

# The R.I.S.E. Framework for

# RESILIENT LEADERSHIP

## 💡 R – Recognize Stress Triggers

- Identify what drains your energy (workload, unclear expectations, lack of support).
- Use self-awareness tools like DISC or journaling to track stress patterns.



## 💡 I – Implement Boundaries & Recovery

- Set clear work-life boundaries (e.g., no emails after hours).
- Schedule micro-breaks and daily renewal practices (breathing exercises, walking, mindfulness).



## 💡 S – Strengthen Support Systems

- Engage in peer coaching, mastermind groups, or mentorship to avoid isolation.
- Build a culture of psychological safety by fostering open communication.



## 💡 E – Empower with Purpose

- Reconnect with why you lead—purpose fuels resilience.
- Align daily actions with long-term vision to prevent burnout from meaningless tasks.



### Let's break this down further.

Reach out for a discovery call to explore resilience-building strategies tailored to you.



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