

The background image is a landscape photograph. It features a grassy, rolling hill in the foreground. A single, dark, wind-swept tree stands prominently on the ridge. The sky is filled with large, white, fluffy clouds against a blue background. The overall mood is one of resilience and endurance.

# RESILIENT BY DESIGN

Building Teams That Thrive in Tough Times



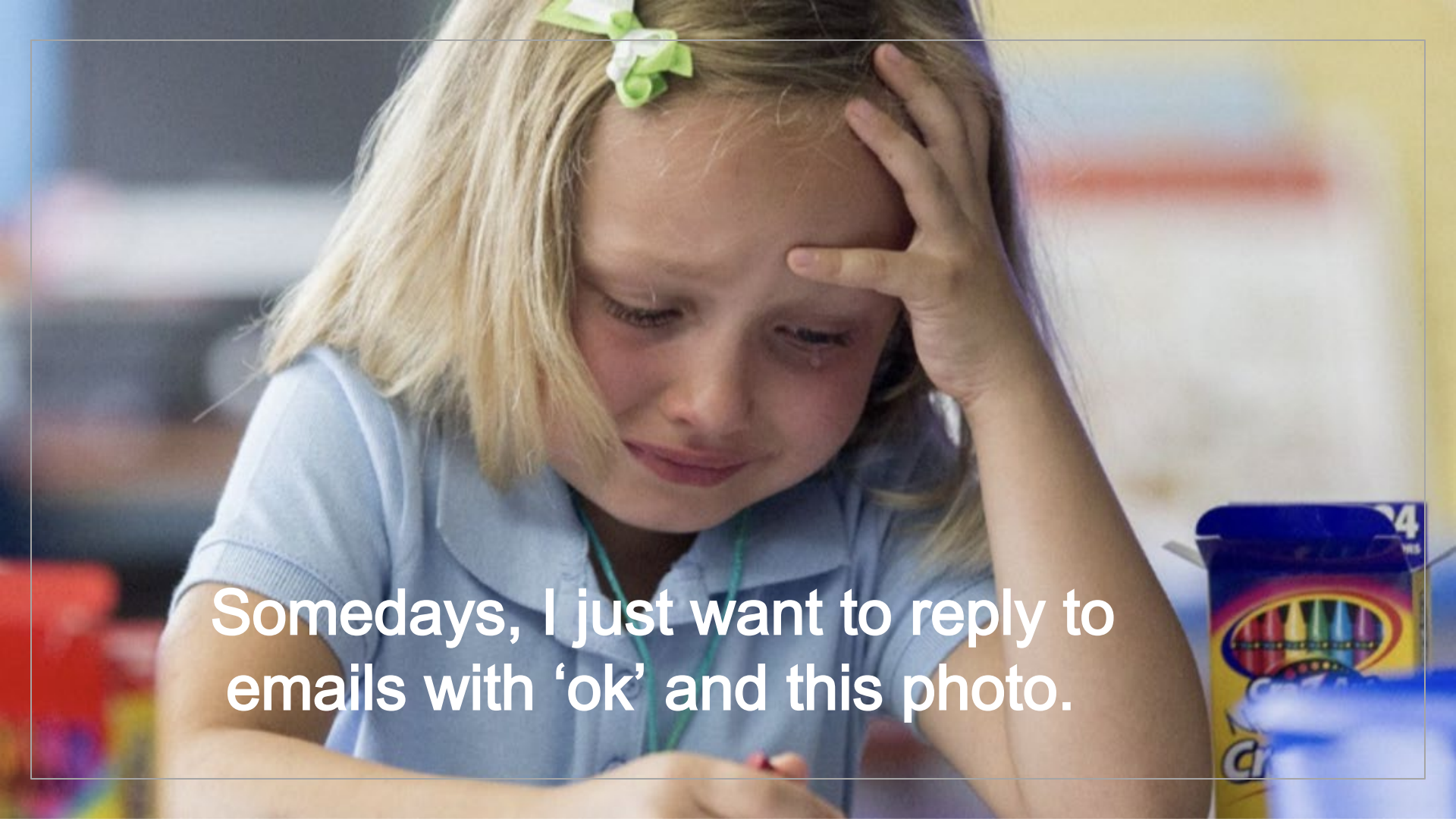
**What makes  
people feel like  
they're in  
checkmate?**





A woman with dark hair tied back, wearing a light blue blazer over a beige turtleneck, is drinking from a massive white disposable coffee cup. She is holding the cup with both hands, tilting it back. The scene is set outdoors in front of a building with large, multi-paned windows. To the left, there are green and brown leaves of a plant. The overall tone is humorous and surreal.

