

Developing a Resilient Mindset™

How to productively deal with stress and overcome the brain's natural counter-productive ways of thinking.



BENEFITS OF TRAINING VIRTUALLY


- It's a cost-effective way to train—no travel, no lunches brought in!
- You can schedule, customize and deliver the training from your own computer
- It expands your skillset and increases the value you bring to your company and clients
- TRACOM will train you to teach this curriculum virtually, or we can facilitate it for you

PRODUCT DESCRIPTION

This course builds resiliency in a changing and challenging world by helping participants effectively deal with the stressors in their lives.

Highly resilient people respond to challenges with flexibility, bouncing forward by finding opportunities within workplace stress. They are healthier, more engaged with their work, and more committed to their organizations.

The good news for employees and organizations is that resilience can be learned and developed. This program teaches people about the sources of their stress, their response pattern to stress, and practical strategies for altering those responses.


Virtual Delivery Options

- One 4-hour session
- Two separate 2-hour sessions



Audience

- Executives
- Managers
- Sales Professionals
- Individual Contributors



Assessments

- Online Multi-Rater Resilience Profile
- *Requires facilitator to be certified*

Research shows the negative influence stress has on individuals and organizations:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Stress is linked to the six leading causes of death
- Stress costs American companies over \$300 billion annually

This course helps employees develop skills to recognize and overcome stress.

Developing a Resilient Mindset™

Training Agenda Options



ONE 4-HOUR VIRTUAL TRAINING SESSION

Introduction
Resilience Benefits and Change Exercises
Emotions, Behavior & The Brain
The Elements of Resilience
Resilient Mindset Model™
Breakout Room Exercise
Resilience Multi-Rater Profile Report
Creating Your Own Resiliency Roadmap
Break
Strategies for Developing Resilience
Building Resilience in Your Team
Breakout Room Exercise
Completing Your Resiliency Roadmap
Key Learnings & Next Steps

PARTICIPANTS WILL...

- ✓ Learn what Resilience is and why it's so important
- ✓ Identify what holds them back from being naturally Resilient
- ✓ Learn the elements of Resilience
- ✓ Learn their own level of Resilience, as perceived by others
- ✓ Practice strategies to develop their Resilience

THE CLASSROOM IS VIRTUAL. THE RESULTS ARE REAL.

Contact us for help in creating the best virtual training experience for you and your participants.

TRACOM® GROUP
THE SOCIAL INTELLIGENCE COMPANY®

TWO 2-HOUR VIRTUAL TRAINING SESSIONS

Session 1

Introduction
Resilience Benefits and Change Exercises
Emotions, Behavior & The Brain
The Elements of Resilience
Resilient Mindset Model™
Breakout Room Exercise
Resilience Multi-Rater Profile Report
Creating Your Own Resiliency Roadmap

Session 2

Strategies for Developing Resilience
Building Resilience in Your Team
Breakout Room Exercise
Completing Your Resiliency Roadmap
Key Learnings & Next Steps

WHAT'S INCLUDED...

Facilitators receive:

- Facilitator Guide
- *Developing a Resilient Mindset™* Participant Package
- Multi-Rater Profile Guide and Technical Report
- PowerPoint Presentation
- Teaching Resources: Strategies for Building Resilience Card, Session Evaluation Handout
- Participant Certificate of Completion

Training participants receive:

- Digital *Developing a Resilient Mindset™* Participant Workbook
- Digital *Developing a Resilient Mindset™* Resource Guide
- Strategies for Building Resilience Card
- Multi-Rater Profile Report they can download from TRACOM's system

Free certification is available to allow you to deliver this course using the multi-rater profile report. Contact TRACOM for more information.

AN ESSENTIAL PART OF SOCIAL INTELLIGENCE

Based on our work with organizations around the world, TRACOM recognizes Resilience as an essential element of Social Intelligence—a key factor in high performance. Like SOCIAL STYLE® and other Social Intelligence skills, Resilience can be broken down into identifiable, measurable components. Your training participants will gain an understanding of their strengths and areas for improvement in each component and learn strategies to improve where needed.

RESEARCH-BASED TRAINING TO SOLVE CHALLENGES

TRACOM is a world leader in Resilience training. Backed by decades of research and experience in cognitive and behavioral science, our Resilience training has revitalized teams around the world. This training helps organizations solve some of their biggest challenges, like employee wellness, stress and burnout, and helping employees navigating change.