

# Resilience At Work™



## OVERVIEW

Resilience At Work™ is an experiential training program that enables participants to master the competencies of professional resilience, even during times of tremendous external change.

Participants learn to assess their own individual resilience by looking at the components that support or detract from resilience using the SUPPORT model.

*“In no other era, has it been as important to acquire the key competencies of resilient leadership – it can literally make or break your career”.*

Working from a platform of resilience, participants learn to become change agents and agile leaders within their own organizations. Using the SUPPORT approach to resilience, they learn to scan their environment, prepare for anticipated change, influence others, and contribute to a positive corporate culture.

## WORKSHOP BENEFITS

- Improved understanding of Resilience
- Enhanced capacity for scanning environments
- Greater resilience in challenging times
- Enhanced sense of personal power
- Increased ability to maintain professional poise
- Improved impact in key relationships
- Better ability to bring focus to priorities
- Ability to create a culture of SUPPORT
- Ability to respond positively to change
- Improved understanding of clients' challenges
- Development of action plans for further growth



## WHO SHOULD ATTEND

- Managers & Supervisors
- Team Leaders & Individual Contributors
- Front Line Staff



**Bold New Directions**  
TRANSFORMING PEOPLE & PERFORMANCE

# Resilience At Work™



## *Day One*

- What is resilience
- Impact on professional success
- Understanding the bridge to resilience
- Building SUPPORT for resilience
- Embracing change & growth
- Heightening self-awareness
- Understanding self-management
- Understanding your impact
- Increasing personal stability
- Reframing how you see situations
- Developing an agile approach

## *Day Two*

- Review of Day One
- Strategies for resilience
- Shared approaches to leadership
- Building resilient relationships
- Communicating confidence
- Empowering others
- Creating a positive culture
- Developing your action plan
- Putting it into action
- Finding resources back at work
- Ongoing learning

**Workshop Materials:** Every participant receives a copy of the workshop manual containing background material, work-sheets, examples and exercises for future reference.

**One Day Option:** This workshop may be offered in a one day format with follow up coaching. Contact us for more information or to discuss your organization's unique needs.

**For More Information:**  
Contact us at (413) 527-6816 or  
[info@boldnewdirections.com](mailto:info@boldnewdirections.com) or visit  
[www.boldnewdirections.com](http://www.boldnewdirections.com)