

# Professional Resiliency



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# Topics

- Professional Opportunities
- Resiliency
- My AGA Presidential Theme & Goals
  
- Questions



***“Ask Early, Ask Often!”***

# Professional Resiliency Moments

Resilience:  
The Art of  
Bouncing Back



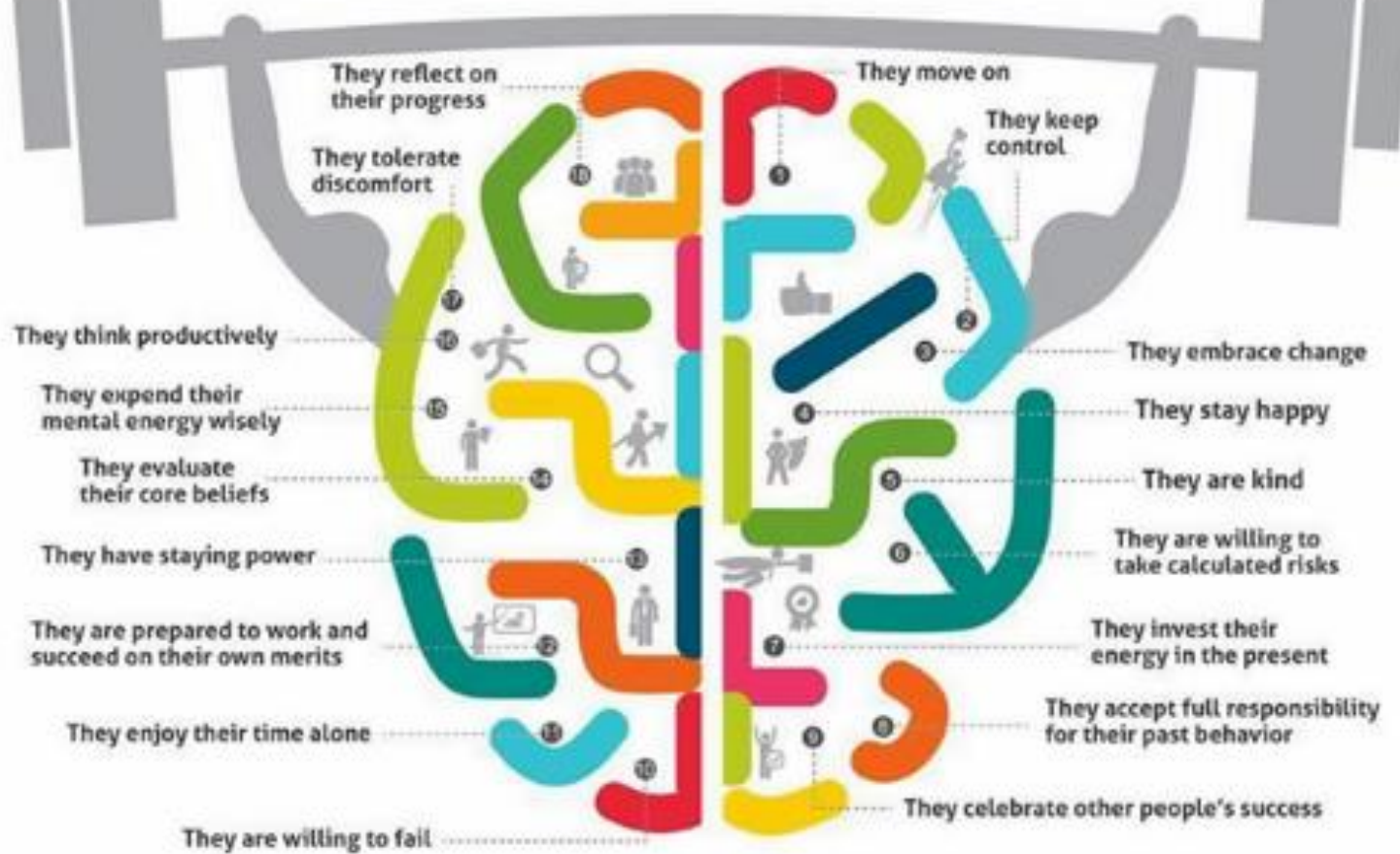
[www.jpslethomson.com](http://www.jpslethomson.com)

# Resilience

- Definition: the ability to become strong, healthy, or successful again after something bad happens

