

Building Resilience

Overview:

In today's business world, we are seeing more change, more complexity and more ambiguity than ever before. Stakeholders and management continue to demand more. Technology promotes a 24x7 scenario so potentially you can remain connected to your work at all times. How can you manage yourself in such a world and continue to give your best over the long haul?

"Building Resilience" is a practical workshop which gives you a real sense of being in charge of your life rather than constantly running to the demands of others. Most importantly, it helps you to understand just what it is that you need to do to achieve the success you wish for yourself, your family and your employer.

Duration: 1 Day

Target Audience:

- Relevant for all staff members

Topics:

- *The critical factors for achieving and maintaining resilience*
- *Being clear on the current reality and preferred future*
- *Understanding the notion of control*
- *Creating sources of personal energy*
- *The power of perspective*
- *Maintaining effective focus*

Additional Information:

This program includes the following psychometric instrument and report:

- The Resilience Indicator