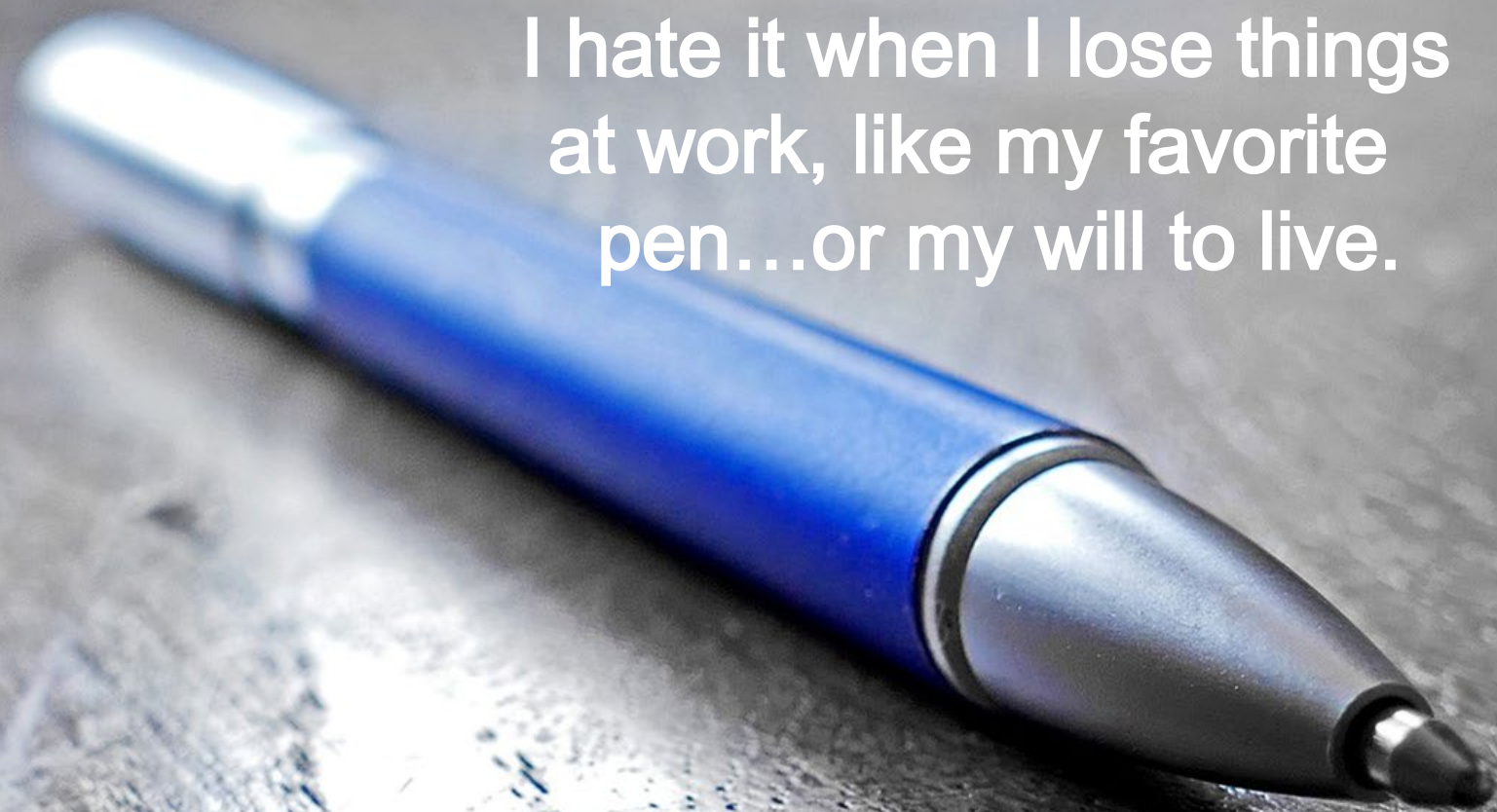
**Getting Ready for Work Like...**



Somedays, I just want to reply to emails with 'ok' and this photo.