[www.merriam-webster.com/dictionary/resilience](http://www.merriam-webster.com/dictionary/resilience)

# 18 THINGS MENTALLY STRONG PEOPLE DO



By Amy Morin [amymorinlcsw.com](http://amymorinlcsw.com)

# “When the Going gets Tough, the Tough get Going”

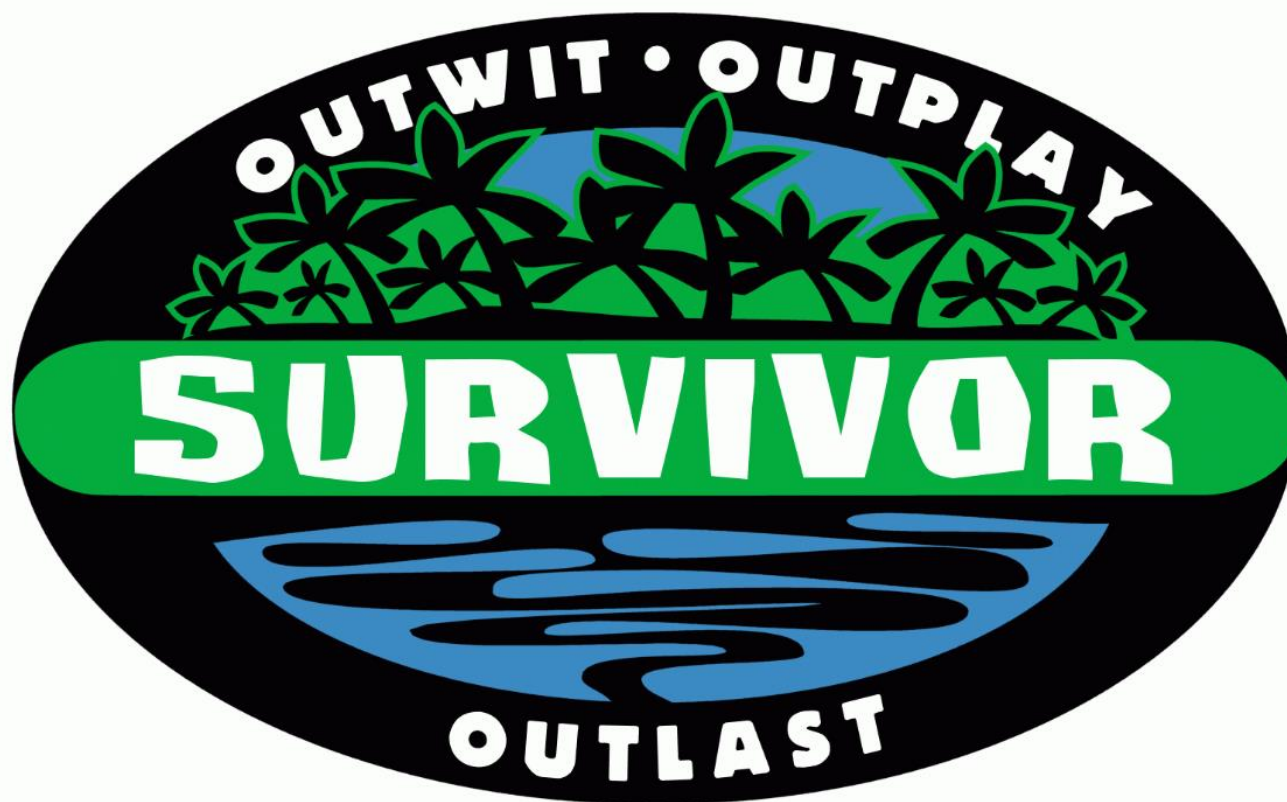


Germans? -Forget it, he's rolling. And it ain't over now.

'Cause when the going gets tough... the tough get going! Who's with me? Let's go! Come on!

