

Resiliency, It's More Than Just Bouncing Back (Resilient Leadership)

Resilience is not a trait people are born with. Resilience involves behaviors, thoughts, skills, and actions that can be learned and developed in anyone.

In this program participants will be learn practical strategies that will enable them to be effective, resilient leaders. Areas cover may include:

- Optimistic or Pessimistic? Defining the skills and attitudes that make up resiliency.
- Understanding one's past and its affect on how we react and respond
- Breaking through old patterns of thinking
- Identify the characteristics and factors that make for resilient people
- Managing strong feelings
- Communication and problem solving skills
- Techniques for adopting and developing resilient skills and attitudes
- Recognizing characteristics of resilient people and resilient leaders
 - Case study: the resilient leader
- How to apply resilient leadership skills in your business
- Build stronger relationships with coworkers and customers
- Tackle fear of failure
- Identify and understand effective communication styles
- Set goals and manage priorities

Program options:

- Option 1: Three-hour presentation
- Option 2: Full-day seminar

Who should attend?

Mid-level management; supervisory / operative level management; team leaders; human resource professionals.

FOR MORE INFORMATION PLEASE CONTACT:
MARCI KOMSSI
MEDIA RELATIONS - CONTRACTING
Phone: 508.347.7237
Email: marci@ritaschiano.com

RITA SCHIANO
SPEAKER - AUTHOR - TRAINER & COACH

www.liveaflourishinglife.com ~ www.ritaschiano.com