



EXECUTIVE RESILIENCE

Improve individual and team resilience and positivity by developing the skills that multiply success and fulfillment.

Overview

Everyone wants to be happier and more productive, but pushing ourselves harder only works for so long. Eventually, it backfires, leaving us feeling worse than before. This enlightening workshop teaches participants the fundamentals of building a more positive and effective mindset. They identify their most problematic sabotage patterns and learn a step-by-step process for facing situations with a more positive attitude to achieve greater happiness and fulfillment—and help others do so. Along the way, they become stronger leaders, better teams, and have more executive presence.

Goals

- Identify and assess current levels of resilience.
- Implement a strategy for building a healthier organization.
- Build resilience-strengthening habits.
- Build a culture of increased resilience, compassion, appreciation and trust.

Details

Length

3-4 hours

Venue

Indoors or virtual

Group size

5-500 people

Includes

- ✓ Professional facilitation.
- ✓ Impactful discussions.
- ✓ Application exercises.
- ✓ Research based materials.
- ✓ Digital review materials.
- ✓ Pre and post strategy sessions with leader.
- ✓ 30-Day follow up with group.

Rates

Venue	Base	11-200	200+
In-person	\$2,950	\$35	call
Virtual	\$2,450	\$15	call

*First 10 people included in base rate.
Add profiles: \$145 per person.
Add 3-month mastermind: \$2,325*

“Once again thanks so much for your presentation at our partner meeting. Everyone agrees it was the best part of the weekend.” ~ FMG Law





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Agenda & Activities

Stress Assessment Participants take a short assessment that identifies the specific patterns of negativity that undermine their performance and well-being. These sabotage patterns play a primary role in creating stress, conflict, and burn-out in our lives.

Pre-event Consult (30 minutes) The team leader and the facilitator will review the group information, align on outcomes for the event, and cover any other details to ensure a successful program.

Welcome & Warm-Ups (10-15 minutes) Atlanta Challenge staff welcome the group and set expectations for the team development day. We then lead some fun warm-up activities that get the group moving and ready to fully participate.

Intro Teamwork Challenge (10-20 minutes) We jump right into the program with a thought-provoking team activity that brings into focus the current interactions on the team. This helps the group see and understand what is going on, how it is impacting the team, and how important it is to address those issues.

Goal Setting (10 minutes) Participants identify key areas of their life where stress is limiting their success and fulfillment and create an image of what that category could be like if they were more resilient and positive.

Understanding the Survival Brain (15 minutes) This brief overview explains how the survival brain works, why it is essential, and how it often is over-used, causing many of the problems we face in life.

Stress-Spotter Exercise (20 minutes) Participants identify specific areas of challenge and diagnose which of their sabotage patterns are at play. This helps them identify the pattern more clearly so they can “catch it in the act” and take steps to interrupt that pattern.

Resilience Muscles (30 minutes) The group learns several techniques that will help them physically develop more resilience, allowing them to handle stress better and be more positive in a wider range of situations.

Sage Process (45-60 minutes) This series of skills and exercises will develop the positive response that we are all capable of and turns them into superpowers.

Empathy: the ability to see and care about ourselves and others regardless of the challenge. This allows us to seek a solution rather than seek to dominate.

Exploration: the open-minded discovery of the contributing factors in a challenge without getting triggered by them.

Innovation: the creative process of discovering a multitude of positive ways to deal with a challenge, allowing for a greater sense of positivity.

Navigation: making healthy, long-term decisions on how to move forward, knowing that we are meeting our goals, accomplishing our mission, doing things the right way, and taking care of others.

Activation: the ability to put the plan into action and deal with the inevitable challenges that will arise along the way in a positive way.

Closing Debrief & Wrap-up Activity (10-15 minutes) The group acknowledges the accomplishments of the day and discusses how to incorporate the lessons into their work and life. We end with a fun closing activity and a team picture.

Post-event Consult (30 minutes) The team leader and the facilitator review how the group responded to the event, how to maximize the content, and what the leader can do to further support the team.

