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Leading strategist Gary Hamel (Harvard Business Review-Sept 2003) advocates that Organisational Resilience is the *“ultimate competitive advantage in the age of turbulence – when organisations are being challenged to change more profoundly, and more rapidly, than ever before.”* ”

# PRACTIAL RESILIENCE

For Peak Performance, Health & Happiness

Nov 30, 2009 and Dec 1, 2009, Shanghai

## Who should attend?

- President & Vice President
- Chief Officers, such as CEO, CFO, CTO...
- Senior Executives, Directors, and Managers

**Organisational Resilience** is built on **the personal resilience** of your people; firstly in leadership and then throughout the firm. We define Resilience the learned ability to:

- Bounce Back from adversity
- Reach our full potential
- Thrive on challenge
- Have a positive impact on others and our world

“In order to achieve the highest quality of learning and practice, the group will be strictly limited to 15 executives.”

## RESILIENCE – our philosophy

Building resilience shifts focus from the mindless rush to depth of experience, excellence and quality. We help people build the physiological, physical, emotional, cognitive and spiritual resources to live and work productively without compromising health and happiness – that is, when body, heart and mind are fully aligned with the challenges we engage. AND when faced with extreme adversity resilience gives us the skills to prevent and bounce back.

## RESILIENCE – the value proposition

When an individual implements these practices and disciplines they not only build their resilience they also increase their level of engagement. This view is further supported by Loehr & Schwartz when they say “...To be fully engaged, we must be physically energized, emotionally connected, mentally focused and spiritually aligned with a purpose beyond our immediate self-interest.” Increasing the resilience of leaders and a critical mass of employees leads to organisational resilience and a high trust, high performance culture. This has been shown to have a significant impact on an organisation’s shareholder return through higher productivity, reduced costs, increased sales, customer satisfaction, and employee retention.



A 2-day intensive program that provides the PRACTICAL solution to securing your long-term resilience and mastering stress. The current economic environment represents an enormous challenge for both individuals and organisations. Personal resilience and resilient leadership shift from a want to a need.

# Practical Resilience



## Day One

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### Physical Vitality

Learn how critical your health is to your success. Understand the key risk factors that can stop or slow you down. Learn how to reduce risk, increase vitality and extend your life by building a modern preventative self management plan.

- ✓ Health assessment feedback and risk management
- ✓ Exercise and fitness: the ultimate anti-aging practice and energizer
- ✓ Sleep and fatigue: learning how to recover and rejuvenate
- ✓ Nutrition and meal planning: building optimal energy and alertness
- ✓ Integral Daily Practice: putting it all together

### Self Mastery

In challenging times it is easy to let pressure, disappointment and hardship wear us down. Understand how people lose their ability to perform and enjoy life. Learn how to relax effectively and quickly. Understand how to build performance habits and learn how to build a focused mind.

- ✓ Death Spiral and Bounce Back: how and why we fail
- ✓ Relaxation and Rejuvenation: quick recovery tactics
- ✓ Breath control: biological tools to re-engage
- ✓ Flow: optimal performance states
- ✓ Attention control: learning to focus the mind



## Day Two

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### Performance Mindset

Critical to sustained success is learning how to engage and master the power of emotions and thoughts. Understand how to shift from destructive to constructive emotional states. Learn how to optimise your emotions and thinking. Learn how to reframe your thinking for success.

- ✓ Impulse control: replacing destructive emotion with calm effectiveness
- ✓ Self awareness: understanding the power and mechanics of mind and emotion
- ✓ Reframing and Practical Optimism: learning to change how we think
- ✓ Emotion regulation: building positive energy and resonance

### Leadership Presence

Understand the importance of Presence in relating to your people, markets and networks. Learn how to assess your impact and recognise the keys to personal power. Build your plan for developing Leadership Presence.

- ✓ Different styles of Leadership Presence
- ✓ Understanding and mastering your impact
- ✓ The role of body, emotion and mind
- ✓ Mastering your human performance supply chain

## About Course Facilitator



### STUART TAYLOR

Stuart Taylor leads the Resilience Institute in Australia. He is an experienced management consultant with a focus on resilience, stress and cognition. Stuart has worked extensively in Government, Professional Services, Banking and

Finance sector and in the Manufacturing sector. His Government work includes Victorian Departments of Human Services, Education & Early Childhood Development, Primary Industries, Worksafe and, federally, Department of Defence and Defence Science Technology. Prior to joining The Resilience Institute, Stuart was an Associate Director with KPMG Management Consulting and then worked as a senior manager in a global corporation.

In 2002, while climbing the ladder to corporate executive, Stuart was diagnosed with Brain Cancer; prognosis 2.5 years. Far from accept the prognosis; Stuart embarked on a journey back to physical, emotional, cognitive and spiritual health. Part of this journey included creating The Resilience Institute in Australia to share his experience and philosophy with Australian organisations. Stuart has recently celebrated his 7 year milestone and is going from strength to strength. Stuart's road to full recovery has been one of enormous personal growth and he lives the principles recommended by The Resilience Institute.

Stuart's clients include GE Money, PwC, NAB, Citigroup, Government, Vodafone, CBA, Australia Post, Fosters and Heinz and many others in Asia.

### Practical Resilience Books

1. Stress Mastery: Being Calm, Alert and Engaged
2. Physical Vitality: Enhance & Extend your Life
3. Emotional Competence: The Feeling of Being Alive
4. Cognitive Discipline: Creativity, Decisions & Execution
5. Spirit in Action: Moral Resilience, Leadership and Enlightenment



## Clients who engage our team include

PricewaterhouseCoopers (NZ, Singapore, Hong Kong China, Thailand, Malaysia)  
Senior partners from most major Australian and New Zealand Law firms  
Young Presidents Organisation (NZ, Hawaii, Singapore, China, Bangkok, Manila, Australia)  
Auckland University Short Course  
Leadership Development Centre  
Icehouse Owner-Manager Program  
Vodafone Australia and New Zealand  
IBM Australia and New Zealand  
ASB Bank and Commonwealth Bank of Australia  
Microsoft China  
ANZ National Bank and Citigroup  
Heinz Australia and NZ  
NZ Academy of Sport  
GE Money  
Leadership Consortium Australia



# Look back on our recent public courses

## Some Sample Written Testimonials

*The Resilience workshop that I attended in April was without doubt one of the most useful courses that I have attended. For me, the course content, the pace of delivery and involvement plus having Dr. Sven Hansen as the facilitator were all of the highest quality. This is one of those rare courses that I can honestly say has 'changed my life' in forcing me to think more on re-examining priorities.*

**-Vice President, Asia**

*"In year 1, I will focus my attention on developing a future career path and maintain myself through exercise, sleep and good nutrition, and strive to maintain resilience in positive thinking. In additional years, I will study nonverbal communication, and for the key way to maintain my current sense of confidence and finding opportunities to stay in the flow. I'll need to guard against dash for cash vs. following my passion. The next 5 years' challenge is to apply the skills I've learnt in the past two days to create a satisfied future."*

**-President, Greater China**

*"Thanks for your work in Shanghai last week! I walked away with real strategies and tools that are already making a difference for me. Thank you!"*

**-Vice President, Asia**

*"What I've taken away from this course is to develop my leadership style more efficiently. Three skills I found very attractive are Flow, Empathy, and Self mastery."*

**-Vice President, China**

*"I came into this class without expectation for so much. Actually I was just hoping to put myself into peaceful sleep. But now what I've learnt is far more than what I expected."*

**-Senior Director, China**

