

Resilience At Work™

overview

Resilience At Work™ is an experiential training program that enables individual participants to master the competencies of professional resilience, even during times of tremendous external change. Participants learn to assess their individual adaptability using the SUPPORT™ model of resilience by examining what enhances and detracts from their professional work life.



Learners explore the skills required to SUPPORT™ their own resilience by enhancing *Stress-Hardiness, Understanding, Purpose, Perseverance, Optimism, Resourcefulness* and *Teamwork*. Using the SUPPORT™ approach to resilience, participants learn to build resources, prepare for anticipated change, positively influence others, and contribute to a dynamic corporate culture.



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workshop benefits

- ▶ Improved Understanding of Resilience
- ▶ Enhanced Capacity for Scanning Environments
- ▶ Greater Resilience in Challenging Times
- ▶ Enhanced Sense of Personal Power
- ▶ Increased Ability to Maintain Professional Poise
- ▶ Improved Impact in Key Relationships
- ▶ Better Ability to Bring Focus to Priorities
- ▶ Strengthened Ability to Create a Culture of SUPPORT™
- ▶ Improved Ability to Respond Positively to Change

who should attend

- ▶ Managers & Supervisors
- ▶ Team Leaders & Individual Contributors
- ▶ Front Line Staff

workshop materials

Every participant receives a copy of the Resilience At Work™ manual containing background material, work-sheets & exercises.

1-800-501-1245

info@boldnewdirections.com

www.BoldNewDirections.com

Resilience

At Work™

discount options

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

one day option

This workshop may be offered in a one 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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day one

- ▶ Understanding Resilience & Its Impact on Success
- ▶ Building SUPPORT™ for Resilience
- ▶ Growing *Stress-Hardiness*
- ▶ Heightening *Understanding*
- ▶ Understanding Self-Management
- ▶ Understanding Your Impact
- ▶ Increasing Sense of *Purpose*
- ▶ Reframing How You See Situations
- ▶ Developing *Persistence*

day two

- ▶ Exploring Strategies for *Optimism*
- ▶ Building Resilient Relationships
- ▶ Communicating Confidence
- ▶ Empowering Others
- ▶ Developing Your *Resources*
- ▶ Creating a Positive *Team*
- ▶ Influencing the Corporate Culture
- ▶ Developing an Action Plan
- ▶ Finding Resources Back at Work

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