

# Resilience – Level 1

## Coping with adversity

### Workshop

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## Who it is for

This workshop – Resilience Level 1, is designed for everyone willing to learn the basics of what resilience is, why and how to develop it through a set of tools and techniques.

Level 1 or level 2? If you are unsure about whether level 1 is what you need or not, ask yourself the following two questions:

1. Can you summarize in one sentence what resilience is?
2. Can you come up with 4 tools to help developing one's resilience?

If you answer no to either or both of these questions, then level 1<sup>1</sup> is definitely for you!

## What it is about

Competitive job market, workplace conflicts, changes, challenges on the job, a workplace becoming increasingly virtual for many, the uncertainty of the future, etc.: the list of challenging things to cope with go on and on, and it can all lead to negative stress and burnout. Facing adversity and navigate through these challenges is where resilience can help you emerge stronger than before.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed **in anyone**.

## Program Overview

- **Context**

Resilience is often described as the ability to bounce back from adversity. Being resilient is an important building block of individual, team and organizational health and well-being. With improved self-awareness and practice, you can develop and strengthen further your abilities to be resilient in the face of most challenging situations, COVID 19 Pandemic for one!

- **Learning Objective – Learning by doing!**

In this interactive workshop, you will learn to:

- Understand why some people thrive in challenging situations while others become overwhelmed,
- Recognize how your attitude, actions, and choices contribute to your level of resilience,
- Be aware of the mind-body connection and how it can both support or hijack resilient attitudes,
- Implement strategies for thriving under pressure, including in the face of challenging situations.

- **Content**

In this workshop, the following topics will be covered:

- ✓ Opening
- ✓ What this interactive workshop consists of

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<sup>1</sup> Please click [here](#) to download our Resilience Level 2 program.

- ✓ Introductions of the presenters and the participants
- ✓ Ice Breaker
- ✓ Understand Resilience
- ✓ Hands-on exercises and tools to develop resilience
- ✓ Take away & Conclusion
- ✓ Closure

- **Duration**

The duration of this workshop is between 2h and 2h30.

- **Number of participants**

Our goal is to facilitate a quality workshop in terms of active participation and where we can dedicate our full attention to each of the participants. This is the reason why we limit this workshop to 10 participants.

- **Language – Pick your choose!**

This workshop can be delivered in English, Spanish, French and Italian. Please refer to our [upcoming events](#) or don't hesitate to ask for a [quote](#).

## What is unique about this program?

The tools, the focus and the active collaboration in an online environment.

- ✓ The **tools** used in this workshop help facilitating the creation and communicating process.
- ✓ The **focus** of this workshop is the active participation of each participant through practical and hands-on exercises.
- ✓ The use of **innovative technology** helps bringing all participants together into a collaborative effort towards the same goal.

## Last but not least ...

Participating to our workshop will get you a 30% discount on coaching sessions ([COACHING](#)).

We also offer a 30% preferred rate for anyone purchasing our Resilience package, which consists in your participation to both Resilience Level 1 and Resilience Level 2 workshops. Ask [here](#) for the preferred rate coupon!

## Contact Us

Do you need any help and/or guidance in your continuous improvement journey? Don't hesitate to contact us at: [info@lean4u.net](mailto:info@lean4u.net) or directly on our webpage <https://www.lean4u.net/>

## About Lean4U

### ***Why Lean4U***

*"You are so complicated to do business with!"* – How many times inside out have you heard this? This is a fact, the vast majority of companies - either small, medium or large, struggle with simplicity. In other terms, companies lack agility and flexibility required to give the customer a good reason to come back and enhance customer advocacy.

Lean4U was born with the intention of truly driving simplicity.

### ***Who we are***

The Lean4U leadership team is about multi-language people bringing 20+ years of experience in multinationals in area such as Customer Service, Sales Operations, Supply Chain, Logistics, Processes Excellence and Strategy overall.

We promote our consulting activity under the logo Lean4U and website [www.Lean4U.net](http://www.Lean4U.net)

### ***What we believe in***

*"Small steps, big returns, ..."* – It's not about making big changes, it's about taking actions driving results, every day.

*... with the right talent"* – A successful application of Lean starts by understanding that improving methods does not mean that people will automatically alter their attitude towards change. This requires developing the right talent on your team to accept changes positively.

### ***What we are passionate about***

Simplicity! And of workshop Lean Office, including a high dose of management skills – Leadership, Communication, Emotional Intelligence (EI) and Coaching & Mentoring being at the top of our list.

The combination of the two of them, Lean Office and Management skills, is the path to success.

### ***What we are aiming to***

Our reward is to know that we helped you make it happen in meeting your business objectives focusing on Lean Office and management skills, and creating a work environment satisfactory, enriching and rewarding.

### ***What our targeted audience is***

From a process perspective, any support functions- or "office-based functions" of any small, medium and large organization such as Customer Service, Human Resources, Accounting, Purchasing, or even Sales & Marketing.

Basically, anyone who understands why creating a great workplace matters and is willing to learn how!

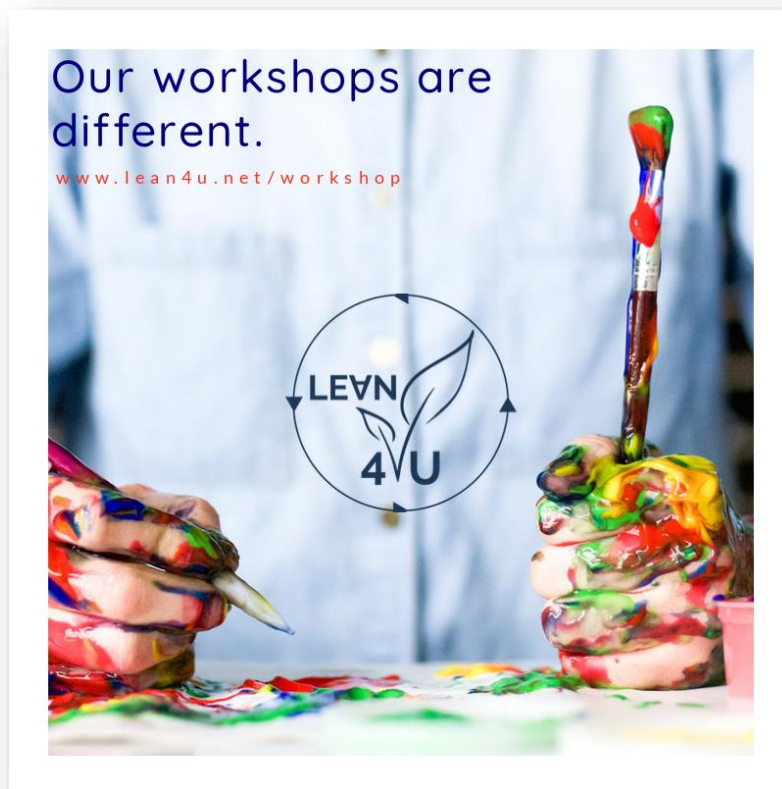
## Join our community in LinkedIn!

*Catalysing the skills of the future*

We act as a catalyst to help you accelerate your professional skills and abilities to face the future of work.

You can find our group here: <https://www.linkedin.com/groups/13556309/>

This group aims at creating a community dedicated to professional soft skills through experience and material sharing with the goal of keeping up with business disruption.



See you soon!

