



Developing Resilience for Self and Others

Manage difficult scenarios, changes and build future ready capabilities.



Overview

Resilient Leadership is far away from any title or designation. It comes without any instruction manual. The only way to develop resilience is to experience failures, overcome obstacles and jump into valleys and after having done so realize the meaning you attach to these events and the personal power of that meaning.



Learning Outcomes

This workshop intends to help learners discover the meaning they attach to resilience and develop coping mechanisms to have a resilient mind and a helping hand to support others be more resilient.



Your takeaways

1. Facets and Meaning of Resilience
2. Develop Inspiration and Self-Assess Traits of Resilience
3. Understanding Restraining Patterns
4. Using Personal Stories to Reframe the Meaning You Add to Past Events
5. Letting Go and Letting In



Program Details

- 90 + 90 mins
- Pre and Post work essential
- Delivered by expert facilitators
- Open to all
- English language only

