

Ovid®

Bounce Forward: The Extraordinary Resilience of Nurse Leadership

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Uses real-life stories to provide nurses in all practice settings with a model and methods to cultivate the personal, professional and organizational resilience they need to achieve nursing's vision of a transformed 21st-century health care system.

The book is broken into four sections, each illuminating the concept of leadership resilience, what it takes to become a resilient leader, how to put your leadership resilience into action and how to foster resilient organizations.

The ideas presented here focus on the extra requirements of leadership resilience during disruptive change. Readers can put them into practice immediately, meaning they'll become more resilient and will inspire resilience in others. This book provides:

- Five reasons to increase your leadership resilience
- A personal resilience, renewal, resonance and relationship inventory exercise
- Seven key things that leadership resilience produces

Arms you with the personal and professional resilience tools needed to close the gap between the complex demands of your organization and the skills you need to meet those demands.

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