John Belushi, Animal House

# Ultimate Resiliency Game



*19 Years showing people's physical and mental resiliency – Jeff Probst*

# Sports Resilience



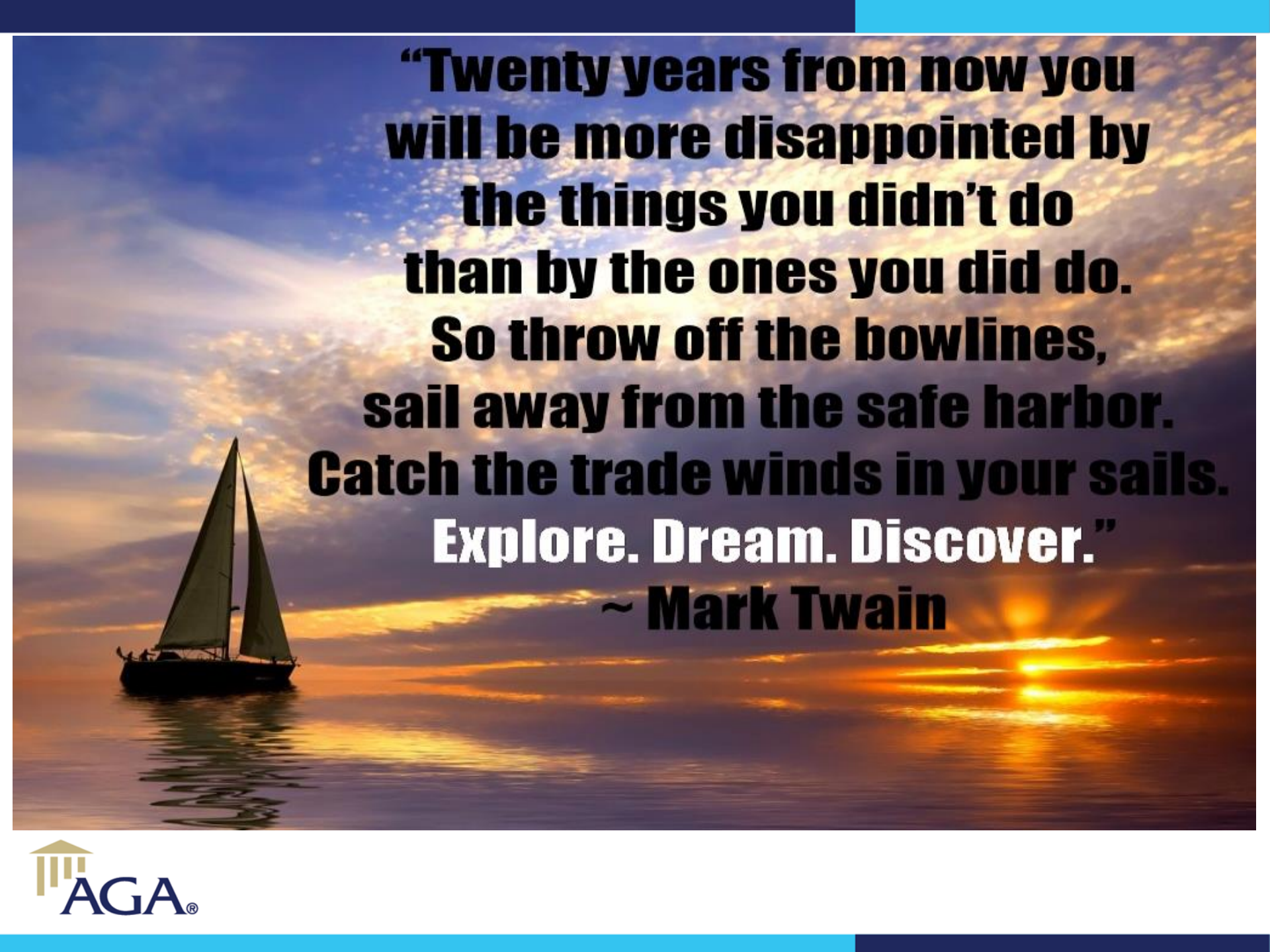


# Playing it Safe

*apowerfuljourney.com*

**A SHIP IS ALWAYS  
SAFE AT SHORE  
BUT THAT IS NOT  
WHAT IT'S BUILT FOR.**  
-ALBERT EINSTEIN



A sailboat with two sails is silhouetted against a sunset sky. The sun is low on the horizon, creating a golden glow and reflecting on the water. The sky is filled with soft, wispy clouds.