I hate it when I lose things  
at work, like my favorite  
pen...or my will to live.



**What happens  
at work that  
breaks us  
down?**




**“If anything is certain, it is that change is certain. The world we are planning for today will not exist in this form tomorrow.”**

- Philip Crosby





A photograph of Mark Fields, Ford's CEO, speaking at a podium. He is wearing a blue blazer over a light blue shirt and has his hands clasped in front of him. The background is a blue wall with the Ford logo.

Ford CEO  
warns AI will  
wipe out half of  
white -collar  
jobs...

Ford+

Nearly **33%** say their  
responsibilities at work have  
changed significantly in the  
last year.

-Microsoft Work Trend Index

**80%** of companies report  
undergoing at least one major  
reorg in the past 3 years.

- McKinsey & Company

**60%** of companies say they are in a constant state of reorg, meaning the structure is always evolving.

- Bain & Company





**DO  
MORE  
WITH  
LESS**

A stack of four light-colored wooden blocks is centered against a dark blue background. Each block has a word printed on it in a bold, black, sans-serif font. The words are stacked vertically to read 'DO MORE WITH LESS'. The third block from the top is slightly offset to the left, revealing a white block underneath it.

**60%** report increasing work pressure.

-Big Data Wire

**70%** feel overwhelmed by  
their daily tasks.

-Big Data Wire

**80%** of employees  
experience stress tied directly  
to workload challenges.

-Big Data Wire







**82%** of professionals say  
they fear making mistakes at  
work, with the fear amplified  
when leadership is present.

-Gallup Workplace Study

11

20

19

18

Dentist  
Appointment  
11:00

26

25



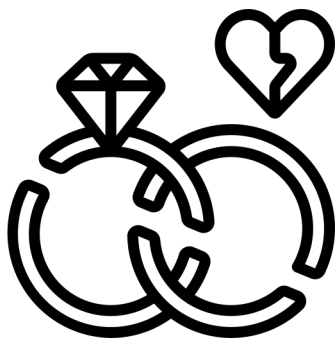


joe  
@jxecker

 Follow

Once I left work at 5:29pm and came into an email the next day from my boss telling me I needed to take it off my lunch or stay til 5:31pm and that's the moment my villain origin story began





A lone, wind-swept tree stands on a grassy hill under a dramatic, cloudy sky. The tree's trunk is thick and gnarled, leaning heavily to the right, with its branches forming a dense, horizontal canopy. The ground is covered in green grass with small white flowers. In the background, rolling hills are visible under a sky filled with large, white, puffy clouds. The overall mood is one of isolation and resilience.

**THE BAD NEWS?**





**The trials and challenges  
are never going to end.**

A photograph of a lone, gnarled tree with a dense, dark canopy, leaning significantly to the left, suggesting a strong prevailing wind. The tree stands on a grassy, slightly elevated hill. In the background, there are rolling hills or mountains under a vast sky filled with large, white, puffy clouds. The overall mood is dramatic and somewhat somber, yet hopeful.

**THE GOOD NEWS?**



**“Resilience isn’t pretending you’re fine. It’s building the strength to work through things even while you’re not.”**

- Logan Mallory

A photograph of a lone, gnarled tree with a thick trunk and a dense, dark green canopy. The tree is leaning significantly to the left, its trunk and branches curved by the wind. It stands on a grassy, slightly elevated hill. The background features a range of rolling hills or mountains under a vast sky filled with large, white, puffy clouds. The lighting suggests a bright day, with some rays of light breaking through the clouds. The overall mood is one of resilience and strength.

