

THE 5 KEY PILLARS OF RESILIENCE MASTER-CLASS

“More than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and who fails. That’s true in the cancer ward, it’s true in the Olympics, and it’s true in the boardroom.” Harvard Business Review, May 2002

Duration: 1 Day Programme

Participants: 15-20 max

Suitable for:

Managers and team leaders who are literally on the front-line of stress – squeezed from above by their own line-managers and squeezed from below by their teams. Stress is infectious. Managers need to lead by example staying calm and in control at all times and yet , in the current climate, this can be an enormous challenge.

Course Overview

The 5 Key Pillars of Resilience is an intensive 1 day Master-class designed to educate, empower and inspire participants to discover and maximise their own levels of resilience. The programme will give them a unique insight into the 5 key sources of resilience (the pillars) and a sense of their own strengths and weaknesses. Most importantly it will provide practical strategies, tactics and tools to bolster each pillar giving them the resilience they need to withstand the pressures of the current economic climate and ultimately to thrive in it.

Course Benefits

By the end of The 5 Key Pillars of Resilience, you will be able to:

- Understand where resilience comes from and how to ramp yours up to the maximum
- Recognise which of the pillars represent your areas of strength and which are development areas
- Capitalise on your strong pillars and develop your weaker ones to improve your overall resilience
- Reduce your risk of illness and burn-out by embracing the key principles of physical wellbeing
- Experience the positive power of outcome-orientation – knowing what you want and how you’re going to get there
- Realise unparalleled levels of self-confidence and inner drive
- Understand the crucial importance of strong relationships and how to significantly improve them
- Think more laterally, creatively and flexibly than you ever thought possible
- Face the future with optimism, secure in the knowledge that you have all the resources you need to survive, and even thrive, in these challenging times