**“Twenty years from now you  
will be more disappointed by  
the things you didn’t do  
than by the ones you did do.  
So throw off the bowlines,  
sail away from the safe harbor.  
Catch the trade winds in your sails.  
Explore. Dream. Discover.”  
~ Mark Twain**

# Vacations – Help your Resilience

- Better Physical Health
- More Productivity
- Closer Family/Friend Relationships
- Fresh Perspectives
- Increased Mental Power
- Lower Chance of Burn Out
- Improved Mental Health



Chevy Chase, Vacation Movie

# Characteristics of Resilience

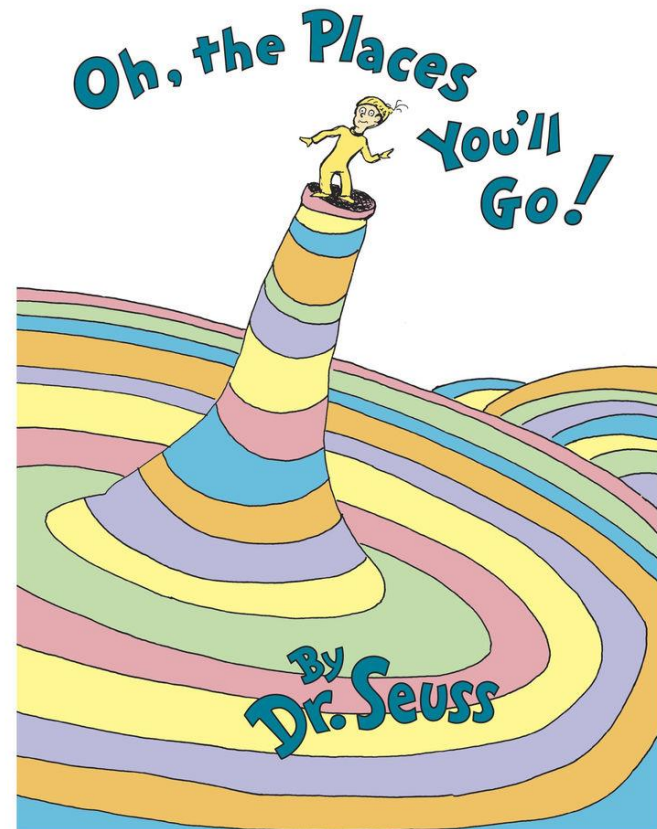
- Internal Focus of Control
- Strong Self-Esteem
- Having Personal Goals
- Sense of Meaningfulness
- Use Past Successes to Confront Current Challenges
- View Stress as a Way to Get Stronger
- Use Humor, Patience and Optimism
- Adapt to Change
- Action Oriented Approach
- Strong Relationships and Ask for Help

*All I Really Need to Know I learned in Kindergarten*  
– Robert Fulgium

# Resiliency Lesson's are Everywhere

“I’m sorry to say so But, sadly,  
it’s true  
That Bang-ups and Hang Ups  
Can happen to you.”

“And when you’re in a Slump,  
You’re not in for much fun.  
Un-slumping yourself  
Is not easily done.”



Copyright 1990 by Dr. Seuss Enterprises L.P.

# Resiliency Tool “Put First Things First”

		TIME MANAGEMENT MATRIX	
		URGENT	NOT URGENT
IMPORTANT	I	ACTIVITIES: Crises Pressing problems Deadline-driven projects	II ACTIVITIES: Prevention, PC activities Relationship building Recognizing new opportunities Planning, recreation
	NOT IMPORTANT	III ACTIVITIES: Interruptions, some calls Some mail, some reports Some meetings Proximate, pressing matters Popular activities	IV ACTIVITIES: Trivia, busywork Some mail Some phone calls Time wasters Pleasant activities

Source: The 7 Habits of Highly Effective People by Stephen R. Covey (1989)

- Big rocks = Quadrant II – the activities that matter most; they are strategically important, not urgent
- Small rocks = Quadrant I – these are urgent and important, but can easily consume one’s entire time; response is typically reactive, high stress level and crisis management, always putting out fires
- Sand = Quadrant III – busy work and therefore matter least, may appear urgent, but not important

