



Becoming A Resilient Human Being & Team Member

Duration
1 hour

Audience
Individual Contributor
Emerging Leader
New Leader

About This Course

This course focuses on understanding resilience, why it matters in everyday life, and how individuals can build and sustain resilience through value-based decisions and practical daily habits.

Topics Included

- What resilience means in life and at work
- 3 secrets of resilient people
- 7-step for creating and sustaining resilience

Training Approach

- Instructor-led
- Individual/group exercise
- Self-reflection

Skills Learned/ Outcomes

- Gain a clear understanding of what resilience is and why it is important on a personal level
- Learn how to define personal values and use them as a guide for building resilience during challenges
- Learn how to practice mindfulness, expressive writing, and physical and emotional self-care to support mental and emotional well-being

Course offerings:

We offer a wide range of training programs for leaders and teams to strengthen capabilities, enhance collaboration, and drive organizational success

Communication

Prioritizing and Communicating Goals, Roles & Responsibilities
Communicating Across Generations

Team Performance

Motivating and Inspiring Team Contributions and Success
Ensuring Team Accountability for Consistent Performance
Leveraging Your Team's Diverse Talents and Strengths
Inspiring, Motivating, and Guiding Team to Achieve Org. Goals
Fostering Strong Collaboration and Managing Conflict for Productive Outcomes

Productivity and Efficiency

Effectively Managing Workload

Leadership Quality

Inspiring Mission-Driven Work in Direct Reports
Learning & Applying Situational Leadership
Empathy-Based Leadership
Increasing Emotional Intelligence, Leadership Presence, and Personal Integrity
Being Visionary & Strategic in Thinking and Execution
Cultivate Talent through Accountability, Empowerment, and Effective Delegation, Coaching, Feedback
Proactively Advancing Diversity, Equity, and Inclusion throughout the Organization
Leading & Influencing Change, Improvements, and Innovation

Recruiting and Onboarding

Assessing, Recruiting, and Retaining Team Talent