THE RESILIENCE FACTOR

How Personal Resilience Converts to Business Value

Fresh research from Zscaler, "The Missing Link: Why Investing in the Resilience of Your People Is Imperative for Business Continuity", shows that while decision-makers focus heavily on business resilience, they often overlook personal resilience. Striking the right balance demands an informed approach paired with the right tools.

40%

of respondents are concerned about IT disruptions spilling into their personal lives

Overlooking personal resilience will eventually create a gap between technical capabilities to manage disruptive events and your ability to handle the pressure of maintaining business continuity when an attack happens.

Your industry colleagues (around 90%) are currently undergoing some kind of digital transformation. Naturally, this will introduce a range of cybersecurity challenges that might escalate into serious issues.

Personal and Business Resilience Are Connected

Much like people can't park their home realities at the office entrance, 40% of survey-takers admit that anxiety over tech outages seeps beyond working hours, bleeding straight into the fabric of their private lives.

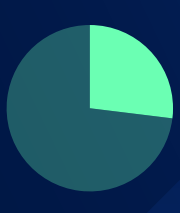
For networking security leaders, personal resilience is far more severely challenged than in years past. To ensure unwavering security, it's essential that you embody many of the same characteristics as resilient systems — and prepare for the worst.

45%

of organizations faced major failure in the past 6 months

60%

of organizations expect one in the next 12 months



27%

of security leaders say their workload and day-to-day pressures negatively impact their personal resilience

Prioritize Your Security

You can't help everyone else if you neglect your own well-being. A notable 47% of participants don't rate themselves as "very resilient." Though 38% of the sample deem themselves "somewhat resilient."

Only

39%

believe that establishing robust cyber resilience is a top leadership priority

Personal resilience is the springboard that lets you sidestep unexpected attacks, remain confident under pressure, and stand resolute against emerging threats.

Start by demonstrating the standard through your own actions. This sends the strongest signal to your team, particularly amid high-stakes environments where pressure, complexity, and multifaceted challenges are ever-present.

Recognize the Saboteurs

Self-doubt, hypervigilance, perfectionism, and avoidance. Spot these saboteurs early before they siphon your resilience. Use Positive Intelligence (PQ) tools such as Saboteur Assessment and Resilience Superpower Quiz to identify and address these hidden blockers.

Stay Mentally Fit

Break the "bounce-back" hamster wheel with 15-minute daily micro-drills. PQ can rewire your stress reflexes, smooth out interpersonal friction, and speed your response rate.

Consistent Practice Pays — Often in 21 Days

A structured PQ program, backed by coaching, self-paced drills, and progress tracking, steadily lowers stress, sharpens focus, smooths conflict, strengthens team cohesion, and delivers the uncommon combo of higher well-being and higher performance.

Noticeable benefits typically emerge within the first 21 days of consistent practice, with more lasting transformation solidifying over six weeks.

Resilience Ripples Out

Just as zero-day exploits ripple through a network, resilience protocols can (and should) propagate just as virally. As evidenced by Gartner, when leaders document and broadcast their own resilience playbooks, they turn grit from a perk into policy.[1]

50% of burnout-driven turnover will disappear by 2027 if CISOs fund personal-resilience programs.

Foster a Culture of Resilience:

Built-in Backup

Overlap critical roles so no one's a single point of failure. Add just-in-time tools and praise steady stamina over late-night heroics.

Upskill Managers

Train leaders to spot stress signals, use supportive check-in scripts, model calm transparency, and create psychological safety instead of blame.

Guard Against Burnout

Rotate staff during protracted incidents and schedule protected decompression time afterward to reset energy and morale.

Succeed in Failure

Run scenario drills that demand high-pressure communication, ambiguity navigation, and split-second decisions to nurture confidence.

Unlock Your Resilience Factor

DOWNLOAD NOW

Ultimately, technology alone won't secure continuity. IT and security leaders must look beyond advanced business defenses — and hone in on personal resilience. Read this research report to explore how your peers are faring with the imperative to strengthen personal resilience.

Access the whitepaper to learn more about the research and how to build personal resilience for yourself, your team, and your organization.

[1] Gartner, Inc. (March 3, 2025). Gartner Identifies the Top Cybersecurity Trends for 2025 [Gartner Research].