

Do you have what it takes to bounce back from the Global Financial Crisis?

Christmas in a recession is tough, but nothing's as hard as seeing the doors of your business close for good, rather than just for the holidays.

The Global Financial Crisis has wreaked enormous change across the world and has altered the economic landscape fundamentally – global debt has risen to unprecedented levels, and there is no doubt that any hope of returning to the glory days of business is slim. Businesses can no longer simply open their doors and rely on a booming economy to propel them forward and success is no longer merely about being able to deliver – it's about having the resilience to deliver no matter what obstacles must be overcome.

Perhaps the best solution is to borrow some Eastern wisdom – the Chinese character for 'crisis' is also the character that represents 'opportunity'.

To succeed, it's vital that you embrace the opportunities that are born of crisis and to do that, you need creativity, innovation, perspective and – above all – the **resilience** to 'bounce back' from adversity and grasp opportunities in the face of crisis.

So how do you become resilient?

Positive psychology research demonstrates that resilience is a combination of seven key skills, which can be refined and honed with the right guidance.

Key Outcomes

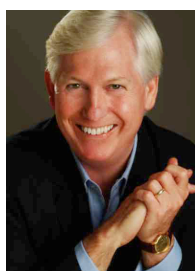
At the 'Resilience' Lunch 'n Learn you will receive such guidance as you discover your RQ (Resilience Quotient), learn to implement key strategies for building resilience in your workplace, identify which of the seven components of resilience you are a 'natural' at and learn the secrets to boosting your resilience in the areas that need improvement.

Attending the Resilience Lunch 'n Learn event will specifically equip you to:

- Recognise the signs of stress in yourself and others, learn key strategies for avoiding the long-term affects of stress and discover how to build resilience in the workplace
- Find out how resilient you are by completing the RQ (Resilience Quotient) Test
- Identify which of the seven components of resilience you are good at and which components need improvement in order to prevent 'burn-out' and ensure career longevity
- Practice the seven skills for building resilience and minimizing stress at home and at work
- Acknowledge differences in 'resilience ability' amongst team members and identify ways to improve team performance through team resilience

Other Lunch 'n Learn Workshops in the Series

- **High Performance Teams:** Proven techniques to shift teams from languishing to flourishing and high performance.
- **Managing Transitions Wisely:** How to overcome resistance to change to get everyone moving in the same direction.
- **Rational Irrationality:** Strategies to use your whole brain and streamline your decision-making processes.
- **Authentic Leadership:** Discover the most appropriate leadership style to apply in every situation, to cultivate the most productive relationships.
- **Making Wise Decisions:** Frameworks to solve difficult decisions and dilemmas.



Presenter

Peter Webb is a leadership coach psychologist, and author of "Coaching for Wisdom: Enabling Wise Decisions" in D.B. Drake, D. Brennan, and K. Gørtz (Eds.) (2008), *The Philosophy and Practice of Coaching: Insights and Issues for a New Era*, San Francisco, CA: Jossey-Bass.