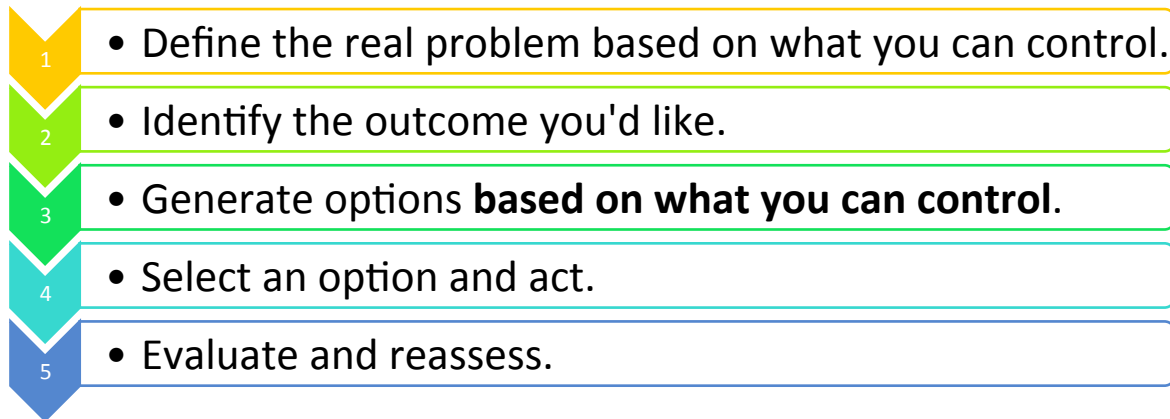


# Two Models for Resilient Decision Making

## Resiliency Advantage Model

Key: Focus on the things you can do something about rather than the things outside your control.



Al Seibert (2005) *The Resiliency Advantage: Master Change, Thrive Under Pressure & Bounce Back from Setback*. CA: Berrett-Koehler Publishers

## AIA Model - Action-Insight-Acceptance

Key: Explore your options, do what you can.

### Action

- ❖ Have I taken all the action I can take?
- ❖ Are there any other choices available to me?

### Insight

- ❖ Have I gained all the insight I can about the situation?
- ❖ Is there any more information available to me?

### Acceptance

- ❖ If there's nothing left to be done, what do I need to do to make peace with this?
- ❖ Don't take it personally.
- ❖ Re-direct your energy to the tasks ahead.

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