

RESILIENCE-WORKSHOP

Successful and healthy in times of change and uncertainty

I can't change the direction
of the wind, but I can always
adjust my sails.

[Aristotle]

Finding a balance between innovation, talent management and personal regeneration is the most considerable challenge for leaders (Swiss leadership survey 2014).

Constant change and scarce resources are the key features of today's business world. There is hardly any time for innovation, strategic planning or for maintaining personal balance.

THE PARADOX OF SUCCESS - PERFORMANCE AND BALANCE

Creativity, flexibility and power of resistance or in other words „resilience“ are key capabilities to shape a promising future.

Resilient human beings or – a „**Homo Resiliensis**“ – lives and works **optimistically, solution focused** and **accepts** even difficult situations as part of life. They take responsibility for their actions, are excellent networkers and attentive to their well-being.

RESILIENCE FACTORS

3 attitudes

- optimistic
- accepting
- solution-focused

4 capabilities

- responsible
- well connected
- future focused
- attentive to self

KNOWING HOW TO BUILD RESILIENCE MAKES A DIFFERENCE!

By strengthening our resilience we can better respond to pressure, cope with challenges and adapt to constant change. The resilience factors are key supporters for handling setbacks, dealing with stressful situations and managing crises.

The good news - resilience is trainable!

RESILIENCE WORKSHOP

Personal take-aways

- Analyse your resilience profile
- Learn about your strengths and development areas
- Explore each of the resilience factors through exercises and tools
- Experience acceptance as a prerequisite for action
- Develop ideas for personal situations
- Create your development and action plan

Organisational take-aways

- Increases personal responsibility
- Stimulates a more adaptable and agile approach to change
- Fosters solutions by creative and flexible thinking
- Improves stress management and supports burn-out prevention
- Develops resilient teams by strengthening networks
- Builds the foundation for a resilient organisational culture

HOW WE WORK

- practical and sustainable
- interactive and creative
- holistic (mind, body, heart)

WHO WE ARE



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