

The speed of change and disruption in today's economy is having a dramatic impact on business. As industries face continual challenges that jeopardize the "norm", employees are left having to grapple with something they've never faced before. This is the VUCA world we live in today.

So how can we help employees to manage their personal reactions to the great disruption? How can we use this as an opportunity to build up their resilience, agility, and performance?

In this course, you'll learn what resilience is, why it's needed, how to "hack" it, and use personal resilience as a tool to face and overcome whatever comes your way.

Objectives

- Establish the need to be resilient as we continue to face challenges
- Look at the way humans are built to react and how to bypass our habitual responses
- Explore different tools and components that support building up personal resilience
- Make a personal resilience action plan to gradually embrace various techniques

Key Topics

- Why resilience is important in a rapidly changing workplace and VUCA world
- How your emotional reactivity impacts team performance
- Understanding how we fall into paradigms that limit our perspective
- Identifying your daily triggers and self-talk patterns
- Embracing a growth mindset to face challenges positively
- Becoming more mindful in our private lives and in the workplace



We provide services in **Productivity & Wellbeing** and other areas of training and development.

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