



Resilience Alliance

Speaking Engagements and Workshops

Engaging

Knowledgeable

Practical

Prosilience: Building Your Resilience for a Turbulent World

Resilience—the ability to navigate high levels of challenge while maintaining well-being and productivity—is a critical life skill. Everyone faces challenging situations in life—small and large, planned and unplanned, work-related and personal. As the pace of change continues to increase, the level of challenge rises as well. In this workshop, participants will *learn* about the “resilience muscles” that help them thrive in turbulence, *assess* their current strength, *practice* using these characteristics in engaging exercises, and *plan* activities to build their readiness for change. They will walk away with practical suggestions and resources for further development.

Leading with Energy: Fueling Resilience and Fighting Overload

Human energy is the fuel for successful change. Every major initiative draws on a combination of physical, mental, emotional, and spiritual energy. When the demands of change exceed available energy, people begin to display symptoms of overload, including absenteeism, poor decision-making, and increased errors and accidents. Leaders play an important role in helping people build, sustain, and replenish their energy—first through modeling, and then through coaching, development, and establishing systems and processes that value and protect employee well-being. In this workshop, leaders at all levels will *learn* how and why energy is critical to productivity, *assess* their personal energy, *evaluate* the organization’s energy-enabling practices, and *plan* a strategy for increasing the organization’s human energy sustainability. They will walk away with insights about themselves, their leadership practices, and the things they can do to build a more resilient organization.

Strategic Change Readiness: Preparing for Permanent Whitewater

As the pace of change in organizations continues to increase, and as multiple, overlapping changes become the norm, leaders need to think strategically about building the organization’s readiness for change. This workshop outlines four aspects of strategic change readiness: building a resilient organization, increasing change knowledge, managing capacity and demand, and creating execution capability. Participants will complete an organizational assessment in each area and identify critical next steps to strengthen the organization’s readiness for living in a world of continuous change.

We can customize the length and focus of presentations to meet your needs, and can work with groups of any size as well as on-line audiences. Our team of experienced trainers, speakers, and coaches is ready to energize, educate, and engage your organization, association, or meeting.

Please contact info@resiliencealliance.com for more information.