# Jar and Rocks Video



Source: <https://youtu.be/RAzMGtJypsE> by Unstick Me

# Are you focusing on what is important?

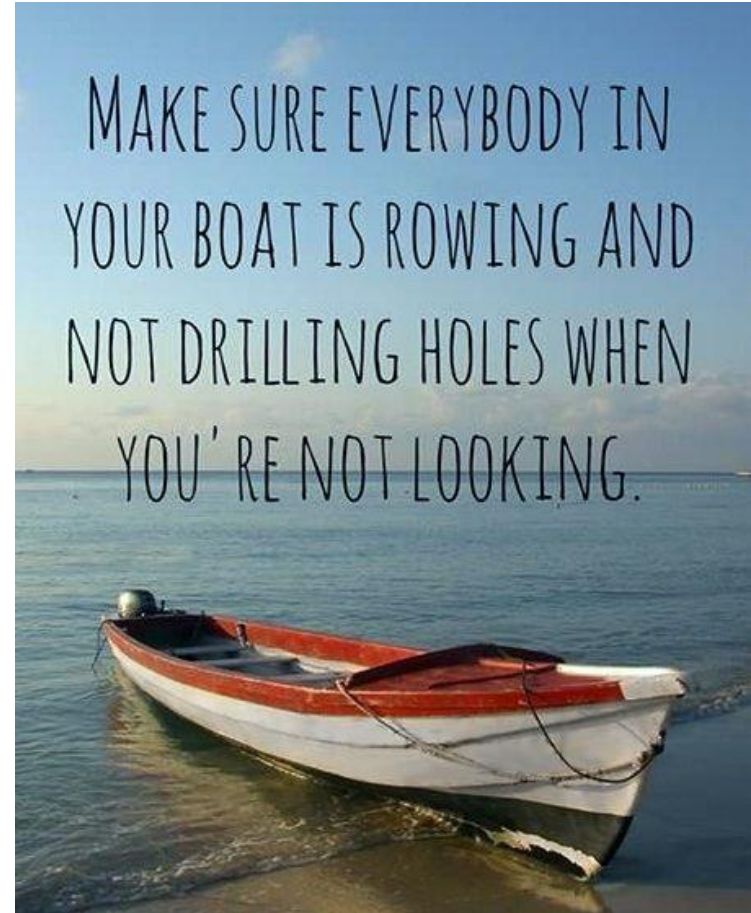
- *In both our business and personal lives, we have big rocks, gravel, sand and water. The natural tendency seems to favor the latter three elements, leaving little space for what's important 'our big rocks'. In an effort to respond to the urgent, we often set aside what's important. What are the 'big rocks' in your life? A large project? Spending time with your friends and family? Your health? Your finances? Personal development? Your dreams?*

Source: <https://youtu.be/RAzMgtJypsE> by Unstick Me



# Your Support

- Easier for you to be resilient,  
When things go wrong,  
If you don't have  
other working against  
you
- Positive Thinking
- Thoughts become  
Things



# Your Consent

No one can make you  
feel inferior without  
your consent.

*- Eleanor Roosevelt*



Princess Diaries – Hector Elizondo

# Be Unsinkable!

Ships don't sink because  
of the water around them;  
ships sink because of the  
water that gets in them.  
Don't let what's happening  
around you get inside you  
and weigh you down.



# Personal Resiliency Example

Family friend example: Despite all that was thrown at her, Erin never gave up. She was involved in a life changing car accident and very tough journey. 3 years ago we prayed she would live and that she would walk again. It took many months and over 20 surgeries for her to walk but she would walk to get her diploma. Erin graduated this May.



# Why is Resilience so Important – Fail Forward!

- We are inevitably faced with life's difficulties. Many times they don't work out positively
- How we overcome or bounce back from those difficulties, may make a big difference in our lives
- Take steps every day to strengthen your abilities

Success is not final, failure is not fatal: it is the courage to continue that counts.

