

Resiliency Skills

We all know resilience is an important trait. It is the hallmark of successful people and successful companies, and it is what allows people to come back from disappointment and failure stronger and more determined than ever. Resilience is not the absence of stress or trauma—it actually requires stress. Resilience is the remarkable ability of humans to adapt when faced with adversity. Resilient people not only survive and bounce back after a setback; they come back stronger and wiser. This Resiliency Factor is an evidence-based training program that helps participants to build resilience, well-being, and optimism. These strengths-based prevention programs equip individuals with a set of practical skills that can be applied in everyday life to strengthen an individual's ability to overcome adversity and challenges, manage stress, and thrive in their personal and professional life.

Participants will:

- An internal focus of control; believing that you are in control of your life
- A good sense of self-esteem and efficacy, believing that you have value and do what you set your mind to
- Optimism in life and proactively looking forward to the challenges it brings
- Positivity and gratitude by cultivating a sense of positive outcomes and well-being
- SMART goals: setting goals that are specific, measurable, achievable, realistic, and time-bound, yet flexible to accommodate change and the need for flexibility

Agenda / Program Topics:

- What is resiliency and why is it an essential characteristic?
- Examples of resiliency
- Building resiliency in the workplace
- Strengthening leadership resiliency through:
 - Strong Self-Esteem
 - Growth Mindset
 - Flexible Thinking
 - Building a Strong Network
- Teaching Resiliency to Others – Taking it Back

Participants receive:

- Coaching throughout the session
- Evaluation of strengths/areas for improvement
- A workbook/reference manual

Class Size

Maximum of 16 Participants

Workshop Length

ILT: One Day

Virtual: Four Hours