



RESILIENCE

LEADERSHIP DEVELOPMENT WORKSHOP

Dealing with stress, burnout, and challenges in the workplace is a common concern for professionals, often hindering personal and professional growth. This breakthrough workshop focuses on personal resilience, providing learners with essential tools to reduce stress and build resilience in various settings. By identifying stressors, recognising signs of burnout, and mastering stress management techniques, participants will be well-equipped to navigate these challenges. Empower your leaders to thrive in all aspects of life – join the workshop today!



LYSANDER

Finalists in Best Leadership Development Program 2019 & 2022:

BUILDING EMOTIONAL AGILITY FOR GREATER RESILIENCE

With a focus on *Showing Up*, *Stepping Out*, *Walking Your Why*, and *Moving On*, the workshop provides a safe and supportive environment for you to explore and develop your personal resilience, equipping you with the tools and mindset needed to thrive in any situation.

Upon completing the workshop, participants will be equipped to:

- Embrace and overcome difficult emotions, approaching thoughts, emotions, and behaviours with curiosity and self-compassion
- Master the art of detachment, allowing them to observe their thoughts and emotions from a place of inner wisdom and clarity
- Discover their personal core values, the guiding principles that fuel their willpower, resilience, and effectiveness
- Implement powerful mindset and habit changes aligned with their core values, striking a healthy balance between challenge and competence
- Unlock the secrets of resilience in the face of change, becoming effective and empowering leaders capable of navigating even the most turbulent of times.



HOW MANY MODULES ARE THERE?

Our program features a powerful and immersive self-paced digital module, designed to equip you with the essential skills and mindset required for the one-day workshop.

ARE THERE ANY WORKSHOPS?

One face-to-face workshop provides the opportunity to share knowledge, practice and consolidate learning, allowing leaders to interact with their peers, and receive the opportunity to gain insights and build powerful new connections.



WHO SHOULD ATTEND?

This blended learning journey is designed for both senior and mid-level leaders. The program is tailored to the needs of participants with varying levels of experience, providing a flexible and engaging learning experience.