

SELF-LEADERSHIP-DAYS

Virtual Live Seminar

BUILDING A RESILIENT MIND

Resilience has always been the superior skill that separates success from average. Resilience forms the basis of exceptional leaders – those leaders that manage to rise to the top to make a difference, despite or because of a crisis.

Our virtual live seminar focusses on delivering high impact, easily applicable, integrated and evidence-based training on resilience. We bring together practices and experiences, insights and learning that leaders can employ to build resilience in themselves and their organizations.

Dates and Times (5 modules, 90 minutes each, CHF 399.- excl. VAT):

Seminar 1: October 25th – November 22nd, 2020, every Sunday from 09.30 – 11.00 CET

Why?

- Resilient people demonstrate great flexibility, sustained energy, mental agility and consistently perform at their highest level.
- Seminar Participants learn how to:
 - Survive and grow through change
 - Strengthen their emotional intelligence
 - Confront reality yet keep up hope
 - Be(come) curious and courageous despite of or because of change

and successfully apply these strategies and practices at work and at home.

Who?

- You want to navigate change and grow a successful and responsible team and business in a faced-paced and interconnected world
- You yearn to develop your core strength that enables to be present, focused and remain deeply confident
- You want to explore, understand, navigate and integrate the emotional and logical minds?

Takeaways:

- ✓ Transform the power of your emotions into impactful and responsible actions at work and at home.
- ✓ Learn the 4-step approach to build mental and emotional resilience and apply it anytime and anywhere.
- ✓ Win new empowering habits and learn to integrate them successfully
- ✓ Acquire tools to develop a stronger mind and effective mindsets

Module 1: Resilience and Self-Awareness – Build a Resilient Mind

- Explore the building blocks of a resilient mind
- Explore how your emotions impact your performance

Module 2: Attention and Activity Management – Build an Attentive Mind

- Recondition your body and mind to break the cycle of stress
- Sharpen your mindfulness skills to bring depth and richness to your activities

Module 3: Habits of Power and Happiness – Build a Confident Mind

- Understand your habits – break old habits and create new empowering ones
- Learn to anchor your mind in productive physical, mental and emotional habits

Module 4: Algorithm of Emotions – Build an Adaptive Mind

- Master the 'Algorithm of Emotions' to navigate the irrational world of emotions and develop effective ways of responding.
- Learn to break out of the maze of circular thinking and focus yourself on action

Module 5: Integration: Creating Awareness and Resilience at Work and at Home

- Integrate your personal vulnerabilities and arrive at courage and trust
- Develop an action plan to build a resilient mind

Testimonials

„The seminar was very valuable. It gave me a lot of „food for thought“. And, with the documentation, I will be able to continue working on what holistic success means to me in the long run.“ T.H., Zurich

„I've become better acquainted with some of my behavioural patterns and will be able to deal with them better in my professional & personal life in the future.“ R.A., Waedenswil

Course Teacher

[RAJESH RAMANI – Teacher/Mentor/Partner – Self-Leadership Days](#)