



Leading in Uncertain Times

Building Resilience

In a world of constant change and uncertainty, resilience is critical to success. Resilience allows you to go beyond survival and prosper in environments that are complex and dynamic. During times of change, resilience is especially important, as it will help you be effective and maintain high levels of personal satisfaction and productivity.

The Leading in Uncertain Times - Building Resilience virtual workshop is designed for leaders to learn how to build their resilience, and ensure that their employees can quickly bounce back, and even bounce forward, through change.

Participants will learn to:

- Define resilience and understand why it is critical in uncertain times
- Examine factors that inhibit and enable personal resilience
- Assess personal resilience and identify actions to maintain and further develop their ability
- Identify and assess team members' resilience, strengths and development opportunities
- Contribute to building organizational resilience
- Create action plans to build or leverage resilience

Session Components:

- Establishing context
- Understanding resilience
- Assessing & strengthening your resilience
- Resilience & your team members
- Action planning & wrap-up

Pre-work activities:

Pre-work will be provided within 3-days of the session. Learners will receive the following items, to draw on during the session:

- **Pre-reading:** a leadership article that will be discussed in the session
- **Pre-assessment:** a personal resilience assessment to download, complete and save

Who will benefit:

- Leaders of people within organizations of all sizes

Leading in Uncertain Times: Building Resilience was developed by our partners at LHH Knightsbridge, Canada's leading human capital company, internationally recognized as one of the world's best leadership providers.

LHH

Session Format

- 2-hour virtual delivery
- Interactive session with breakout activities
- 30-page participant guide for future reference
- Up to 20 participants per session
- Ideal for teams or professional associations

Session Facilitator

Your facilitator will be Michelle Fitzgerald, one of our experienced HR leaders, with deep experience leading organizations through change.



Michelle Fitzgerald,
ABC, CMP Prosci

Program Fees

\$2,750 per 2-hour virtual program for up to 20 participants

Registration

To register your teams for this critical professional development session contact Michelle Fitzgerald at mfitzgerald@kbrs.ca