

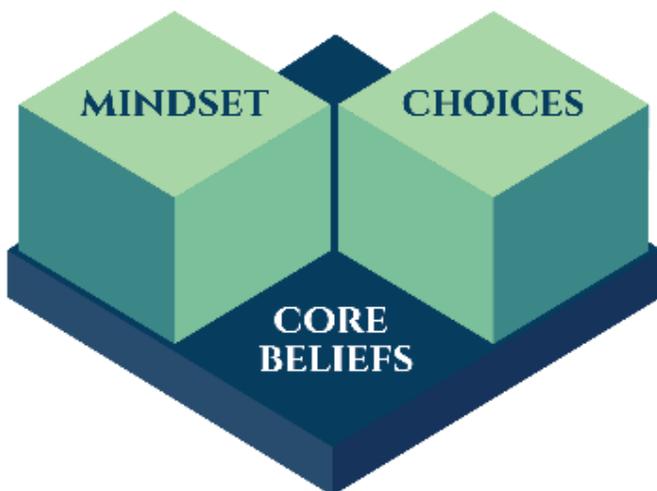
Today's landscape of rapid, disruptive change compels leaders to assertively adapt to intense setbacks while adjusting to an evolving and expanding virtual reality. The skills required to tackle these challenges, process quickly, and emerge stronger demand a fresh mindset seldom captured in leadership programs. Our insightful, interactive and introspective Resilience Workshop cultivates the intentional preparation and critical thinking certain to foster resilience amid profound disruption.

BUILDING RESILIENCE— THE MOST VITAL SKILL FOR LEADERS TODAY

This program provides a proven framework to increase the resilience of your team or organization. This work accelerates your (and your team's) ability to find meaning in situations, process faster, and move through disruption effectively without stalling. It requires some introspective work and the process minimizes stress, reduces downtime, and increases leadership and team potential.

CRITICAL OUTCOMES THAT STRENGTHEN RESILIENCE

Resilience IS A FUNCTION OF:



The Resilience Workshop has been specifically redesigned for online delivery to maximize interaction and sustainability direct from LeaderShift's new virtual studio.

The Resilience Workshop equips you to:

Develop the mindset, skills and awareness to react quickly, effectively, and true to your values, so you can jump back into the game stronger than ever

Employ an immediately applicable framework for both individuals and organizations to intentionally build resilience

Increase authenticity and make choices aligned to a broader purpose and core belief system

Approach any situation with a healthy attitude

Gain clarity on what true success looks like to you, and understand how to make tough decisions designed to deliver that success

Push the "pause" button and intentionally and effectively react in the heat of the moment

Become self-aware about actions and behaviors that may derail your plans and success

Expand awareness of filters you apply in various situations and pursue more effective strategies

Find purpose in tough situations and bolster beliefs that support effective risk-taking

Jennifer Eggers is President of *LeaderShift Insights®*, Inc. She works with leaders and organizations facing disruption to increase their capacity to adapt so they can emerge stronger and more effective faster. She is a consultant, senior executive coach, and the author of international best-seller, *Resilience: It's Not About Bouncing Back*. Extensive HR and operational experience inspire her passion for creating insights that drive results. She is known for creating behavior change and enabling leaders to drive breakthroughs. Jennifer is an organizational restructuring expert and creator of the *RapidOD* alignment system. A former Partner with Cambridge Leadership Group, she has held senior 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.

