

3 areas of focus:

Zones of Resilience:

Understand the 4 zones of resilience that are pivotal for resourceful leadership: Brain + Body + Emotions + Team

Personal Resilience:

Identify how resilient you are as an individual and practice techniques to boost and empower.

Team Resilience:

Learn how to build resilience and mental agility in others and across teams.

Resilience, mental and physical, has never been so relevant as it is today. The next few months will test and stretch our resilience, as well as our strengths, as never before.

To equip leaders, across organisations, with the critical skills they need now, we have designed a 90-minute interactive virtual classroom: Resilience for Leaders.

This session will give leaders a deeper understanding of what resilience is. It will highlight how resilient they are personally and will uncover powerful techniques to boost their own and their teams' resilience.

Take-outs	Format
<p>Understanding Leaders understand the key elements of resilience and can better survive, adapt and succeed through change and challenge</p>	<ul style="list-style-type: none"> • 90-minute group session • Delivered by a Wondrous expert facilitator • Fully interactive virtual groups of up to 8 people • Accompanied by resources and further reading
<p>Reflection Opportunity to reflect on personal levels of resilience and ways to enrich their teams' and their own well-being</p>	
<p>Interaction Work in small groups to share experiences and top tips</p>	
<p>Resources Discover and implement resilience techniques that leaders can use for themselves and their teams</p>	