

# Christie Mann, Co-Founder of UpLevel Productions: Developing Your Resiliency Muscle - Episode 280

## In this Episode:

- Christie talks about the challenges she experienced in the past couple of years, especially during the pandemic and resiliency contributed to the journey
- Why you should let your emotion have a voice
- The importance of having a relationship with your business
- Her definition of resiliency
- Why people do not develop their resilience muscle
- She talks about how she teaches managers of large organizations to see people who they truly are, versus just talking only about business and the result
- Why good leadership is grief management
- How to cultivate resiliency in ourselves and with others
- Why cultivating emotional leadership is important
- Her longing for people to slow down, connect more deeply and cultivate more joy
- Her collaboration with four different people from different social identities, different races, different genders, and different sexual orientations to create books with different emotions that are prevalent through these times

## Notable Quotes:

“Spot the struggle, feel it and heal it.”

“Give your emotions a seat at the table as if it’s a friend who’s coming over.”

“Let your emotion have its voice, tell you what it’s here for and experience it.”

“Resiliency is our capacity to recover quickly and effectively from setbacks and the ability to navigate with our own self-leadership.”

“People need to go through their own process of feeling totally listened to in order to be able to give that back to the people that they’re serving inside the organization.”

“Grief is not only losing a person, but it's also losing ways of daily life, relationships, communities, and ways of being in the world.”

“Healing is a spiral.”

“Joy is an antidote to the division, heartache, heartbreak, and grief.”

“You can also have moments of joy even if you're moving through a period of depression.”

### **3 Pearls of Wisdom:**

1. Good Leadership is grief management.
2. Resiliency is your capacity to recover quickly and effectively, but in your own time, in your own way.
3. It's okay to be grumpy and to take a break from trying to have it all figured out or to be resilient or to have your emotions in check.

### **Resources:**

**Christe Mann** is the creator of the best-selling emotional wellness children's book series; The Adventures of Lil' Sass; in awe of children's resilience and emotional flexibility, she champions adults' rights to have and express emotions. Learn more about her leadership development and coach training work by visiting [www.uplevelproductions.com](http://www.uplevelproductions.com) and join the journey to learn, love, and uplevel on [The UpLevel Podcast](#)

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