

## Who must attend

- Managers
- Professionals
- Entrepreneurs
- Project managers
- Leaders evaluating resilience
- Motivated Individuals

## You will discover robust solutions to:

Physical vitality  
Self mastery  
Performance mindset



## Destroy myths that wreck your life:

Work-life balance is the goal  
Stress is part of work  
Times are tough  
We need leadership

**Get real....  
build your resilience**

## What our clients say:

The Resilience Institute has worked throughout Asia, Australia and New Zealand with leading global brands such as Vodafone, National Australia Bank, General Electric, Microsoft, PricewaterhouseCoopers, Heinz and Young President's Organisation.

### CEO Global Professional Firm

We have enlisted the services of internationally renowned resilience expert Dr Sven Hansen to plan and deliver personal resilience training programmes aimed at helping our people 'get the right perspective' to achieve physical vitality, self awareness and advancement at an emotional and cognitive level.

### Resilient Leader

I really can't say enough about how this program changed my whole outlook to my role. Of course this also reflects in the way I lead my team. I'm much more relaxed and patient with them because I took some me time and got 'my head straight.'

### Partner

"The Partner Development programme is great. In twenty years as a partner, it was the first time I had sat down with a group of colleagues and discussed personal development issues".



**A two day course in Practical  
Resilience for Health,  
Happiness & Success**

[www.resiliencei.com](http://www.resiliencei.com)

## Now is the time to maintain focus, momentum and morale in our workplace and harmony in our homes.

Learn how to build your Resilience –physical, emotional and cognitive. Consolidate your resources, bounce back from economic chaos and reach out to our emerging future. Resilience gives you the practical knowledge and skills for sustainable performance with health and happiness.

**Resilience** is an evidence-based, integral method for sustainable lifestyles and personal fulfillment.

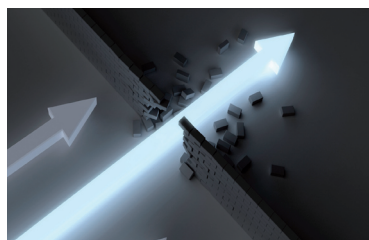
### We define Resilience as the learned ability to:

1. Bounce back from adversity
2. Thrive on challenge
3. Reach our true potential, and
4. Have a positive impact on others

### Course objectives

- Practical solutions to work-life integration
- Master stress, fatigue and illness
- Engaging mind and emotion for results
- Tools to understand and build EQ
- Interpersonal and influencing skills
- A rejuvenating approach to leadership
- Energise teams and client relationships
- Enhanced focus, mental agility and toughness

Practical Resilience challenges participants to rejuvenate their life, work and relationships. You will learn current best practices for optimal human performance and take home new problem solving frameworks and life practices that have proven impact. Two days builds the foundations of sustainable performance.



Topic	Approach/Content	Outcomes
<b>Pre-work</b>	Complete Health check survey	Identify critical health risk
<b>Physical Vitality</b> <i>Enhancing and extending life, energy and endurance</i>	<ul style="list-style-type: none"> <li>• Health risk management</li> <li>• Vitality and longevity</li> <li>• Personal fitness practice</li> <li>• Sleep architecture and principles</li> <li>• Nutritional practices</li> <li>• Integral daily practice</li> </ul>	<ul style="list-style-type: none"> <li>• Skills to manage health risk through</li> <li>• Understand critical drivers of wellbeing</li> <li>• Aerobic, strength, flexibility &amp; posture</li> <li>• Securing a good night's sleep and dealing with fatigue and travel</li> <li>• Simple, evidence-based meal planning</li> <li>• Knowing how to fit your self-care programme into your day and life</li> </ul>
<b>Self Mastery</b> <i>Being calm, alert, present and focused</i>	<ul style="list-style-type: none"> <li>• Physiology: stress &amp; performance</li> <li>• Death Spiral &amp; Bounce Back</li> <li>• Rejuvenation and Relaxation</li> <li>• Breath Control</li> <li>• Optimal performance state</li> <li>• Getting into Flow – 8 principles</li> <li>• Attention control</li> </ul>	<ul style="list-style-type: none"> <li>• Know how resilience fails and how “stress” affects us and others</li> <li>• Method and skill to recover and help others</li> <li>• Real-time skills in recovery and focusing</li> <li>• Breathing for sleep, focus and relaxation</li> <li>• Matching skills to right challenge (FLOW) – understanding optimal performance</li> <li>• Building stress free performance</li> <li>• Building calm, clear focus on priorities</li> </ul>
<b>Performance Mindset</b> <i>Aligning mind and emotion with performance</i>	<ul style="list-style-type: none"> <li>• Impulse control</li> <li>• Self awareness and EQ</li> <li>• Emotion regulation</li> <li>• Thinking styles</li> <li>• Reframing &amp; Optimism</li> <li>• Confidence and Presence</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce impulsivity for calm effectiveness</li> <li>• Understand basics of emotional intelligence and power of self knowledge</li> <li>• Counter negative &amp; build constructive emotions</li> <li>• Understanding and disputing futile thoughts</li> <li>• Building and speaking with resilient optimism</li> <li>• Building your performance supply chain</li> </ul>