

BUSINESS RESILIENCY PROFESSIONALS OF WISCONSIN

<https://brpow.wildapricot.org/>



**BUSINESS RESILIENCY
PROFESSIONALS OF WISCONSIN**

**A COMMUNITY
COMING TOGETHER**

The BRPW Officers 2021-2022

- President - Mark Elsenheimer
- Vice President – Rochelle Robinson
- Secretary – Jeff Girard
- Treasurer – Linda Jacobi-Miller

Welcome to the Spring event lineup for Business Resiliency Professionals of Wisconsin. We look forward to sharing informative meetings, volunteer opportunities, and news with you. Come learn, grow, and above all, have fun with us!

BRPW EVENTS

BRPW MEETINGS: HELD EVERY SECOND THURSDAY OF THE MONTH FROM 1:00 TO 2:00 PM CT EXCLUDING JULY AND AUGUST.

MARCH 2022.
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FEBRUARY RECAP

PRESENTER: BRIAN ZAWADA

PRESENTATION: STRATEGIES AND BEST PRACTICES FOR MATURING OPERATIONAL MATURITY

Castellan has generously contributed multiple topics to BRPW this year. During our February webinar, Brian Zawada from Castellan presented Strategies and Best Practices for Maturing Operational Resiliency to BRPW.

Brian introduced a Five-Step Resilience Management Framework that can help “blur lines between a wide range of disciplines.” “To be able to come together to ultimately make our organizations more resilient.” (Brian Zawada)

1. Context
2. Digital Model
3. Vulnerability Management
4. Situational Awareness
5. Response Competence

At the end of Brian’s presentation, he gave information about an upcoming guide from Castellan using these five steps that could “help bring some of these emerging leading practices into your organizations.” (Brian Zawada) The guide, *Getting Started with Resilience Management* is now available on the Castellan website and social media for download.

"HOLD THE DATE" UPCOMING MEETINGS

April 14th-Supply Chain
(Tentative topic)

May 12th- Cybersecurity

June 9th- Year End Exercise

Brian Zawada is the Chief Strategy Officer for Castellan Solutions, a firm specializing in business continuity and operational resilience program design, implementation and continual improvement. Over the past 25 years, Brian has actively managed internal business continuity programs and consulted with public and private sector organizations of all sizes, helping them not only design and implement world-class business continuity programs, but also effectively use their response and recovery strategies to minimize impact when faced with a disruption. In 2021, Brian published his first book titled “The Business Continuity Operating System” which provides a framework for any organization to achieve the right level of resilience. Outside of his work with Castellan and its clients, Brian volunteers as a contributor to ISO standards development, where he previously served as the Head of the United States Delegation to ISO Technical Committee 223, the authors of ISO 22301. Brian also volunteers time with the BCI where he previously served as the Business Continuity Institute US Chapter Board President. Brian is certified as a Fellow of the Business Continuity Institute.

The introduction from the Castellan link for this new guide:

[Castellan Getting Started with Resilience Management.](#)

The risk landscape has evolved considerably over the last few years, indicating a need for organizations to move away from rigid, event-based plans to a more holistic, agile approach that equips effective response and recovery when a disruption (or several) occurs.

Resilience management addresses this challenge by removing unnecessary boundaries between crisis management, operational resilience, business continuity, and IT disaster recovery to successfully integrate and strengthen your readiness and response capabilities.

So, where do you begin?

The Getting Started with Resilience Management guide is designed to help you break down traditional silos to improve readiness and response and build confidence in the resilience of your organization. Included is a five-step framework and worksheet designed to help you map an end-to-end view of your operations, from suppliers to customers, for each important product and service.

Thank you again to Brian Zawada and Castellan for such an informative presentation.

