

# RESILIENCE II

Building your Self-Resilience

[www.lean4u.net/workshop](http://www.lean4u.net/workshop)



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# Resilience II

## Building your self-resilience

### Deep Dive

#### Workshop

#### The Program

Who it is for .....	- 2 -
What it is about .....	- 2 -
Program Overview .....	- 2 -
What is unique about this program?.....	- 3 -
Finally .....	- 3 -
About Lean4U .....	- 4 -
Join our community in LinkedIn! .....	- 5 -

## Who it is for

While Resilience I was designed to understand what resilience is, why and how to develop it through a practical set of tools and techniques, in Resilience II – we take a **Deep Dive** to understand what lies below the surface of your “BEING” to help you become more resilient. We dive into your core values and beliefs, self-confidence and competence, and Energy (Physical, emotional, mental and spiritual) that provides strength to deal with stressful life events.

## What it is about

At any given time, the boundaries of your resilience capacity are determined by life's accumulated experiences. The good news is that resilience capacity is elastic over time. As you grow from adversity, you expand your resilience capacity through strengthened personal values, efficacy, and energy. This expanded capacity provides more fuel for you to face the future.

Large or small, chronic or crisis, adversity happens. How you respond is determined in part by your capacity of resilience when tough times strike. Let's assume that the resilience capacity depicts your resilience tank. The amount of fuel in this tank is the raw material you must draw on to propel you through the storm to safe ground. Through this workshop we bring to you three sources of fuel that make up your resilience capacity: personal values, personal efficacy, and personal energy.

## Program Overview

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

In this interactive workshop, you will:

- ✓ Understand a deeper meaning of resilience,
- ✓ Understand how the three following dimensions form a comprehensive resilience framework:
  - The interpretation of current adversity and future possibility,
  - The capacity resilience has for tackling adversity, and
  - The actions needed to become more resilient in the face of the adversity
- ✓ Learn the phases of the resilience cycle when the storm enters your life
- ✓ Be able to correlate one's values and beliefs

- **Content**

In this workshop, the following topics will be covered:

- ✓ Opening
- ✓ What this interactive workshop consists of
- ✓ Introductions of the presenters and the participants
- ✓ Ice Breaker
- ✓ A bit of a theory
- ✓ Practice through roleplays (60-70% of the workshop)
- ✓ 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.
- ✓ This workshop can be delivered in English, Spanish, French and Italian

## Finally ...

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

We also offer a 30% preferred rate for any participant of Resilience I willing to attend the Resilience II – Deep Dive and/or Resilience III – Team Resilience. 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!

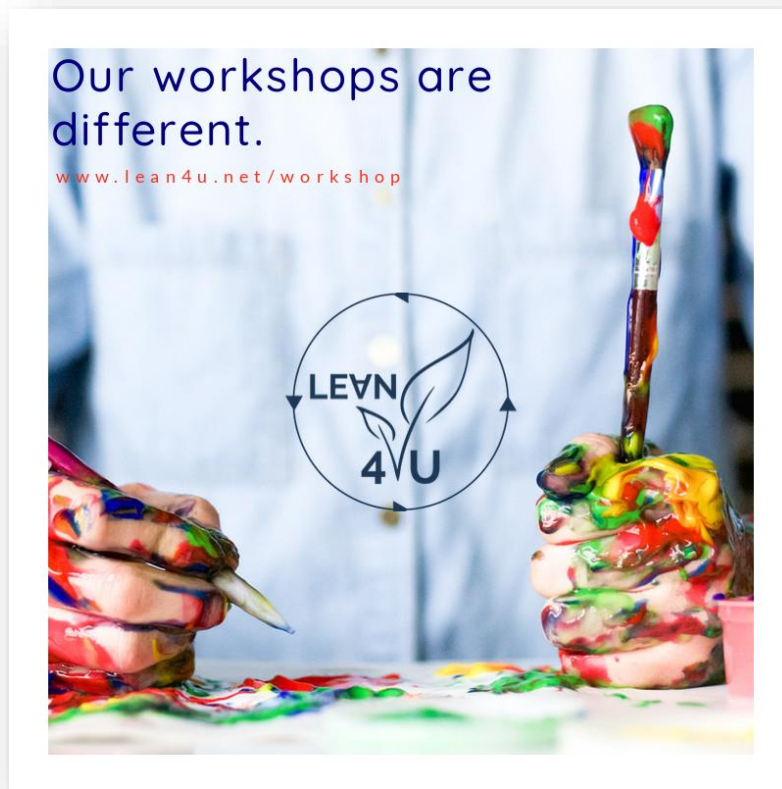
## Join our community in LinkedIn!

*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!

