

PERSONAL RESILIENCE & WELLNESS WORKSHOP

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.



928-607-2290



www.HighRidgeLeadership.com



Raquel@HighRidgeLeadership.com



Where leaders gain perspective!

DEVELOP PERSONAL RESILIENCE AND IMPROVE OVERALL WELLNESS ACROSS THE ORGANIZATION.

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: 4 hours

PARTICIPANTS: 10 minimum; 30 maximum

SCHEDULE: Contact us to schedule a workshop

VUCA

Volatility	→	Vision
Uncertainty	→	Understanding
Complexity	→	Clarity
Ambiguity	→	Agility