



# The Resilient Leader

One Day Enhancement Program

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# About

The Resilient Leader is a powerful one day program that brings together the latest developments in Neuroscience, Emotional Intelligence and Resilience to help leaders enhance their well-being, feel less stressed and facilitate resilience and well-being in their teams. Self-management is an emotionally intelligent leadership competency and is about managing one's own mood and emotions, time and behaviour, and continuously improving oneself. Leaders high in self-management pay careful attention to the way they manage time and how they behave. They are often described as 'resilient' rather than 'temperamental', and they use their self-management skills to create positive workplace cultures.

## Outcomes

During this program participants will improve their understanding of resiliency, explore and practise tools and techniques for developing their resiliency in the workplace, and action-plan ways to enhance their personal wellbeing and the wellbeing of their team.

Specifically, participants will:

- explore the neuroscience of emotions and emotional intelligence,
- review their emotional intelligence assessment results and how to boost them, and
- practise tools and techniques to build their own and others' resilience.

# What's involved?

## Highlights

- Personal resilience quiz
- Proactive strategies and techniques for Thinking, Physiology, Relationships and Environment
- The science of strong emotions and techniques to help demonstrate greater levels of self-control.

## Assessment

As pre-work to the program, participants complete the Genos Emotionally Intelligent Leadership 180° Report. During the program, they are provided with an expert led debrief and action planning methodologies to help leverage strengths and address development opportunities in their leadership.



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Program Workbook



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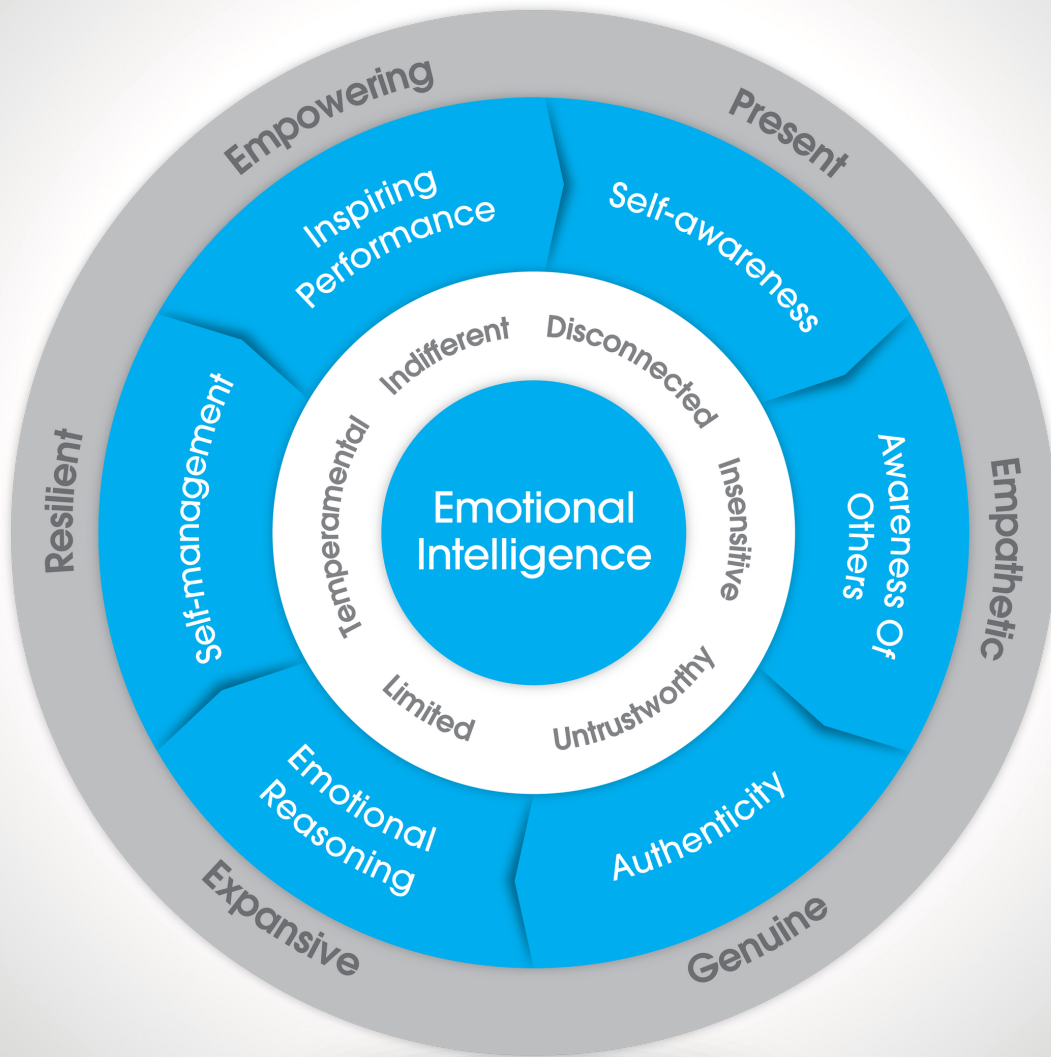
Feedback Report



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Development Tips



What would it mean to your leaders to be more of the leader on the outside of our model and less of the leader, that we can all be at times, on the inside?

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