

Managing Stress to Build Resilience



In these tumultuous times, where individuals and businesses are struggling to adapt to volatile conditions, leading and guiding others with resilience is more important than ever.

Resilience is inside all of us

To ensure both high performance and sustainable wellbeing for yourself and your team, you must tap into the power of resilience. Together we will discover how to do just that, using concrete research-backed strategies for re-charging, renewing, and growing when we need to most.

This workshop is about working smarter, not harder. Staying resilient and managing stress is an aspiration that can become a reality.

Workshop features

Participants on this ready-to-run workshop will gain insight into their personal resilience profile and discover how to deal with the pressure in ways that allow them to thrive instead of merely survive by addressing the stress and re-charging.

After completing this workshop, **participants will be able to...**

- Identify how stress is created and how to avoid it
- Understand the difference between pressure and stress
- Feel more grounded and calmer under pressure
- Boost their resilience by managing personal energy levels
- Create the desired conditions for them and their team to perform without experiencing the negative impact of stress