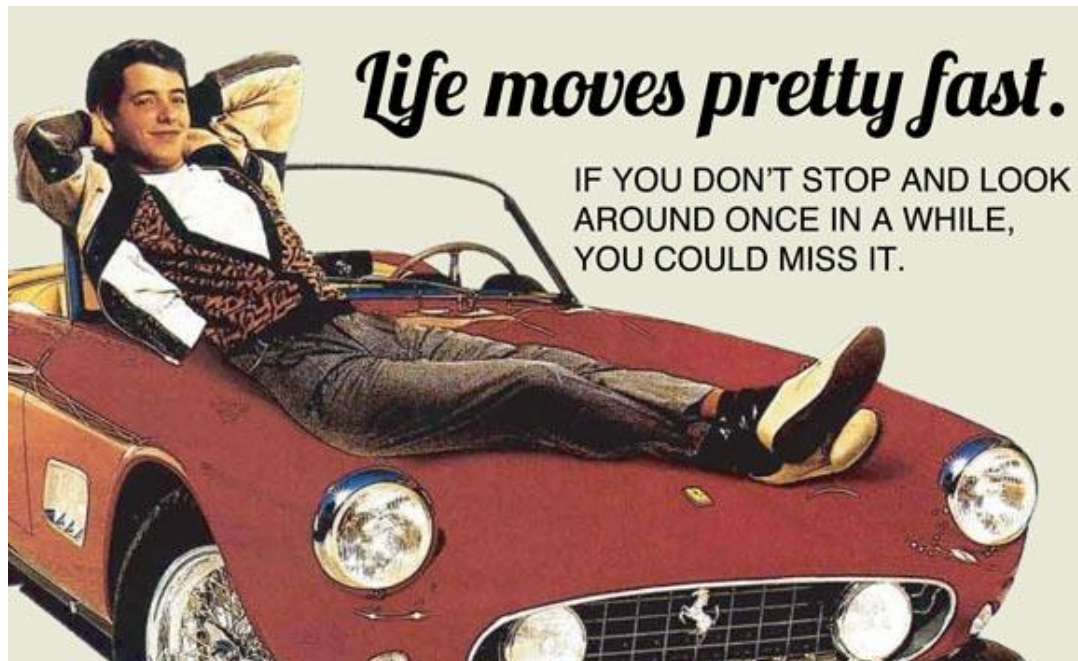
Winston Churchill



Rocky, Sylvester Stallone

# Days are Long, Years are Short

- Be Resilient in your life Journey
  - Only let negative things impact your day
  - But not your year!



# Protect Other's Resiliency

You control your effect on other people

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou*



# Questions



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Share your Resilience Stories



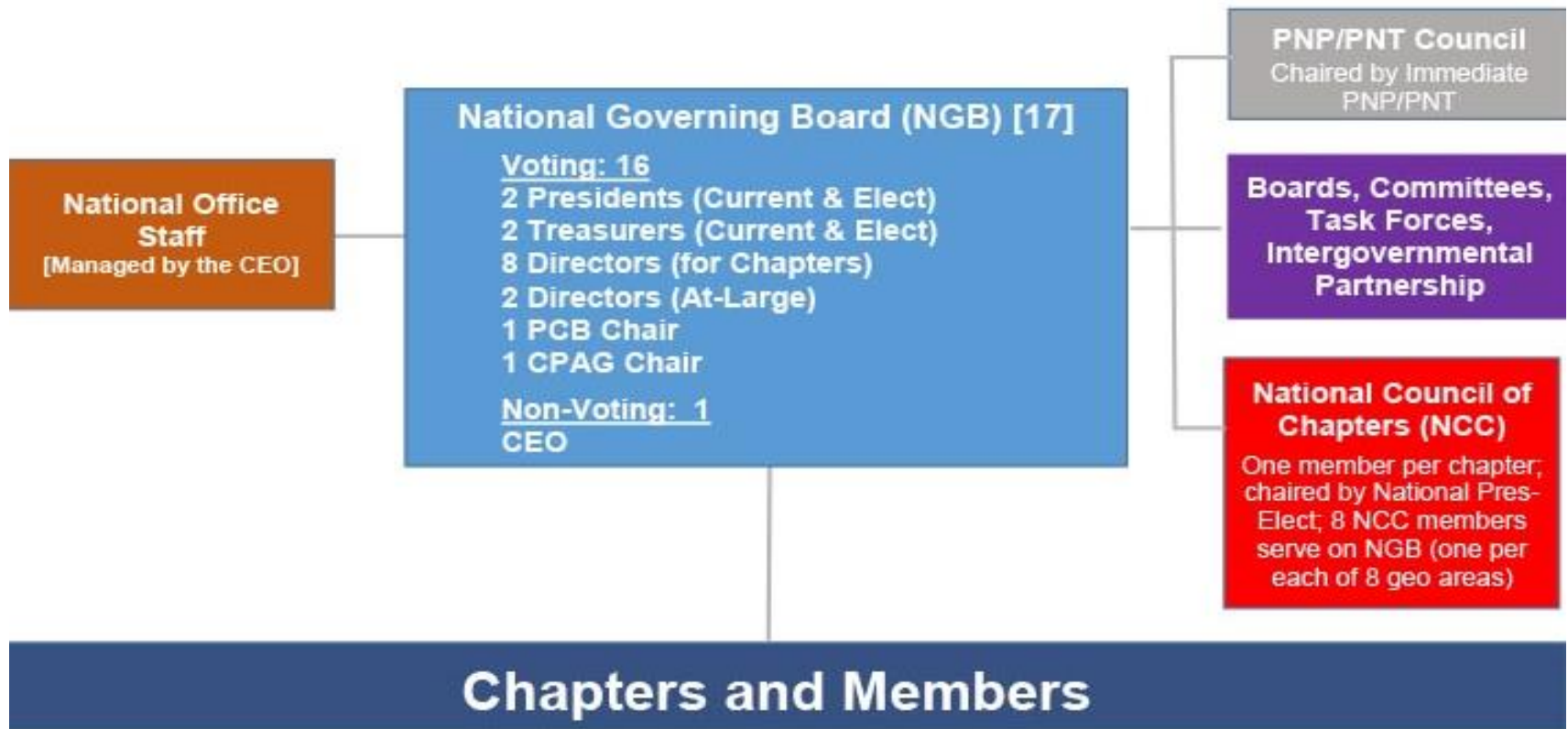
AGA is celebrating the 25<sup>th</sup>  
Anniversary of our Prestigious CGFM  
Certification!!