FIVE STEP RESILIENCE MANAGEMENT FRAMEWORK





BRPW NEWS

TOPICS TO KEEP YOU RESILIENT

Mental Health

Recently Catherine Cooper (MBCP, Sr. Business Continuity Analyst, HIT, BRPW Programming Committee) attended a workshop offered by [DRI International](#) on Incident Management Mindfulness. This is an ideal workshop for those within the Emergency Management field to help focus on their own mental and physical resiliency.

Studies have shown that practicing mindfulness can improve attention and memory and reduce stress. In any disruptive event, at work or home, being ready to deal with these stressors is vital to a person's overall wellbeing, during and after an event.

Catherine has shared this summary of the workshop and link for the workshop to look into for yourself or your organization.

[Disaster Recovery Institute International](#) [Mindfulness Practices to Improve Incident Management](#)

During a disruptive event, stress levels rise and cognitive functioning decreases, making team communication and optimal decision making extremely difficult. Mindfulness can help resilience professionals lead recovery efforts in the midst of many unknowns and ever-changing circumstances. Scientific research shows that a regular mindfulness practice can help lower stress, increase emotional regulation, and improve decision-making.

The goal of the Mindfulness Practices to Improve Incident Management Workshop, held the day prior to the start of the 54th annual Wisconsin Governor's Conference on Emergency Management and Homeland Security, is to train professionals and recovery teams to leverage mindfulness tools to optimize incident management and lead a smooth and prompt recovery.



Here are some links for articles on Emergency Management dealing with stress and depression.

- [A Guide to Managing Stress in Crisis Response Professions](#)
- [Special on Mental Health in Emergency Magement](#)
- [Yoga for COVID-19 and natural disaster related mental health issues: Challenges and perspectives](#)
- [Taking Care of Your Emotional Health During a Disaster](#)
- [Identifying Substance Misuse in the Responder Community](#)

[Talk To Someone Now](#)

Mindfulness Cont...

The day-long session was divided into 4 lessons that also included short guided meditations.

Lesson 1 defined mindfulness as a formal and informal practice and discussed the key benefits of a regular mindfulness practice. The lesson also described some of the scientific research that shows how mindfulness can help lower stress, increase emotional regulation, and improve situational awareness

Lesson 2 delved into Cognitive Distortions and explained the most common decision-making traps recovery teams fall into during incident management (e.g. sunk-cost bias, group-thinking)

We also learned effective decision-making shortcuts that can be leveraged during a business disruptive event to save time.

Lesson 3 focused on Mindfulness Practices to Improve Incident Management. During this lesson we reviewed and practiced mindfulness exercises to lower stress, increase emotional regulation, and improved decision-making during a disruptive event. We also learned how to adapt these practices to our own organization's existing crisis management process.

Lesson 4 demonstrated how to integrate Mindfulness Into an existing BCM Training and Exercise Program. This lesson provided an overview of FEMA's HSEEP framework and how to integrate mindfulness practices into different types of BCM exercises aligned with FEMA's HSEEP framework. We reviewed tools to train C-level executives and recovery teams on basic mindfulness practices to optimize incident management. We wrapped up the session by learning how to adapt foundational mindfulness practices to our organization's existing BCM training and exercise program and corporate culture.

The practical information provided during the session would be easily incorporated into anyone's program. Between the scientific evidence and the anecdotal information, it was very easy to see the immense benefits of Mindfulness practices in Incident Management. If you are interested in additional information/cost on the DRII course, click on this [link](#).

References:

