



## Leadership Resiliency: How to Lead in the Face of Adversity

Workshop Duration: 1 Day

Facilitation in English (aussi disponible en français)

### Workshop Description

Have you ever worked really hard towards an objective only to not fully achieve it? Have you ever had a dedicated team strive for a target only to have the benchmarks moved, funding scratched or the entire initiative cancelled? Have you ever had an idea that worked brilliantly in pilot studies but was unable to fully scale and execute elsewhere? These setbacks, challenges, and yes failures, all test both ourselves and our team's ability to persevere, to regroup and to refocus.

During this workshop you will learn the key aspects of resiliency – that is the ability to persevere in the face of adversity. Resiliency is a process not an innate trait or characteristic. Some people choose to learn, adapt and try again and other people choose to not try again.

### Who Should Attend

If you work in a team setting, are a supervisor, coordinator or manager, you will benefit from this workshop.

### What You Will Learn

- What is resiliency and its aspects
- Why resiliency is important in leaders and in teams
- How challenges and resiliency impact you and others, some times differently
- How and when to apply resiliency skills
- How to address and deal with negative contagious emotions
- Key aspects related to resiliency
- Resilient thoughts
- Resilient emotions
- Resilient story telling

