

BUILDING RESILIENCE

Learn from influencers and experts. Sharpen your knowledge. Gain and share new ideas and best practices. Learn about the latest techniques and insights.



About The Course

Most of us work in an environment that is constantly changing, is ambiguous and is volatile. This can lead to failure and anxiety many a time. Your resilience refers to your ability to cope and adapt to crises or stressful situations. This workshop will help you learn how to use your emotions to develop your capability to manage stress and manage your resilience.

Course Outline

- SCARF model to understand your triggers
- Self diagnosis of what stresses you
- Self Management in difficult situations
- Fostering the self-fulfilling prophecy
- Developing a player mindset - Use challenges to your advantage

Who Should Attend

Highly useful for people working in VUCA environments like R&D Teams, Agile Teams, Sales and Customer Service Teams.

Course Methodology

'MicroLearningLabs' are run in-house and last 90-120 minutes. These workshops are conducted online or face to face using experiential learning techniques that keep participants engaged.

For Customizations and Inquiries Contact Us



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