

Build an agile, resilient workforce.

Research-based skill building for individuals, leaders, and teams.

Building Individual Resiliency™ is a high-impact, 2.5-hour workshop designed for employees at all levels and builds personalized awareness of their individual change response. Learners develop an ability to better cope with change and remain agile in today's stressful work environment.

Learners will be guided through an assessment their individual strengths, identifying areas of opportunity for personal development. They'll also discover the characteristics of agile organizations and the leader's role in supporting employee resiliency in change.

Building Individual Resiliency™ Workshop Topics

- 1 Testing Our Mindset**
Why it is important to understand how we cope with changes in our environment?
- 2 Understanding Our Response**
What can positive psychology + neuroscience teach us about how we respond to change?
- 3 Individual Resiliency Assessment**
Participants examine their own tendencies when responding to change.
- 4 Analyzing Our Results**
Participants analyze the results of their Individual Resiliency Assessment.
- 5 The Super Agile Worker**
Learn the skills and personality traits that demonstrate a persons' ability to cope with change effectively
- 6 Building Resiliency**
Participants develop an action plan to build agility by adapting to behaviors that can help them thrive during change

Learning Objectives

Participants in the **Building Individual Resiliency™** workshop will learn to:

Assess individual strengths of workers + leadership

Identify opportunities for personal development

Increase awareness around natural tendencies in coping with change

Develop skills that will help them manage how they react to a changing environment

More effectively lead and support others in coping and staying agile through challenging times