**“Building the Strength”**

**GRIT**



**Ground yourself in purpose**

**Reframe the perspective**

**Invest in daily habits**

**Thrive through community**

A photograph of a lone, wind-swept tree on a grassy hill. The tree's trunk is thick and gnarled, leaning heavily to the right. Its foliage is dark and dense, also leaning in the same direction. The tree stands on a green, grassy slope. In the background, there are rolling hills and a sky filled with large, white, fluffy clouds. The overall mood is serene yet powerful, suggesting resilience and purpose.

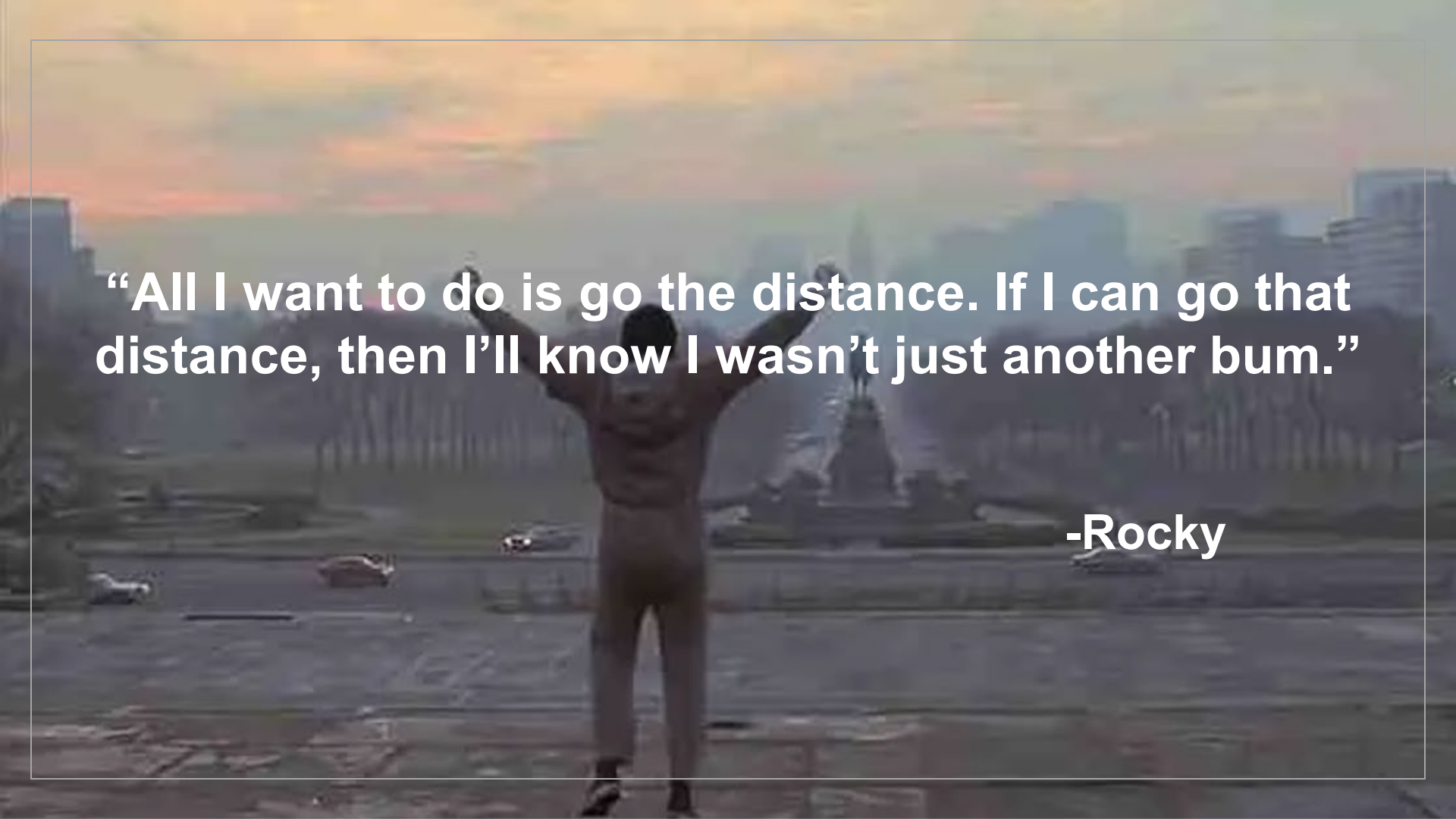
**Ground Yourself in Purpose**



**“Those who have a  
‘why’ to live, can  
bear with almost  
any ‘how.’”**

- Victor Frankl



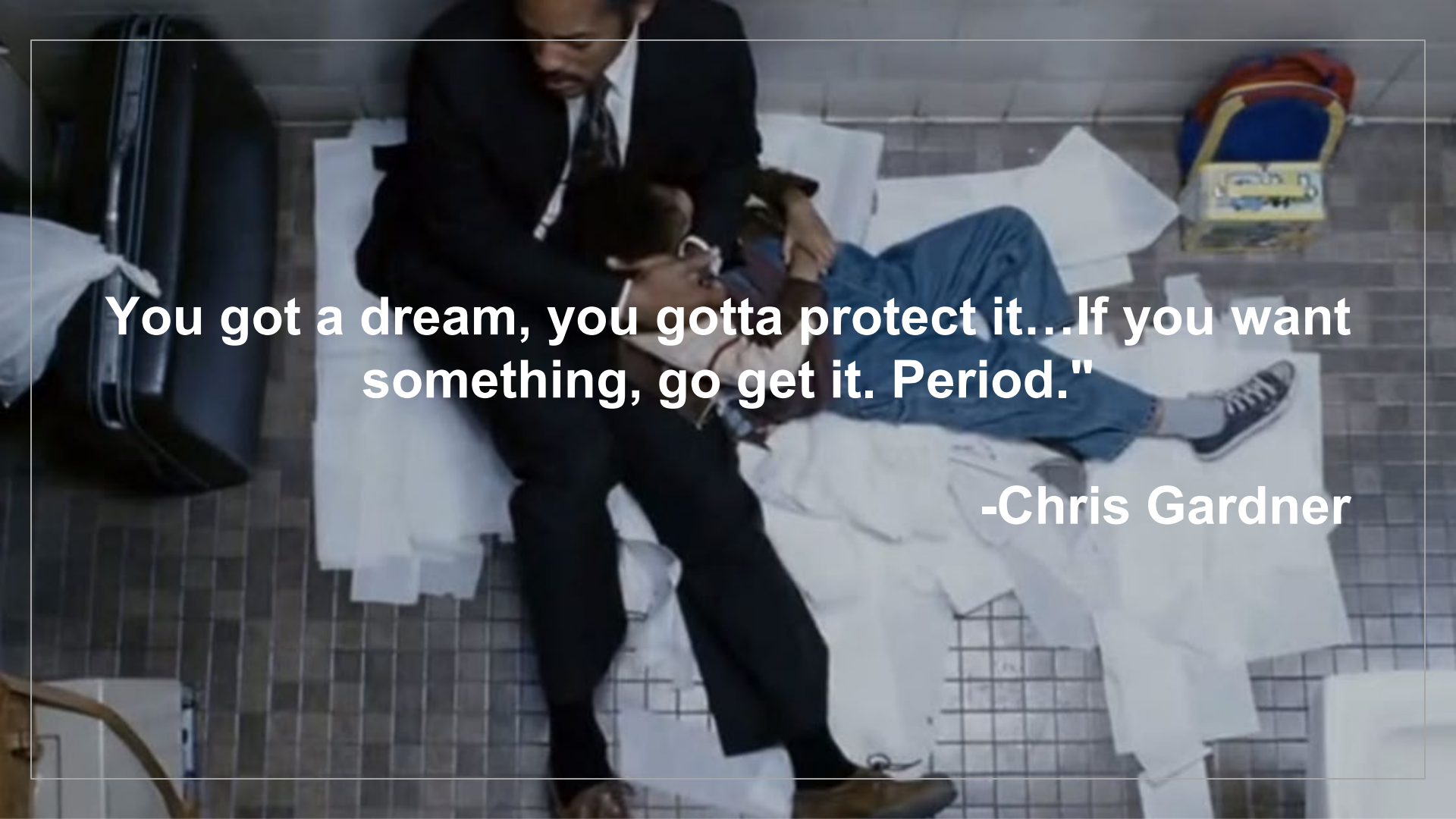
A man in a red jacket and blue jeans stands on a rooftop, arms raised in a victory pose, facing a city skyline at sunrise. The sky is a mix of orange, yellow, and blue. The city below is hazy, with several cars visible on the streets. The man is in the foreground, slightly off-center, looking out over the city.

