

# SUSTAINING YOUR RESILIENCE DURING CORONA ADAPT WITH EASE

## THE CHALLENGE

Resilience is the foundation stone for our wellbeing and impacts our level of effectiveness in all areas of life. When it is high we are able to give of our best and adapt with ease to whatever arises. When it is low we may be simply coping or worse with little capacity to manage change.

This learning opportunity will allow you to reflect on what is working for you to sustain your wellbeing at this extraordinary time of global crisis.

Yet resilience is definitely not something we can just pull out of the bag for the hard times. The aim of this session is to give you time to reflect and think creatively on how you can further build and sustain yourself both now and for the future.

## LEARNING OBJECTIVES

Expert teaching, consulting and coaching with practical best practices, empower participants to:

1. Understand what resilience means in practice for you at this time of uncertainty and change.
2. Build self-awareness of those things that gives you energy and sustain your well-being day by day.
3. Stretch yourself as you commit to taking action to further develop your resilience - no matter what the circumstances.
4. Look back on your level of resilience in recent months.
5. Spotlight what has been helping.
6. Gain insight into the top enablers of resilience and the barriers that can get in the way.
7. Share resilience tips and consider how to best develop a resilience practice personal to you and your specific needs and circumstances.
8. Walk away with a solid action plan to be more resilient.

## IDEAL AUDIENCE

All employees and leaders at all levels in your organization.

## PROGRAM OPTION

Resilience 101: A 2-hour Zoom that is super focused on the specific needs of your leaders and teams to accelerate resilience.

## COST

\$3500 for the 2 hour webinar for up to 30 people.

Other options on request - contact Churchill to discuss your unique needs.

**START THE CONVERSATION. EMAIL [SOLUTIONS@CHURCHILL-LG.COM](mailto:SOLUTIONS@CHURCHILL-LG.COM)  
OR CALL 888-486-8884**