<https://www.psychologytoday.com/us/basics/mindfulness>

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

<https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>

CERT

Community Emergency Response Team



A Whole Community Approach

FEMA's Strategy for Successful Resiliency

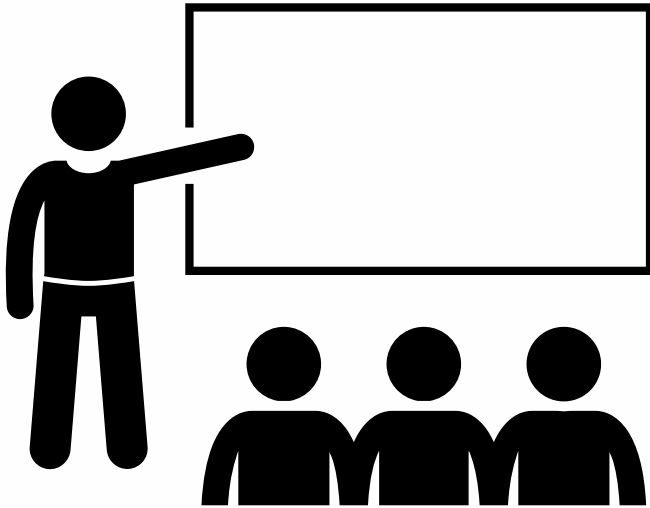
The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.



**VOLUNTEER:
GET INVOLVED HERE**

**CERT VIRTUAL DISASTER
WORKSHOP MARCH**

Professional Forum



SPEAKER NEEDED

International Facility Management Association (IFMA)

When- April 26th

Topic- Business Continuity

Contact- Shawn Jeanquart

Where- Milwaukee

Please follow this link to our Professional forum for more information about this.

<https://brpow.wildapricot.org/forum>

BRPW MEMBER FORUMS

<https://brpow.wildapricot.org/forums>

The member forums are for all BRPW members to share information, job openings, requests, topic questions, COVID-19 updates and so much more! Be sure to check them out and subscribe to one or all of them.



FOR MORE VISIT: <https://brpow.wildapricot.org/forum>

BRPW MEMBERSHIP CORNER

SOCIAL MEDIA

BRPW IS ACTIVE ON MANY SOCIAL MEDIA PLATFORMS!

FACEBOOK: FOLLOW

TWITTER : FOLLOW

LINKEDIN: FOLLOW

WEBSITE: [HTTPS://BRPOW.WILDAPRICOT.ORG/](https://brpow.wildapricot.org/)

PLEASE BE SURE TO VISIT OFTEN, LIKE, SHARE AND COMMENT! IT WILL HELP OUR COMMUNITY GROW!



MEMBERSHIP GIVE - AWAY!

Connect with us this month via social media for a chance to win this great BRPW tumbler with straw!

How to win- Follow us on Facebook and say hello to your follow BRPW members! That's it! Just a **follow** and **hello**.

Winner will be randomly selected from those that enter on May 12th, during our monthly webinar.

Keep an eye out on our Social Media and Newsletters for future giveaways!

Congratulations...

To our February winners!

- Lisa Schroeder with Thrivent Financial won the BRPW Tumbler for joining our LinkedIn page! Congratulation Lisa!
- Jim Williams VP, Sr. Resiliency Manager with Johnson Financial Group also won a BRPW Tumbler through our random drawing for simply attending the February Webinar! Congratulations Jim!



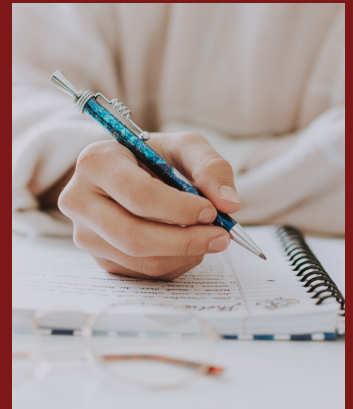
New Members

- Matthew Pochinski from Rogers Behavioral Health
- Chad Brownell from UWGB
- Greg Ensenback from Continuity Planners & Solutions
- Lori Leach with AJ Gallagher & Co

From the Editor



Have you ever wanted to be published? Now is your chance, we need articles for the BRPW newsletter. Or, how about being interviewed for the 'Getting to know (your name)' article? Please consider contributing to our next issue. Email us here.



Did you know there is a Professional Forum page on the [BRPW website](#)?



The forum topics include:

- educational opportunities
- job postings
- professional topics

Subscribe on the website to join the conversation or post new topics.