

# Building Leadership Resilience

+ 4 Hour practical workshop (Face to face/Zoom Conference)

## Workshop Overview

Leading an organisation is never easy. This course helps you explore and understand how resilience is critical to drive positive outcomes under any circumstances. Focusing on action and mindset that enables you and your leadership team to take to take steps to create that resilience.

## Who is this for?

Primarily senior leaders that operate businesses or organisations with a passion for authentic leadership and personal growth.

## What is resilience?

**Adversity is a fact of life.** Resilience is that ineffable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than letting difficulties or failure overcome them and drain their resolve, they find a way to rise.

Psychologists have identified some of the factors that make a person resilient, **such as a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback.** Research shows that optimism helps blunt the impact of stress on the mind and body in the wake of disturbing experiences. And that gives people access to their own cognitive resources, **enabling cool-headed analysis** of what might have gone wrong and consideration of behavioral paths that might be more productive.

Resilience is not some magical quality; it takes real mental work to transcend hardship. But even after misfortune, resilient people are able to **change course and move toward achieving their goals.** There's growing evidence that the elements of resilience can be cultivated.

## What this workshop will cover?

- + Gain a clear understanding of resilience
- + Growth Mindset vs Fixed Mindset
- + Learn real-time skills in bounce back and recovery
- + Finding a balance operating state
- + Alignment of purpose and goals
- + Understand basics of emotional intelligence
- + Understand your emotions and how develop
- + Recognising how to focus through movement
- + Increasing your ability to operate in 'Flow' state
- + Developing your personal resilience plan

**“Life doesn't get easier or more forgiving, we get stronger and more resilient.”...**

## Half - day delivery (Face to face/Zoom)

4 hour practical workshop \$1,995 + gst  
Max 5 people.