



Resilient leadership

Leader's resilience is not just the ability to maintain a high level of energy in disruptive situations. It includes the ability to take responsibility for protecting and supporting the energy level of your team members.

Webinar 2 ore

This 2-hours Webinar introduces the Synchronicity **Resilient Leadership Model** along with the personality characteristics that will allow every Leader to increase own level of Resilience.

The **Resilient Leader** is a person who can recover quickly from a personal and/or professional challenge or setback.

This introductory module allows you to increase your awareness of the resources you can access as a Leader when facing challenging situations. As result of the entire series of webinars you will acquire techniques to better face daily difficulties with more determination and balance while maintaining a high level of control of the situations.

Webinar 4 ore

In addition to the objectives and content of the previous Webinar, this webinar offers the possibility **to reflect and develop the skills listed below**:

- ✓ Discover the **physiology of Resilience** and how your body reacts to difficult and stressful situations.
- ✓ Analyze **difficult situations** without being dominated by the emotions.
- ✓ Communicate your intentions in an **assertive way**.
- ✓ Move from analysis to action through an accurate evaluation of the **potential risks**.

Webinar 8 ore

In addition to the objectives and content of the previous Webinars, this one completes your Resilient Leadership journey by creating the opportunity to analyze of your own personal critical cases and will help you to apply what learned in the previous modules to achieve a higher Level of personal Resilience:

- ✓ Analyze a **Personal Challenging Case** that put your Resilience at danger;
- ✓ Learn to use the **GROW coaching model**, Sir John Whitmore to increase your level of Resilience.

