

Our attitude to stress is still a choice



RESILIENCE FOR LEADERS

One-to-One or Group Experience

(online programme)

#eiromania

WHAT IS IT?

“The key goal in managing dynamic and unpredictable challenges is resilience – the ability to survive and thrive through unpredictable, changing, and potentially unfavorable events.” - **Harvard Business Review**

It's time to focus on building the resilience of our leaders and team members. Resilience is defined as an individual's ability to adapt to stress and adversity. The Resilient Leader is a powerful program that brings together the latest developments in Neuroscience, Emotional Intelligence and Resilience to help leaders to combat stress, enhance their well-being and facilitate resilience, well-being and high performance of 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.

WHY JOIN?

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.

By the end of this experience, you'll be equipped with a unique actionable approach for shifting your mindset when it comes to stress and challenges at work, and how you deal with them.

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

HOW DOES IT WORK?

The Resilient Leader One-to-One experience is an online programme built over a 2 week span:

- 1 h Live introductory session: context, expectations and goal setting session.
- Individual online 180° EMOTIONALLY INTELLIGENT LEADERSHIP FEEDBACK REPORT completion.
- 3 X 1.5 hours Live sessions: Engaging online live facilitation of programme modules, focused on set goals' achievement.

The experience can be facilitated in Romanian or English.

WHAT'S INCLUDED IN THE PRICE?

- 1 Genos Emotionally Intelligent Leadership 180° Report (including 1 h live introductory session, an expert-led debrief and action planning methodologies)
- 3 Live sessions with the E.I. Master Facilitator

HOW MUCH IS IT?

One to one experience: 525 Euro + VAT/ person
 Group experience: 2-5 participants: 30% discount/person;
 More than 5 participants: 50% discount/person

CONTACT

Book your place now at contact@eiromania.com

Ask any questions directly from the workshop facilitator,
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