

Resilience & Leadership

Thriving in a complex business world of stress and struggle.

Resilience is the ability to overcome adversity, adapting well to loss and failure and to recover and thrive again.

Resilience is a crucial characteristic of high-performers, and one that leaders must cultivate to avoid becoming a victim to events and forces around them, or even to themselves. Resilient leaders sustain their energy levels under pressure and cope effectively with unexpected change, risk and failure; they are better at bouncing back from setbacks and hardship than others through overcoming difficulties without engaging in destructive and self-sabotaging behaviour. Resilient leaders know how to inspire themselves and guide others to achieve ambitious goals.

Learning Outcomes

At the end of the programme, participants will:

1. Have analysed their personal state of resilience
2. Understood the concept of resilience
3. Be familiar with attitudes and methods that support mastering difficult situations
4. Have identified measures to strengthen their personal and their team's resilience

Programme Format

Resilience and Leadership is typically delivered in a 2 day classroom format, alternatively in four consecutive half-day sessions, covering the four research-based key leadership practices of a resilient leader, which are:

- Mastering self-leadership and practicing Critical Awareness
- Building supporting and robust relationships with others
- Handling emotional discomfort and stress
- Cultivating contextual intelligence and resourcefulness

Methodology

This interactive programme is built around facilitator inputs, plenary discussions, group work, videos and reflective exercises. Skill-building, experimental and participant-centric learning methodologies are utilised throughout the programme. Participants will have ample opportunity to explore the content from various angles in order to develop their personal resilience-building strategies and leadership practices.