

Building Personal Resilience For Turbulent TimesSM



Resilience—the process of adapting well to unexpected changes and events or excessive demands—can help us manage stress and feelings of anxiety and uncertainty. Resilience makes us stronger, and more competent to handle life's surprises. Resilience allows us to not only survive... but to also grow even in turbulent times.

During this **dynamic and interactive one-day program** participants will learn the basic personal resilience characteristics and steps for development. The program allows participants to develop individualized strategies and action plans for enhancing this vital human capacity.

Program Topics include:

- ★ Introduction
- ★ Nature of Change
- ★ Assimilating Change
- ★ Key Characteristics of Resilience
- ★ Explaining Life Events
- ★ Mindtraps: The Vicious Circle
- ★ The Power of Purpose
- ★ Believing is Seeing...
- ★ Creativity and Humor
- ★ Synergy in Action
- ★ Building Social Networks
- ★ Organizing for Success
- ★ Paying Attention in Life's Classroom
- ★ The Road to Resilience...
Proactive Planning
- ★ Coaching for Resilience (optional)

Material:

Participants receive a personal workbook as a resilience-building roadmap, and a copy of the book, *The Chicken Conspiracy: A Guide to Overcoming Personal Stress and Organizational Mediocrity* written by Charlie Palmgren, Ph.D. and Stacie Hagan.

Audience:

Group size (min/max) 12 – 24 participants per session

Who should attend? Anyone for whom enhancing their ability to survive and thrive in an uncertain world is important. That probably covers just about everyone these days.

Format:

Program runs from 8:30 a.m. – 4:30 p.m.

Fee:

Participant fee is \$155.00 - up to 24 participants. Contact us for special group rates.

For more information or to arrange a workshop for your organization, contact us by phone **847.358.2100** or email **programs@ciinstitute.com**