



Where leaders gain perspective!

PERSONAL RESILIENCE & WELLNESS

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Develop personal resilience and improve overall wellness across the organization.

This interactive workshop offers participants a clear understanding of resilience in terms of a resilient mindset. We explore the imperative nature of developing and maintaining a resilient mindset during times that are Volatile, Uncertain, Complex, and Ambiguous (VUCA).

Through facilitated dialogue and small-group breakouts, participants will be afforded the opportunity to process for themselves how, whether, and to what extent they are currently practicing a resilient mindset.

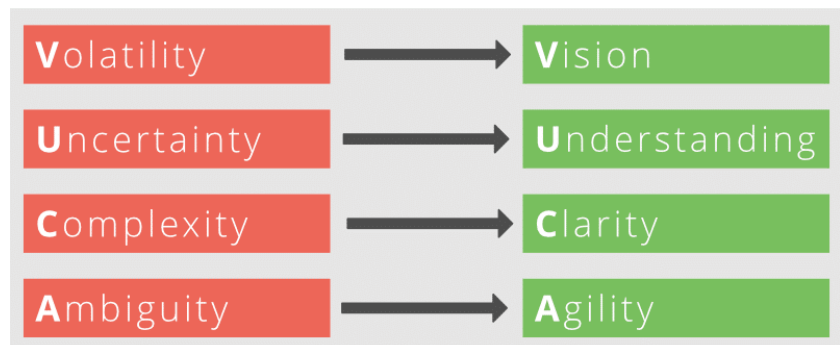
Participants will learn practices for developing and maintaining resilience in one's life with an underlying theme of personal wellness at the core of these practices.

DURATION: Four hours

PARTICIPANTS: 10 minimum; 30 maximum

SCHEDULE: Contact us to schedule a workshop

VUCA



(Based upon model from Center for Creative Leadership)