

Individuals who can cope with ambiguity, rapid change, and stress tend to be more productive and engaged in their personal and professional lives - they are resilient.

Resiliency is the ability to recover quickly from difficulties. Resiliency is not reserved for a small few people. Almost anyone can improve their resiliency behaviors.

In this program, participants learn strategies for individual well-being. Participants learn approaches they can take that help support team members' well-being.

Objectives:

- ✓ Understand what resiliency is and its importance to personal and professional success.
- ✓ Better handle changing situations by managing the typical and expected reactions people have during stressful times.
- ✓ Take your resiliency pulse—a gauge of how resilient you are.
- ✓ Recognize symptoms that may indicate that self and direct reports may need resiliency intervention.
- ✓ Use a few purposeful strategies to better manage reactions to stress and change.

Target Audience:

- ✓ All employees

Logistics:

- ✓ In-person or virtual
- ✓ 1 day
- ✓ Max # of participants with 1 facilitator: 25