



# EXPLORING PERSONAL RESILIENCE

2022 MINI-SERIES: OVERVIEW

## INTRODUCTION

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With so many of us experiencing hardships and uncertainty throughout this global pandemic, building resiliency has never been more important.

Resiliency is our ability to bounce back from adversity. It's also about dealing with the day-to-day challenges we all face, in the workplace and in our personal lives. As we explore resilience, we'll look at ways to learn from our experiences to prepare us for anything that comes our way.

## WHO SHOULD ATTEND?

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Given the uncertainty in the world today, both individuals and organizations will benefit from this workshop, especially those facing significant change or adversity. Leaders will gain insight into factors affecting their team's resilience and learn ways to effectively lead, support, and connect with team members in these uncertain times.

## LEARNING OBJECTIVES

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- Understand the role of personal resilience in adapting to change
- Build awareness of your own personal resilience
- Learn ways to strengthen personal resilience

## FORMAT

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This is a virtual, interactive workshop, where attendees actively and openly participate. Much of the discussion and activities are driven by participant insights and personal experiences.

## ONE-ON-ONE COACHING

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After completing the workshop, you can participate in one-on-one coaching, for a deeper exploration on how the concepts and practices apply to you. Coaching sessions are personalized to meet your unique needs and aspirations.

## AGENDA

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### Adapting to change

- Bouncing back from adversity
- Dealing with the day-to-day
- Adopting a resilience framework
- Managing disruption

### Principles of resilience

- Building self-awareness
- Solving problems and addressing challenges
- Applying the principles
- Creating balance

### A holistic approach

- Building and conserving energy
- Creating a roadmap
- Developing a personal resilience plan
- Making a personal commitment



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