**“All I want to do is go the distance. If I can go that distance, then I’ll know I wasn’t just another bum.”**

**-Rocky**





A still from the movie 'The Pursuit of Happyness' showing Chris Gardner (Will Smith) in a dark suit and tie, crouching on a subway platform. He is holding his young son, who is wearing a blue jacket and sneakers, in his arms. They are surrounded by a large pile of white papers scattered on the tiled floor. A black suitcase is visible on the left, and a yellow and blue backpack is on the right. The scene is dimly lit, emphasizing the struggle and resilience of the characters.

**You got a dream, you gotta protect it...If you want something, go get it. Period."**

**-Chris Gardner**

# HARRIET



A movie poster for the film 'Harriet'. The central figure is Harriet Tubman, played by Cynthia Erivo, wearing a wide-brimmed black hat and a dark coat with a red scarf. She is looking off to the side with a determined expression. The background is a hazy, golden landscape with other people in the distance. The title 'HARRIET' is written in large, black, serif capital letters across the middle. A quote is at the bottom.

# HARRIET

**“I will give every last drop of blood in my veins until this monster called slavery is dead.”**

**Purpose isn't Situational**



**Your purpose isn't just a  
job or a title. It's the reason  
you get out of bed even  
when life feels messy.**

# How Do You Find Your Purpose?

1

# How Do You Find Your Purpose?

- **When do you feel most alive?**

# How Do You Find Your Purpose?

- **When do you feel most alive?**
- **What do others consistently come to you for?**

# How Do You Find Your Purpose?

- **When do you feel most alive?**
- **What do others consistently come to you for?**
- **When was a moment in your life that made you feel proud or deeply fulfilled?**

# How Do You Find Your Purpose?

- **When do you feel most alive?**
- **What do others consistently come to you for?**
- **When was a moment in your life that made you feel proud or deeply fulfilled?**
- **If you had a free day with no obligations, how would you spend it? Why?**



CEILING  
CLEANING

**SAVES YOU MONEY**



A photograph of a lone, gnarled tree with a thick trunk and a dense, dark green canopy. The tree is leaning significantly to the left, its branches and leaves forming a horizontal shape. It stands on a grassy, slightly elevated hill. The background features a range of rolling hills or mountains under a vast sky filled with large, white, puffy clouds. The lighting suggests a bright day, with some rays of light breaking through the clouds. The overall mood is one of resilience and solitude.

