Professionals in the field of sustainability have vital work to do - but how can they stay motivated if they’re getting burned out? Supporting the people who work on big issues such as climate change and sustainability is essential for them to be as effective as possible. Studies have found resiliency to be a crucial component to increasing effectiveness and productivity as well as overall psychological health at work. The purpose of the study was to better understand why resilience is an important skill to develop among sustainability professionals at the Environmental Protection Agency (EPA) in the Region 10 office (based in Seattle, WA), and to understand three ways it can be cultivated. To explore this task I conducted an extensive literature review of current research regarding resilience in the workplace, preventing burnout, and applying models such as the Job Demands-Resources model. I reviewed the 2015 Employee Viewpoint Survey results and subsequent focus group findings, and worked with a graduate student at the University of Washington to develop a training model for the EPA about resilience. From the literature review and EVS assessment resiliency was found to be a highly important resource for sustainability professionals, and some key skills for development include increasing connections, implementing coaching and mentoring programs, and including a training plan in the 2016 EVS action team report. With these results an effective support platform can engage and continue to motivate the people we rely on to fight climate change and make our world a more sustainable place.