



## **Building Resilience in the Midst of Chaos**

The global crisis has fundamentally changed the way we view our world. Our “normal” has been altered indefinitely. The battle to stay motivated and continue to accomplish goals is real, and leaders are being challenged in this moment. For leaders to lead, they must first take care of their own needs and find ways of building resilience in this challenging time. In this 90-minute session, you will come away with ways to build resilience and incorporate healthy habits to combat the challenges in the midst of chaos.

### **How You Will Benefit:**

- Recognize stress and the impact it can have on our mental and physical well-being
- Learn tips and adopt techniques to be more resilient
- Embrace healthy habits to boost energy and drive results
- Learn the importance of time logs, prioritization and work/life/ family balance

### **What Will Be Covered:**

- Change and the stress it causes
- Tips for finding your way in challenging times
- Self-care strategies
- Steps for building resilience
- Four major causes of stress and how to embrace and cope
- Building and fostering connections
- Six healthy habits of resilient individuals
- The art of mindfulness and being in the moment

### **Who Should Attend:**

- Executives and Senior Level Managers
- Individuals in Management and Leadership roles who want to enhance effectiveness
- High Potentials
- Individual Contributors

### **Let's Get Started?**

1. Contact us to get more information
2. We will tailor the program for your audience
3. Execute the training solution

### **What's Included?**

1. Virtual facilitation by an expert facilitator
2. Dynamic Interactive Experience
3. Specialized course handouts
4. Personalized certificate of completion