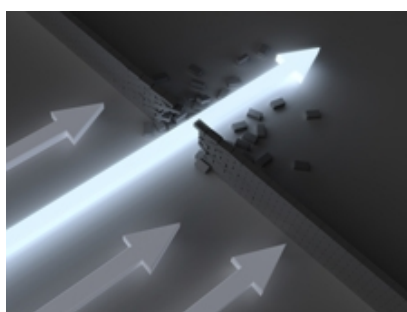


# PRACTICAL RESILIENCE

For Health, Happiness & Success

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

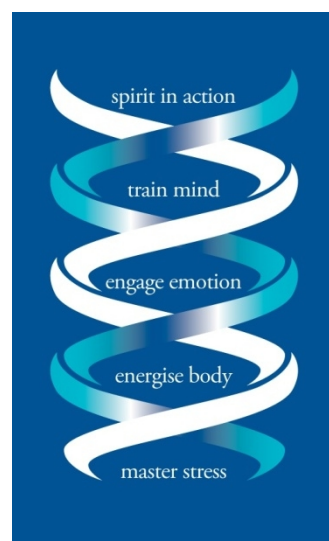
Practical Resilience challenges participants to rejuvenate their life, work and relationships. You will learn current best practices for optimal human performance and take home new problem solving frameworks and life practices that have proven impact. Build the foundations of sustainable performance.

## 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

**SHANGHAI**  
16-17 February 2012

**Language**  
English

Topic	Approach/Content	Outcomes
<b>Pre-work</b>	Resilience Diagnostic	Identify Resilience building opportunities and risks
<b>Physical Vitality</b>  To build energy, strength and endurance	Health Risk Management Vitality and longevity Personal fitness practice Sleep and fatigue Nutritional practices Integral daily practice	Manage health risk – medical and self management Understand critical drivers of wellbeing Build fitness – aerobic, strength, flexibility & posture Secure a good night’s sleep; dealing with fatigue and travel Simple, evidence-based meal planning Fit your self-care programme into your day and life
<b>Self Mastery</b>  Calm, alert and engaged	Death Spiral Bounce Back Rejuvenation and Relaxation Breath control Optimal performance states Attention control	How resilience fails and how “stress” affects us and others How to recover and help others be resilient Real-time skills in recovery and focusing Breath for sleep, focus and relaxation Matching skills to challenge (FLOW) – optimal performance How to focus and refresh attention
<b>Performance Mindset</b>  Aligning mind and emotion to performance	Impulse control Self awareness Emotion regulation Thinking styles Reframing and optimism Confidence and Presence	Recognise and manage destructive emotions and impulsivity Basics of EQ and power of self knowledge Understanding how to build constructive emotions Recognise the impact of thinking traps Reframing for resilient optimism How to demonstrate resilience to others

## COURSE FACILITATOR



Thomas leads the Resilience Institute in China and is based in Shanghai. He is an experienced practitioner in East Arts and executive performance enhancement. His areas of expertise include body awareness, optimizing internal dialogue, handling emotions and stress in crucial events. Deeply convinced with the benefits of Practical Resilience, especially when combined with east arts & practices, he was the first certified facilitator of the Resilience methodology in PRC and has been facilitating practical resilience workshops to leadership teams.

Prior to joining the Resilience Institute, he was the chief executive for a US-based Innovation Consulting firm. Thomas is passionate about bringing the cutting edge resilience methodology to a broader talent base and future leaders in China. Thomas is a Martial Arts regional tournament champion.

**Venue:** Renaissance Pudong Hotel  
**Address:** 100 Changliu Road, near Century Park  
**Cost:** RMB 6,800.00  
**Time:** 9.00am to 5.00pm

For Assistance contact:  
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**Tel: + 86 133 8617 7661**

For information and participant comments please visit [www.resiliencei.com](http://www.resiliencei.com)