what you can park for now and come back to later
- You don't have to have all the answers right now
- Look for the lessons you can learn
- Working with a coach (trusted advisor) could be a powerful tool to get unstuck

PRACTICAL **GUIDELINES**

FOR DEALING WITH DISRUPTION AND CRISIS

- » Remind yourself of who you are
- » Disclose how you are feeling
- » Check your mindset; what you can control
- » Contract with those around you on how you are showing up and what you expect from them

AS **LEADERS** WE NEED TO BE:

- Vulnerable
- Curious
- Teachable



ADELIA JACOBS


Adelia Jacobs is the Human Resources Lead at Cornerstone Institute. Adelia is a Certified Reinvention Practitioner and a co-founder of the Centre4Reinvention. Adelia is big on making change possible and fun, and believes that a reinvention mindset is the key component of successful change campaigns in business and life.

VIEW RECORDING



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