



# The Blake Group

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July 2016 Newsletter

## Got Resilience? Get it in 4 Steps

**Have you ever wondered why some people seem to remain calm in the face of disaster, while others seem to fall apart?**

People that are able to keep their cool have what psychologists call resilience, or an ability to cope with problems and setbacks. Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges. Leadership can be a constant challenge to our ability to be cool.

### What is resilience?

Ability to spring back in the face of difficulty

- Economic uncertainty
- Information overload
- Rapid changes

### Ability to create a brighter more generative life experience

- Self-motivation
- Replenishing energy and hope
- Cultivating opportunities for growth, joy and giving
- Improved relationships with others

### Benefits of Resilience

- Greater happiness and more satisfaction with work and relationships
- Improved physical health and longevity
- Better persistence toward work and personal goals
- More likable and inspiring to others
- BUT - can create overconfidence and risk underestimation



Got Resilience? Find Out Now...

[Contact Me](#) with any additional questions.

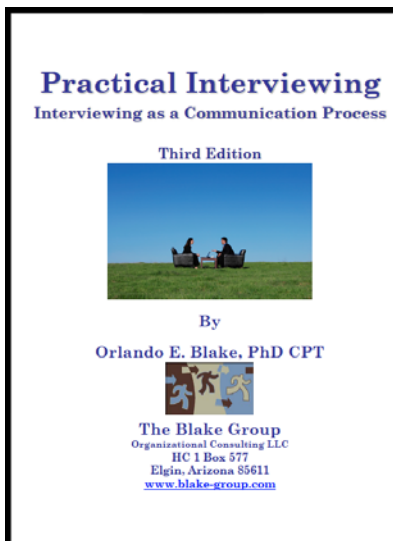
## FREE ASSESSMENT

### Meet the Leadership Emotional Intelligence (EI) Challenge

Answer these 4 questions to assess how well you lead in certain circumstances.

Take the EI Challenge

## FEATURE BOOK



### Practical Interviewing Interviewing as a Communication Process Third Edition

By: Orlando E. Blake PhD CPT

Please download my third edition of *Practical Interviewing*. I have completely revised and updated many of the sections. I have added new content that will help you improve your interviewing ability, hone your skills, and immediately improve the outcomes you want and need.

For those of you familiar with The Blake Group, and what we offer and for those of you new to The Blake Group, this is an update to our catalog of free offerings.

Download Now

The Blake Group Increases Productivity & Reduces Conflict



*Click to Watch*

For any questions related to your business, please contact me. I would be happy to learn more about your organization.

Sincerely,

***Orlando E. Blake, PhD, CPT***

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