# Resilient Leader

November 11, 2026
A leadership resource on staying adaptable, communicating through difficulty, and supporting a resilient team.

---

# SHIELD Defense Protocol

November 11, 2026
Explore a workplace-boundary framework for responding to potentially manipulative situations.

---

# Think Clearly with ABCD Method

November 11, 2026
Explore the ABCD framework for examining anxious thoughts at work.

---

# Transforming Struggles into

# Strengths

November 11, 2026

Use the AWARE method to reflect on obstacles and choose a response.