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RESILIENCE PLANNING: Preparing for Disruptions to Business



As an entrepreneur, you are responsible for your business, but the experience of mental health and addiction challenges and/or other episodic illness can leave it vulnerable to damaging disruptions. That's why it is important to implement a resilience plan for your business—an action plan to mitigate damage when business takes a back seat.

Answer the following questions and discuss with your mentor:

1. If you were unable to do your regular work, who would that affect and how? Staff? Clients?

2. Do you have insurance that will enable you to pay bills if you cannot work?
If not, what can you organize now to prepare for a disruption to income?

3. Are there any aspects of your business that can continue to generate passive income
(income that keeps coming in, even if you are not working)? *i.e., online sales, licensing fees, royalties, etc.*

4. What friends, family, or colleagues could you call on to help keep the business running if you were temporarily unable to work?

EMERGENCY CONTACTS

Make a list of the business's emergency contacts who will need to be informed of a disruption to the regular work schedule. (i.e., lawyer, accountant, supplier, etc.)

Name & Title	Relationship to the Business	Contact	Notes (Responsibilities to the business in times of crisis)

