

Building Resilience in Yourself and Others

Course Overview



Course Description

This course focuses on building hardy, more resilient individuals and teams in organizations. Grounded in over 30 years of research, this highly interactive session will help teach participants how to apply proven tips, tools, and techniques to increase the “Three Cs of Resilience” in themselves and others; and improve their ability to cope with stressful and unexpected situations – in both the workplace and their personal lives.

Course Objectives

Upon completion of this program, participants will be able to:

- Recognize the difference and similarities between Resilience, Grit, and Antifragility;
- Understand the “Three Cs of Resilience”: Challenge, Control, and Commitment;
- Apply proven tips, tools, and techniques to increase the “Three Cs of Resilience” in themselves and others;
- Improve their ability to cope with stressful and unexpected situations – in both the workplace and their personal lives; and

- Leverage their individual hardiness strengths, while compensating for their individual hardiness weakness, as identified by the *Hardiness Resilience Gauge*. (This assessment is optional.)

Key Topics Covered

This course explores the following in depth:

- The Similarities and Key Differences between Resilience, Grit, Hardiness, and Antifragility
- The “Three Cs of Resilience”: Challenge, Control, and Commitment
- Finding Balance Between the “Three Cs of Resilience”
- Why Hardiness is Important to Both Individuals and Organizations
- How to Overcome Fear of Failure
- The ABCDE Form (a Cognitive Behavioral Tool)
- Categories of Automated Distorted Thoughts
- The WOOP Approach to Overcome Obstacles
- SMART and CLEAR Goals
- Tips for Effectively Dealing with Stress

For more information – or to schedule a workshop – please contact us today.



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