



## HOW TO LEAD AND WIN

# THE RESILIENT LEADER: A NEW WAY OF SEEING, THINKING AND LEADING

7 CPD UNITS

### COURSE DESCRIPTION

When we think about “successful” or “unsuccessful” people, we often relate their success to their ability to bounce back from challenging situations. Resilience, which is our ability to frame setbacks as learning opportunities and manage our emotional responses to stress, has been linked to increased work satisfaction, lower levels of depression, and overall well-being.

The ability to embrace uncertainty, navigate ambiguity, and use adversity as a tool for growth are the new leadership currency and the fastest path to resilience. Resilient leaders personalize their approach, tapping into the unique strengths and motivators of team members. They cultivate emotional intelligence and strong relationships, and they facilitate learning and personal development through everyday experiences.

The program provides workplace leaders with the knowledge and resources they need to identify and implement a practical resilience framework. Participants explore the importance of modelling resilient behaviours and develop strategies to support themselves & their team to sustain high performance and respond more effectively to workplace change.

### TARGET GROUP

This training course is designed for executive/team leaders, managers, supervisors, who implement strategy, manage teams, and implement large-scale changes.

### INSTRUCTOR

Andrie Penta (BA (HONS), MSC, CIM, AICI)

### LANGUAGE OF INSTRUCTION

English



### TOPICS TO BE COVERED

#### Understanding Resilience

- Characteristics of Resilient Leaders
- Resilience Assessment

#### Building Resilience

- Self-Awareness and Self-Regulation
- Developing Positive Thought Patterns
- Enhancing Emotional Intelligence
- Fostering a Growth Mindset & Coping Mechanisms

#### Resilient Communication

- Active Listening & Effective Feedback
- Resolving Conflicts & Empathy

#### Resilient Decision-Making

- Analytical Thinking & Creative Problem Solving
- Risk Management & Adaptability

#### Leading Through Change

- Understanding & Leading Change
- Managing Resistance & Promoting Innovation

#### Building Resilient Teams

- Developing a Resilient Culture
- Building Trust & Encouraging Collaboration

#### Sustaining Resilience

## DATES & VENUE

LIMASSOL

24/10 | TUESDAY | 9.00-16.00

COST: €150+VAT | HRDA SUBSIDY: €119 | FINAL COST: €59.50

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