<https://www.agacgfm.org/cgfm>

# AGA Governance Structure

Effective July 1, 2019



<https://www.agacgfm.org/About/Leadership/Governance-Review.aspx>

Questions? Contact [governance@agacgfm.org](mailto:governance@agacgfm.org).



# Governance Transition Timeline



August - October

- Form Leadership Development Committee (LDC)
- Develop National Governing Board (NGB) position descriptions
- Determine board needs and board member recruitment criteria
- Approve 8 National Council of Chapters (NCC) geographical areas

October - December

- Develop NCC charter and position descriptions of Chapter Representatives to the Council
- Announce criteria for chapters to consider in appointing NCC Representatives

January - February

- Chapters select NCC Representatives to begin in July
- NCC Representatives self-nominate for 8 Director positions on NGB
- LDC selects officers of the NGB for NEC approval

April - May

- LDC selects Chapter Representatives to NGB for NEC approval
- New SLMs held with NCC Representatives in attendance for NCC Orientation

July

- First National Governing Board Meeting
- First National Council of Chapters Meeting

# Presidential Theme

## ***“Giving Back to the Profession”***

- Believe it is why many of us are involved in AGA – to Make a difference in the -- Government Accountability Profession.
- Impacts - Federal, State and Local Governments as well as Academia and cuts across boundaries
- Brings the Government and Contractor Community Together for a Common Purpose
- How are you all giving back? Your inspirational stories?

# Presidential Goals

1. Promote and Expand CGFM Education at Colleges and Universities to Generate:
  - Excitement about careers in public service
  - Interest in CGFM and Membership in AGA
2. Raise Awareness of the Value of the Citizen-Centric reporting (CCR) as an “electronic portal” to an Agency.
3. Successfully Transition AGA to a Modernized Governance Structure.



25<sup>th</sup> Anniversary  
of our Prestigious CGFM Certification



# My AGA Story

- Washington D.C Chapter serving in many positions.
  - AGA's Finance and Budget Committee for 6 years
  - AGA's 23rd National Treasurer
  - Senior Vice President.
  - Member of the Professional Certification Board
  - Last 6 years as a member of AGA's National Executive Committee (NEC);
  - AGA President - Elect
- 
- What is your AGA story?
  - Be the Hero of your own Life and AGA Story!

# AGA is *the* member organization for financial professionals in government.

We lead and encourage change that benefits our field and all citizens.

Our networking events, professional certification, publications and ongoing education help members build their skills & advance their careers.



Free, online toolkits and guides to help financial professionals working at all levels of government do their jobs better | [www.agacgfm.org/tools](http://www.agacgfm.org/tools)



**Blended and Braided Funding: A Guide for Policy Makers and Practitioners**



**Making Better Decisions: Leveraging Government Resources in Challenging Financial Times**



**Risk Assessment Monitoring Toolkit**



**Sub recipient vs. Contractor Checklist**



**Cooperative Audit Resolution and Oversight Initiative (CAROI) Guide**



**Fraud Prevention Toolkit**



**Candidate Assessment Toolkit for Grants Managers**



**Partnerships Matter: How a Federal, State and Non-Profit Collaboration Improved Efficiencies in Delinquent Debt Collection**



# Reach to the AGA National Office



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