



Building Personal Resilience

Building Personal Resilience is a program that builds your awareness of the factors that impact your resilience at work and in life in general. It will help you work out how to grow more resilience so that you feel better resourced to face whatever adversity may come your way.

As a leader or future leader, it's important to be able to help others through difficult times too and that means examining the array of human responses that you'll encounter when faced with incremental or sudden change.

This program is a must so that you learn to operate and lead as your optimal resilient self.

How do I know I should attend this workshop?

1. Have you ever been kept awake at night because you're anxious about how you're going to get through the next days/weeks/months?
2. Would you like to understand how some people manage to thrive through turbulent times?
3. Are you sometimes baffled at other people's extreme reactions to adversity?
4. Would you like to lead your team in a way that helps them manage adversity better together?
5. Do you want to have frameworks and tools up your sleeve for such times?

If you answer yes to most of these five questions, then this workshop is for you.

What will I do?

You will:

- Become aware of the five adversity Coping Strategies
- Work with the iOpener Resilience Matrix
- Unpick 2020 research findings into how people have responded to the pandemic in terms of their resilience levels
- Experiment with your own bio-feedback when stressed
- Coach your peers and be coached

What are the outcomes?

By the end of this workshop you will be able to:

- Understand the source and resource of your resilience when going through tough times
- Decipher which kind of a copier you are, and which others are
- Force calm in the moment, when facing adversity
- Protect yourself from resilience depletion by knowing your long-term resilience investments



- Assess your own personal resilience-building action plan

How do I prepare?

- Complete three mini-interviews before the workshop: Ask three people to share an anecdote about when they have seen you at your best.
- Reflect on the situations/challenges/adversities that require you to draw on your resilience. Make notes. Choose one that you'd you would like to work on. Be prepared to share this example with your peers during the session.

Who is iOpener?

We develop people and organizational performance through the power of happiness at work.