



## ACC Bridge Chats – Resolute Professionals

Link: <https://www.youtube.com/watch?v=UNQhuFL6CWg>  
(Run Time: 2:09 mins)

Bridge Chat Purpose: To offer deliberate and consistent small group discussion opportunities in order to establish caring, inclusive, and learning cultures that enable trust.



“Achievers are resolute in their goals and driven by determination. Discouragement is temporary, obstacles are overcome, and doubt is defeated, yielding to personal victory. Accept the challenges, so that you may feel the exhilaration of victory.”

General George S. Patton



A New Year’s resolution is a tradition in which we resolve to continue good practices, change an undesired trait or behavior, to accomplish a personal goal, or otherwise to improve our life. Resolute professionals are *purposeful*, *determined*, and *unwavering*. 2020 may have presented some unforeseen challenges, knocking us to our knees at times, yet we made it through. 2021 offers up a prime opportunity to **reset** how we work and live. Science shows us that though we can’t control what happens in the external world, we do have control over our inner world and how we respond to adversity. By remaining resolute, we see opportunities to become stronger and grow. Becoming more resolute starts with identifying and overcoming negative self-talk, setting goals, practicing our resilience skills. According to George Bonanno, a professor of clinical psychology at Columbia University’s Teacher College, “We can make ourselves more or less vulnerable by how we think about things.” **We own the power to build resilience and to be resolute.** Seek out your [Community Support Coordinators](#), [Master Resilience Trainers](#), or [Resilience Training Assistants](#) to hone your own resilience skills.

### Discussion Questions:

- 1.) What New Year’s resolutions have you made?
- 2.) How is knowing your “why” pushing you to achieve your goals / resolution?
- 3.) Have you known someone who modeled resolute leadership? What did you learn from them?
- 4.) What lessons will you carry into 2021 to help shape it into a year of hope and possibility?

**Rules of Engagement:** (1) **Keep discussions professional and on topic.** (2) **Remember we’re all on the same team.** The goal of the conversation isn’t for one person to be proven right or to “win” the argument. We’re here to have conversations and learn from one another. (3) **Avoid making it personal.** Avoid name-calling, personal attacks, or questions like “How could you believe that?” Assume that everyone’s intentions are good. (4) **Practice intellectual humility.** Respect everyone’s viewpoints, and be open to changing your mind when necessary. (5) Above all else... **Demonstrate respect for human dignity!**

