

How Does an Agile Board Deal with Wellness, Mental Health, and Anxiety?



Presented by:

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This interactive session will help you work on challenges through a different lens so your organization can better cope with stress in a healthy way, and it will make you, the people you care about, and your community stronger.



KEY TAKEAWAYS

- » Organizational Exhaustion has become a critical issue for organizations that has been exacerbated by the pandemic.
- » Organizations need to go beyond resilience to become anti-fragile.
- » Hope can be a superpower for the organization.
- » Create a positive environment within the organization and provide meaning for the work of the organization.
- » We manage what we measure.

TAKE ACTION

The following statements are provided for you to reflect on and identify next steps in your development.

- » Build an organization that is geared for marathons not sprints and allow for employee renewal.
- » Be proactive rather than reactive in building a resilience culture. A vaccine is given for prevention and to prepare the organization to deal with the threat before it happens rather than waiting for the virus to infect the host.
- » Resilience is a combination of Realistic Optimism, Agency and Hope. Hope involves having Goals, Willpower and Waypower.
- » Recognize the importance of optimism, create opportunities for connection and allow for safe spaces within the organization.
- » Create dashboard metrics that go beyond ESG that measure the wellness of the organization.

