



*Second*  *Summer*

**Find Your Fuel:**  
Resilience Communities™ help entrepreneurs  
and their teams prevail in uncertain times

## Leadership & Community: The entrepreneur's virtuous cycle

Entrepreneurs are some of the greatest creators of community in the world. Building teams to bring ideas to market, innovation catalyzes community. Inside these communities, our leadership finds validation. It's good to be needed, to be relied upon. The virtuous cycle of leadership to community to leadership is expansive. It's a self-generating fuel source for resilience.

In uncertain times, our resilience is tested: it doesn't shrink, it expands. In the face of vast unknowns, innovation is our reliable constant. However, resilience seeks cross-pollination. It could survive alone in the desert but it prefers community. Prevailing together is the deepest reward of a leader's contributions.

### To prevail or thrive?

Unprecedented in our generational cycle, the infrastructure and rhythm of our communities has been stripped away. So many of our daily rituals have radically changed. Prolonged uncertainty has the potential to short-circuit the virtuous cycle of leadership to community to leadership.

Zoom calls are great but they lack the multi-dimensional joy of walking the physical hallways of the firm. Even as some firms transition back to their brick and mortar offices, it may be awhile before you get to hug your favorite clients, or sit three to a table in close collaboration with team members. As entrepreneurs, we have an opportunity to help fill this temporary void.



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## Introducing Resilience Communities™

At Second Summer, we suggest forming Resilience Communities™: groups of team members or other like-minded individuals who come together virtually for the purpose of cleansing and oiling your resilience gears. With our world on information overload, the structure for these communities is intentionally simple. You and your team meet bi-weekly to discuss a thought-provoking exercise provided by Second Summer.

Your teams are likely resilient by nature. Forming a community simply provides structure and intentionality to recharge your batteries together. In less than an hour, you'll offer a tune-up to others, and receive one simultaneously.

The pace of everyone's days has shifted, yet we all have a common truth. We aspire for our teams to feel grounded, energized and connected. Resilience is a renewable resource. It simply needs community to come out thriving.

## Gratis tools: If you're interested, let's get started...

Second Summer provides all of the exercises and tools, gratis, on a bi-weekly basis, beginning with six tools over 12 weeks. We have named these tools Raise the Gaze™, because they offer support for keeping each other focused on the horizon.

The Compassion Exercise included with this article is the first Raise the Gaze tool. If you'd like to be on the front lines to receive subsequent tools, please email [meg@secondsummer.net](mailto:meg@secondsummer.net).



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## Resilience Community's Strategic By-Products

The concept of Strategic By-Products has always been one of my favorite take-aways from twelve years of Strategic Coach. It's the great stuff that happens as a by-product of doing your intentional work in the world.

We have been using Raise the Gaze-type exercises at Second Summer for over 15 years. We have done the hard work to test their efficacy. We have experienced the following Strategic By-Products...

- You get to your best thinking faster, creating increased efficiency and expanding your capacity. You'll literally do great work in less time.
- The exercises refresh your mental processing the way a good cardio workout clears your stress. You'll feel like your thinking gears have been steam-cleaned and well-oiled.
- They increase your relational awareness around how you're reacting to other people's behavior or external influences.
- You'll go from leading great meetings to facilitating great learning. This is something entrepreneurs do naturally, yet here you'll notice a measurable increase in frequency.
- Lastly, we believe that to show up as our best selves, it's imperative to do the work of self-tending. Facilitating these exercises offers a dose of self-care for the leader.