

Thriving In Times of Change™

overview

Thriving in Times of Change™ is an experiential training program for professional teams and managers. This reflective and interactive program enables participants to master the competencies of workplace resilience while learning how to positively impact others in the organization during times of rapid change.



Participants explore dynamics of organizational resilience from building relationships to finding solutions to nurturing supportive environments, utilizing components of the SUPPORT™ model of Resilience. This key model of Resilience explores the skills required to enhance *Stress-Hardiness, Understanding, Purpose, Perseverance, Optimism, Resourcefulness* and *Teamwork*.



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workshop benefits

- ▶ Improved Understanding of Team Resilience
- ▶ Improved Capacity to Respond Positively to Change
- ▶ Enhanced Team & Workplace Relationships
- ▶ Strengthened Ability to Find Creative Solutions
- ▶ Enhanced Employee Engagement
- ▶ Increased Efficiency & Productivity
- ▶ Improved Ability to Prevent Conflicts
- ▶ Better Ability to Focus on Company Priorities
- ▶ Commitment to Create a Positive Team Culture

who should attend

- ▶ Managers & Human Resource Professionals
- ▶ Team Leaders & Supervisors
- ▶ Project Teams & Individuals in Influencing Positions

workshop materials

Every participant receives a copy of the Thriving In Times of Change™ manual containing background material, work-sheets and exercises.

1-800-501-1245

info@boldnewdirections.com

www.BoldNewDirections.com

Thriving In Times of Change™

discount options

Ask about our volume discounts for booking multiple workshops for your company, organization or association conference.

two day option

This workshop may be offered in a two day format with optional follow up coaching. Contact us for more information or to discuss your organization's unique needs.

book your workshop

Contact us today to discuss pricing and scheduling options that suit your organization.



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morning

- ▶ Exploring Workplace Resilience
- ▶ Assessing Impact on Organizational Success
- ▶ Deepening Shared Commitment
- ▶ Building Team SUPPORT™
- ▶ Embracing a Solution-finding Approach
- ▶ Heightening Self-awareness in Teams
- ▶ Understanding Self-management
- ▶ Understanding Your Impact on the Team
- ▶ Building Resilient Team Relationships

afternoon

- ▶ Mentoring from a Coaching Perspective
- ▶ Visioning Future Team Success
- ▶ Shared Approaches to Leadership
- ▶ Communicating Team Successes
- ▶ Empowering Other Teams
- ▶ Creating a Positive Culture
- ▶ Developing a Joint Action Plan
- ▶ Putting it Into Action
- ▶ Finding Resources Back at Work

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