

Leading with Resilience through a Crisis

The impact of the coronavirus (COVID-19) outbreak has affected almost everyone across the globe. People are both personally and professionally challenged, altering what they do, when they do it and how it is done.

Schools have temporarily changed the way they deliver learning and students have shifted to remote or online learning methods. Those with high levels of resilience have been able to accept and adapt to such changes and will be able to pivot back to the way things were when the outbreak is behind us.

The Role of Resilience During a Crisis

Camp Australia has collaborated with Andrew Fuller since 2018 on a range of resources to assist educators with further understanding of young people. One of the topics that frequently presents itself is the notion of resilience. Resilience is defined by Andrew as the happy knack of being able to bungy jump through the pitfalls of life - to rise above adversity and obstacles.

How Resilience Helps During Times of Need

Leading during a crisis involves acceptance of the changes occurring, development of new strategies and communication of the way forward. In order to achieve these elements, a level of resilience must be displayed at all times.



How Resilience Can be Learned

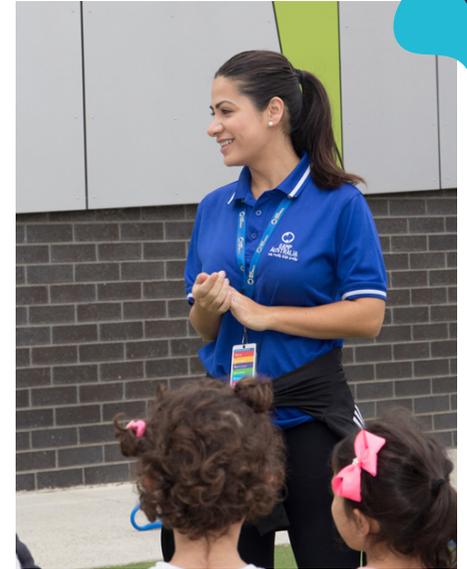
Resilience can in fact be learned, and during COVID-19, there are 4 key areas that we can all focus on to learn how to be more resilient.

- **React** – People react in different ways as a coping mechanism, and this is normal during times of stress. We need to remind ourselves to shift our awareness to focus on doing what needs to be done to survive.
- **Reassure** – Our feelings and responses are a direct result of what we have been through and this is not permanent. While these feelings aren't welcome, that they won't be there to stay.
- **Reset** – After the initial crisis has occurred, we react from the shock of our experience in various ways. This is our way of resetting and moving on from a crisis.
- **Reach Out** – Sharing ideas and strategies is a good way for us to reach out to others.



Maintaining Positive Relationships

Building strong connections with family, friends and the wider community provides a sense of belonging. Strong connections also help one to remain focused and not alone. Keeping in contact with connections is vital during a crisis.



Although face-to-face interactions may not be possible, other forms of communication have been effective in assisting people to remain in touch with their networks.

We've seen great examples of leadership during COVID-19. Our educators are showing leadership skills at each session by working with children on all aspects of coronavirus education. Each service not only demonstrates the importance of good hygiene but tailors programming to the emotional needs of children during the crisis.

It's admirable to see resilience displayed by both children and adults within our OSHC services. There's no doubt that some have learnt to become resilient during a crisis. We acknowledge these people and support them throughout the challenging journey of COVID-19. Camp Australia continually educates staff on best practices and provides training and resources to allow them to provide optimal levels of care to children.