

# Finding Your Resilience

*Laura Ling*



“When leaders find themselves in hard places, they should ask, how can we find hope in this dark moment?” award-winning journalist Laura Ling shared at Leadercast Women 2019. How can we turn that hope into action so we can build and foster common humanity? For the past 20 years, Laura has been drawn to stories that cover the search for freedom. In March 2009, she was captured by North Korean soldiers and detailed this experience at Leadercast Women 2019, as well as her imprisonment, to illustrate the power of taking courage through the darkness.

## 3 Ways to Discover Your Resilience

- 1. Explore all options.** “In the dark, we need to ask ourselves if we’ve tried every option and pursued every opportunity we’ve been given. This is when we find strength we didn’t know existed.” Laura decided to begin daily rituals of exercise and meditation, and she used her energy to strategize about how to get home.
- 2. Remember that you’re not alone.** Laura said she spent five months of her captivity depressed, and that it was only when she began to think about people she’d met who had overcome horrific conditions that she was able to start taking courage. Her perspective changed and she found resilience.
- 3. Keep in mind that kindness goes a long way.** Eventually, Laura was released, and she attributes this partly to an act of kindness that happened many years before her capture. The North Korean dictator recalled that President Clinton was the first political leader to call him to express condolences when his father died. She believes this may have contributed to his willingness to listen to President Clinton when he requested her release. “Our kindness can have ripples we can’t imagine,” Laura said.”