



Personal Resilience Workshop

In this workshop we explore the nature of disruption and its impact in the workplace and in our personal lives. Based on the book *Jounce! - Crafting A Resilient Life In An Increasingly Chaotic World*, this is a hands on, collaborative workshop which provides you with useful, practical tools that are geared to your specific needs so you can start creating a tailored approach to resilience. We discuss new perspectives that can help us find order in chaos, and learn personalized strategies and skills so we become more proactive, effective and fulfilled when managing stress and challenge. The result is improved personal effectiveness, stronger overall results, and greater fulfillment in the workplace.

Developing a personalized approach for resilience requires you to take time to reflect and internalize a variety of ideas, so the workshop is run as three half-day sessions.

This program is structured as a series of focused discussions and explorations, combined with 'homework' and reflections on situations seen through a variety of affirming lenses. Participants receive a copy of *Jounce!*, a Resilience Field Book, and additional resources (including the Strength Deployment Inventory) so they can create a their own unique roadmap of opportunities for discovery, reflections, and guidance on skills to use throughout their journey. You create a personalized 'Book Of Me' that serves as a journal for insights and an ongoing reference for reflection and collaboration with friends and colleagues.

As program results are deeply personal and contextual, the program structure is intentionally fluid. Exercises are adjusted based on the needs and interests of the group.

Optional offline coaching to support participants is also available as required. Please contact us if you need more information.

Key Topics Areas:

- Understanding challenges associated with disruptions and personal issues in the workplace
- Fluid deployment, with opportunities to discuss particular challenges or topics as needs arise
- Recognizing and managing the inherent human behaviours that can affect team and personal productivity
- Developing mechanisms to increase our ability to engage challenges through considered response rather than immediate reaction
- Working collaboratively as a mechanism for sharing challenges, developing potential responses, and connecting more deeply within a team
- Ongoing conscious development of strategies for personal growth and resilience

Learning Outcomes:

- A significantly increased awareness of self through reflections and conversations covering a wide



range of perspectives

- An increased ability to objectively identify issues and appropriate responses
- Flexibility in managing your self-awareness, mindfulness, and your approaches to remain grounded
- Practical tools to deal with issues as they arise

Optional Topics:

- Shared stories of challenges and disruptions we face
- Cognitive Biases: mechanisms that colour our response to these disruptions
- A Framework for building resilience
- A self-assessment: My current state of resilience
- Mindfulness: Being in the moment
- The Strength Deployment Inventory: an instrument to support understanding of motives and expectations – of yourself and others
- Dealing with Adversity and Conflict effectively
- Personal Strategic Planning for the workplace and for your personal life
- Additional topics as required – please contact us with your particular needs