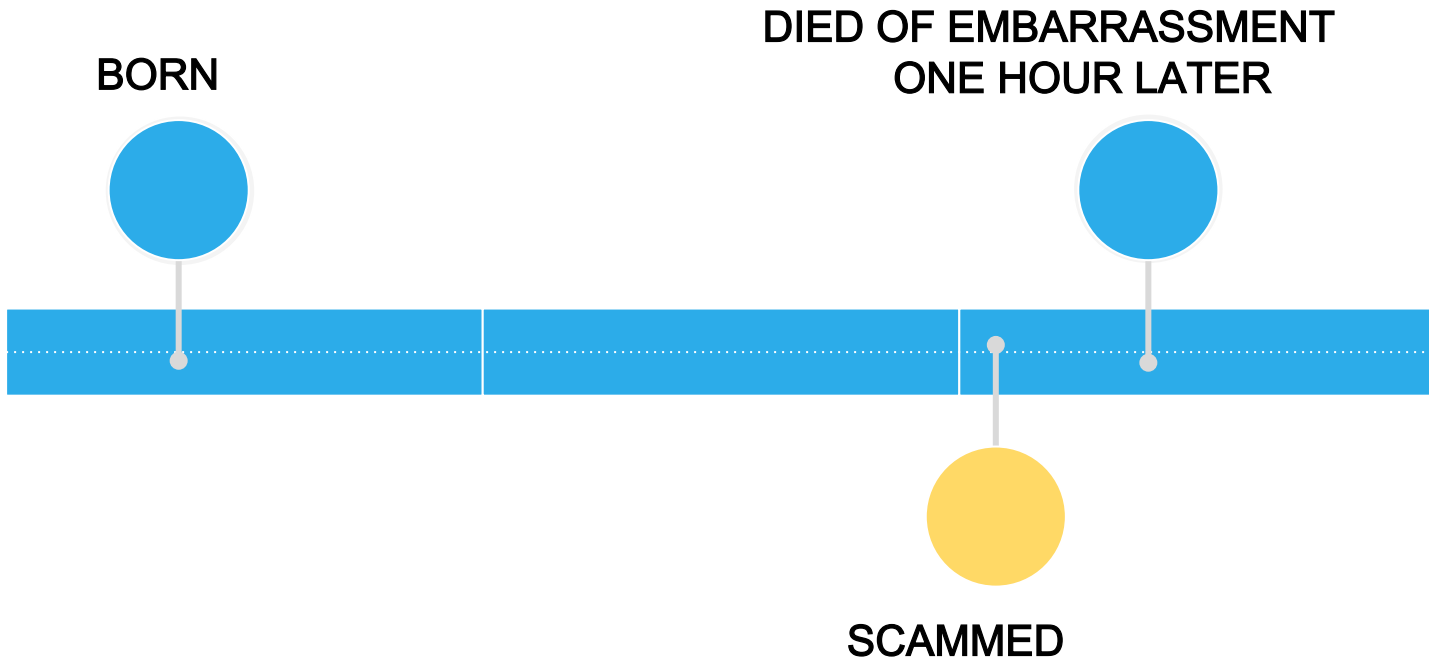
**Reframe Your Perspective**



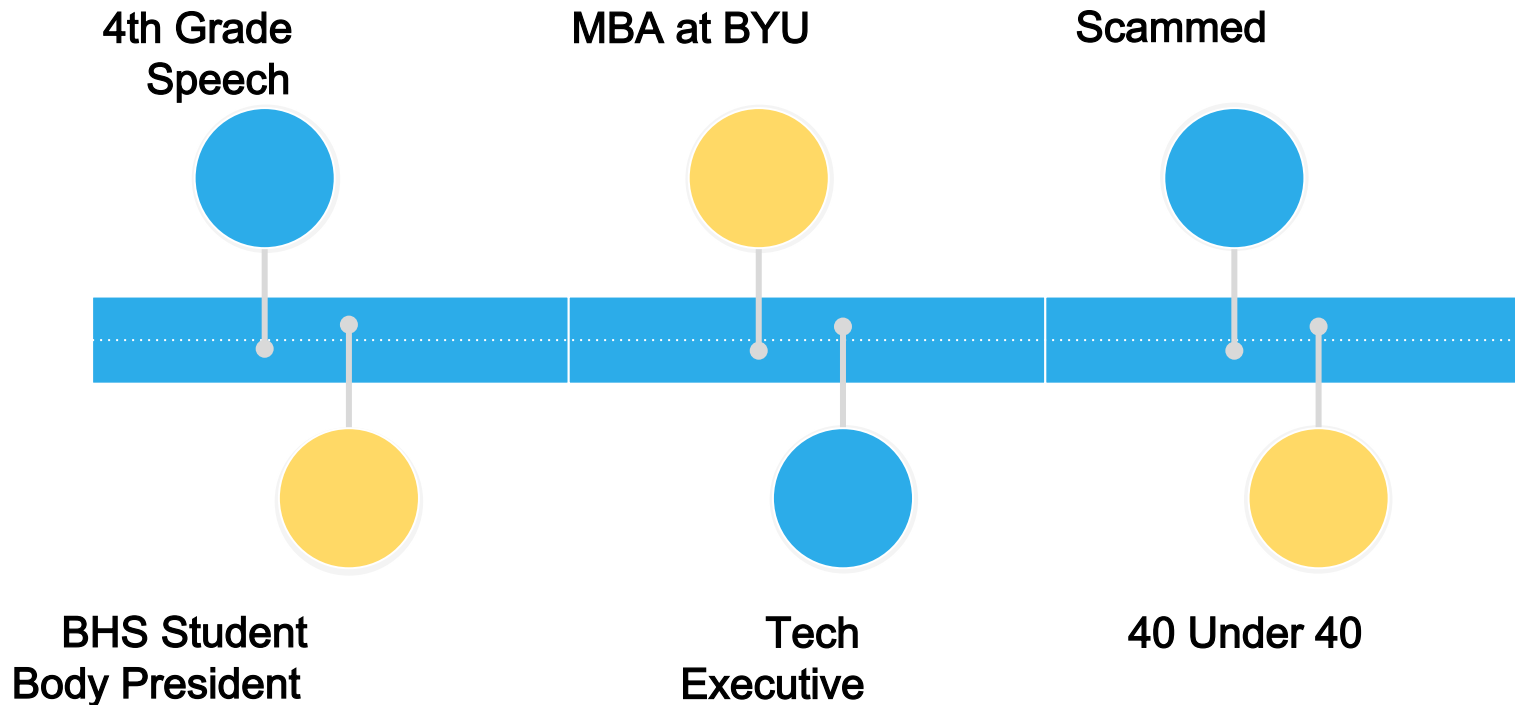


**“It’s Fake”**

# Timeline of My Life



# Timeline of My Life



**I'm not a dumb person.**

**I'm a really smart person  
that did something dumb.**





**DON'T MISS  
THE FOREST  
FOR THE TREES**

**“Whenever something negative happens to you, there is a deep lesson concealed within it.”**

- Eckhart Tolle



**“This will help me be  
more empathetic when  
others struggle with this  
same thing.”**

**“This kind of experience is  
exactly what makes a  
leader more impactful.”**

**“This is going to look so good on my resume when I solve this problem.”**

**“Look at me navigating this chaos. I am LITERALLY the Luke Skywalker in this story.”**

**“The most powerful stories may be the ones we tell ourselves, but beware—they’re usually fiction.”**


**- Brené Brown**











11:50  
AUG 11  
2,674





A photograph of a lone, gnarled tree with a thick trunk and a dense, dark green canopy. The tree is leaning significantly to the left, its branches and leaves swept into a flat, horizontal shape by a strong wind. It stands on a grassy, slightly elevated hill. The ground is covered in green grass with patches of white flowers. In the background, there are rolling hills and a sky filled with large, white, puffy clouds against a blue backdrop. The overall mood is one of resilience and endurance.

**Invest in Daily Habits**





**LEGO®**

**In 2003 Lego was drowning.**

**They had \$800 million in debt and  
were losing \$1,000,000 a day.**





The background is a soft, light pink gradient. It is decorated with various black line-art icons: a large faceted crystal at the top center, a crescent moon and a star in the bottom left, a ringed planet and a star in the bottom right, and several smaller stars and geometric shapes scattered throughout.

