

# Resilience

A 2-part series on an essential leadership trait for turbulent times

"The greatest glory in living lies not in never falling, but in rising every time we fall."

-Nelson Mandela

'Resilience' is defined as the ability to recover quickly from misfortune and difficult situations. As our current business environment throws up leadership challenges at an increasing pace, you need to be able to manage your personal challenges, while also creating a positive environment for the teams you lead and the people you impact. Leaders need a space where they can share challenges and learn from each other.

Through this learning journey, we bring you that space where you can, together with your peers, explore resilience, what it means for you and how you can develop the 9 traits of resilient leadership.



## What participants will learn

- **Understand the mindset** required to be resilient (Emotional assessment tool in pre-work)
- **Understand the 9 traits** of resilient leadership
- **Explore situations** where resilience is key to success
- **How we can communicate** with others in tough situations
- **Resilient behavior insights** from case studies and participant scenarios
- **Pre and post session** reading support
- **Optional individual leadership coaching** focusing on resilience

### 2 LIVE SESSIONS, OF 3 HOURS EACH

(with a gap of 2-7 days in between the 2 sessions)

	Session 1 (including Learning Objectives)	Session 2 (including Learning Objectives)	Post-session work
Pre-session reading + Case study   Participant Scenarios + Individual Assessment tool	<b>Highly interactive and participant scenario driven</b>   Understand the mindset required to be resilient   Understand the 9 traits of resilient leadership   Explore situations where resilience is key to success	<b>Highly interactive and participant scenario driven</b>   How we can communicate with others in tough situations   Resilient behavior insights from case studies and participant scenarios   Identify at least 5 actions to create the conditions for success for the leader and the team	<b>Individual coaching (optional)</b>   We can continue to help you on this journey, with our individual coaching program focused on resilience.

This session is designed for all leaders and people managers.

**MAX. 12 PARTICIPANTS**

#### LIVE features & requirements

- A smooth-functioning virtual learning platform  
*C2C-OD team is well-versed with platforms such as Zoom, WebEx, GoToMeeting, and Adobe Connect. Use of a custom/in-built learning platform will require us to spend some time familiarizing ourselves with the platform. A separate fee may be charged for this additional effort.*
- A stable internet connection
- Chat function
- Whiteboards
- Polling
- Virtual break-out rooms
- Video enabled

#### LIVE dos and don'ts for participants

- Please do a test run to ensure your system (audio/visual) is working, in advance.
- Please join the session from a place where you can focus, to avoid distractions and background noise.
- Please ensure the place/room is well-lit, when your camera is on. Well-lit faces are more engaging.
- Please mute your microphone, if you are not speaking, to cut down on background noise when others are speaking.
- Please do not multi-task or run your email system in the background.