

# Resilient Leadership

## Building personal and leadership resilience to implement uncomfortable change Two Day Workshop

### Leaders learn how to build personal resilience and coach their team members when their resilience lags, to deliver on organisational strategy

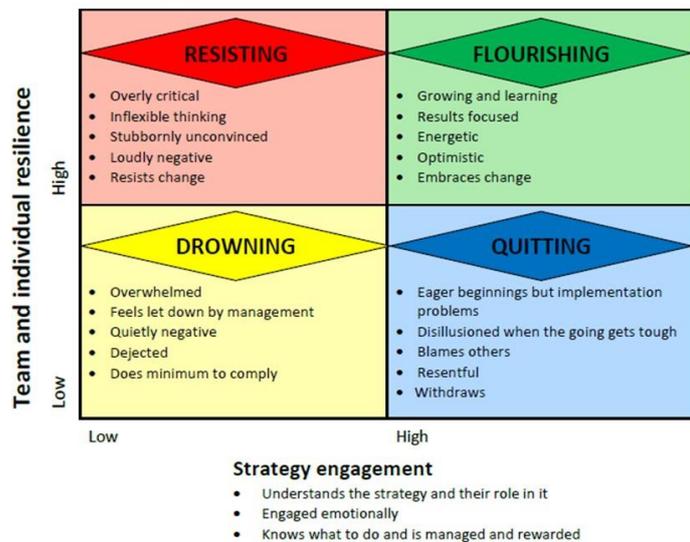
To be effective in today's challenging work environment, leaders need to be personally resilient, and display this in their day-to-day leadership with their team.

The first of the two day Resilient Leadership workshop covers the tools leaders need to be personally resilient in the face of challenges at work and home.

The second day starts with an assessment of the team's Strategy-fitness to implement strategy and large-scale change. Resilience leadership tools and coaching templates are then covered in detail, which enable leaders to coach for high performance during times of difficulty, uncertainty and even unwanted change.



#### Strategy-fitness Assessment



#### What will you walk away with...

- Tools to personally cope with stress caused by difficulties at work and home
- A personal plan to enhance your ability to bounce back from stress and adversity
- Assessed your team's strategy-fitness via a questionnaire
- A four step process to change negative thinking in your team
- A four step process to deal with loudly negative people
- Action plans to keep your team energised and engaged
- A back-to work strategy to enhance your team's strategy-fitness

#### More about Rod



Rod Warner

Rod is based in Cape Town and heads up Building Resilience. He has wide consulting experience and in-depth experience in learning, design facilitation and skills development. He has researched, developed interventions, presented and published in the field of mental strength, building resilience, change management and organisational performance. His book "The Building Resilience Handbook" is in its second print.

#### IN-HOUSE WORKSHOPS

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you.

For more information about this cost-effective option, please contact Kym Jackson on 082 453 9393 or [kym@symphonia.net](mailto:kym@symphonia.net)