

## Practical Resilience for Leaders

**Achieving Health, Happiness & Peak Performance at Home and at Work!**

### METHODOLOGY

The Resilience Institute methodology is **integral** (multi-disciplinary), **evidence-based** and **practical**. Participants to the workshop will be exposed to a mix of theory, practical learning and experience.

### PROGRAM

In this session, you will participate in a series of activities where you will:

- Explore the key drivers behind each Performance
- Get inspiring insights on Stress Mastery
- Clarify how to create "Flow" experiences in life - whether at home, at work or in sport
- Get useful tips about Exercise, Sleep, Nutrition & Daily Practice
- Understand how to control Impulse Reaction
- Learn to regulate Emotions
- Connect Leadership and Compassion with Performance

### EXPECTED TAKE HOME VALUE

Participants will leave the workshop with greater self- awareness and many practical tips for immediate implementation, thus increasing their personal wellbeing and enhancing their teams' performance.

### VENUES

|          | Lausanne  | Paris  |
|----------|---|--|
| Date     | 3 <sup>rd</sup> February 2012<br>(Friday)                       | 10 February 2012<br>(Friday)                       |
| Schedule | 9 am to 5:30 pm   | 9 am to 5:30 pm                                    |
| Location | Beau Rivage Palace<br>Place du Port 15-17<br>CH 1000 Lausanne 6 | Aéroclub de France<br>6 rue Galilée<br>75116 Paris |

### FEES

The fee includes Pre-work assessment online, a practical guide book, one full day training session, healthy pauses and a light lunch.

|                       |             |             |
|-----------------------|-------------|-------------|
| Independent/Corporate | 690 CHF HT  | 590 EUR HT  |
| Individual/Private    | 450 CHF TTC | 390 EUR TTC |

## CONSULTANTS IN EUROPE

### **Alexia Michiels**

#### **Partner, Switzerland**



Originally from Belgium, Alexia Michiels is a professional certified coach (PCC - certification from the International Coach Academy) and a yoga instructor, with a diploma from the Yoga Alliance (RYT 200hrs). After more than 10 years in the corporate world in the sectors of marketing and media (Procter & Gamble, RTL Television, World Federation of Advertisers), Alexia decided to devote her energy to empower individuals to enjoy a healthier and more fulfilling life.

Living in Switzerland, Alexia is Partner at The Resilience Institute International and co-founder of The Resilience Institute Europe. Passionate about the Resilience integral and practical approach, Alexia is dynamic facilitator who will appropriately bring a “yoga” touch to her courses. Alexia is married, and is the mother of 4 children.

### **Laurent Levisalles**

#### **Partner, France**



Laurent has worked extensively in the retail industry around the world – from West, United States, to East, China, via Europe, United Kingdom, Belgium and France – for start-up and global companies in the distance selling sector. Specialized in international finance and marketing, he was introduced to NLP in his early days at university. Since then, Laurent’s interest for personal development has never faded. Over his last twenty years in the corporate world, where he held several positions as managing director, Laurent has spent much of his energy on people development and management.

Laurent is Partner at The Resilience Institute International and co-founder of The Resilience Institute Europe with a focus on the French market where he resides with his wife and their four children. He is a sportsman and a qigong practitioner.

### **Benoit Greindl**

#### **Partner, Switzerland**



Originally from Belgium, Benoit founded and developed various companies specializing in commercial real estate consulting. With more than twenty years of corporate experience, he worked in Europe, North America and Asia. After 5 years in Shanghai, he decided to follow his heart, jump into a more meaningful business sector and move with his family to Switzerland.

Joining The Resilience Institute International team as a Partner, Benoit supports the strategic development of the company and shares the Resilience Institute methodology in Europe. Benoit is a passionate leader, a committed yoga practitioner and a mountain lover! He is married with four children.

**DETAILED PROGRAM**

| TOPIC  | Approach/Content  | Outcomes  |
|--|---|---|
| <b>Pre-work</b>  | Resilience Diagnostic Assessment  | Evaluate Resilience ratio and help identify critical competences needs  |
| <b>Self Mastery</b><br>Calm, alert and engaged                             | <ul style="list-style-type: none"> <li>❖ Downward spiral</li> <li>❖ Bounce Back</li> <li>❖ Rejuvenation and Relaxation</li> <li>❖ Breath control</li> <li>❖ Optimal performance states</li> <li>❖ Attention control</li> </ul>                    | <p>How resilience fails and how “stress” affects us and others</p> <p>How to recover and help others be resilient</p> <p>Real time skills in recovery and focusing</p> <p>Breath for sleep, focus and relaxation</p> <p>Matching skills to challenge (Flow) – optimal performance</p> <p>How to focus and refresh attention</p> |
| <b>Physical Vitality</b><br>Build energy, strength and endurance           | <ul style="list-style-type: none"> <li>❖ Health risk management</li> <li>❖ Vitality and longevity</li> <li>❖ Personal fitness practice</li> <li>❖ Sleep and fatigue</li> <li>❖ Nutritional practice</li> <li>❖ Integral Daily Practice</li> </ul> | <p>Manage health risk</p> <p>Understand critical drivers of wellbeing</p> <p>Build fitness – aerobic, strength, flexibility &amp; posture</p> <p>Secure a good night sleep, dealing with fatigue and travel</p> <p>Simple, evidenced based meal planning</p> <p>Fit your self-care program into your day and life</p>           |
| <b>Performance Mindset</b><br>Align mind & emotions to achieve performance | <ul style="list-style-type: none"> <li>❖ Impulse control</li> <li>❖ Self-awareness</li> <li>❖ Emotion regulation</li> <li>❖ Thinking styles</li> <li>❖ Reframing and optimism</li> <li>❖ Confidence &amp; Presence</li> </ul>                     | <p>Recognize and manage destructive emotions and impulsivity</p> <p>Basics of EQ and power of self-knowledge</p> <p>Understanding how to build constructive emotions</p> <p>Recognize the impact of thinking traps</p> <p>Reframing for resilient optimism</p> <p>How to demonstrate resilience to others</p>                   |