I am

**I am**

Now

I am worthy of the chance to reach my  
full potential.







*The*  
**FIVE MINUTE  
JOURNAL**

\_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_  
*If you see something beautiful in someone, speak it.*  
RUTHIE LINDSEY

*I am grateful for...*

*What would make today great?*

*Daily affirmation*

*Highlights of the Day*

*What I learned today?*

\_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_

WEEKLY CHALLENGE  
*One thing that is beautiful about me is \_\_\_\_\_  
Acknowledge it and celebrate it.*

*I am grateful for...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*What would make today great?*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*Daily affirmation*

*Highlights of the Day*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*What did I learn today?*



**Track one thing  
you DID control today**



A lone, wind-swept tree stands on a grassy hill under a dramatic, cloudy sky. The tree's trunk is thick and gnarled, leaning heavily to the right, with its branches and foliage forming a dense, horizontal canopy. The ground is covered in green grass with patches of white flowers. In the background, rolling hills are visible under a sky filled with large, white, puffy clouds. The overall mood is one of resilience and solitude.

**Thrive Through Community**

# USED CARS











**If you want a village,  
be a villager.**

# **FREE “21 Day Grit Challenge” when you give Logan feedback**



Or

<https://talk.ac/loganmallory>  
and enter code CUCEO



**Ground yourself in purpose**

**Reframe the perspective**

**Invest in daily habits**

**Thrive through community**

