

Today's landscape is one of unprecedented, rapid, disruptive change. With little margin for error, leaders are expected to adapt to change and react to set-backs quickly. Unfortunately, the skills required to tackle these challenges, process quickly, and come back stronger require a thinking differently in ways that are rarely mentioned in leadership programs.

In our experience, building resilience is the most important skill for leaders today and very few people are even talking about it.

Both people build and organizations build resilience in one of two ways. Either they go through difficult challenges and come back stronger or they train for it. This workshop focuses on the preparation required to be resilient before difficult situations arise. Participants build a framework to increase their resilience and enable them to make intentional choices in the moment. Applicable to both individual and organizations, this framework accelerates the ability to find meaning in situations, processing faster, and come back and thrive without stalling. Doing so requires some introspective work to minimize stress, reduce downtime, and increase leadership potential. We work with leaders at all levels to empower them to increase and sustain resilience. These same tools and concepts also apply to increasing organizational resilience.

...and we are talking about it. A lot.

The Resilience Workshop is insightful, interactive and introspective. The program enables leaders to build skills necessary to thrive in the face of the challenges and pressure in today's business environment. The program explores the components that make leaders more resilient and how they can increase their ability to manage stress and come back more effectively with every experience.

Build It Before You Need It

The most critical aspect of resilient leadership is the ability to be intentional. Leaders need a plan for bouncing back when the chips are down...before they fall. This program is dedicated to building the skills and self-awareness necessary to create a sustainable framework that enables leaders to react quickly, effectively, and true to their values in a crisis and to get back in the game stronger than ever before. Participants will use this framework to:

- Process experiences faster
- Increase authenticity
- Approach situations with a healthy attitude
- Make choices aligned to a broader purpose
- Get clear on what success looks like to them
- Understand their core belief system



Jennifer Eggers is a Managing Partner of LeaderShift Insights®, Inc, a firm focused on aligning people and organizations to thrive in the face of change. Jennifer is an innovative coach, speaker, and consultant with significant HR and operational experience and a passion for creating insights that drive results. With a unique ability to weave personal stories and business experience into impactful lessons, Jennifer is known for driving

behavior change and enabling leaders to improve their ability to drive team performance. She is also a recognized organization design expert and a creator of the RapidOD alignment system. A former Partner with Cambridge Leadership Group, Jennifer has held senior leadership roles at Bank of America, AutoZone and Coca-Cola Enterprises. She delivers introspective leadership programs and has coached leaders at all levels with demonstrable results.



EXPECTED OUTCOMES

An Intentional Approach To Tough Situations

- An understanding of what it takes to be more resilient, and the preparation required to come back stronger.
- How to push the 'pause' button and intentionally and effectively react in the heat of the moment
- Skills are built and practiced to equip participants to increase their resilience before they need it

The Ability to Come Back Stronger & More Effective

- Understand how to make more effective choices in tough situations that support your definition of success
- Increase your resilience, stamina, and ability to come back stronger from difficult situations

Insight into Self-Awareness and Derailers

- Recognize what it means to be authentic and how to increase authenticity, a key factor to becoming resilient
- Clearly define what success looks like, find the purpose in tough situations, and understand the beliefs that support taking risks