

Road to Resilience

Recover, Adapt and
Keep Moving Forward



Proactively build your resilience so you can adapt, grow and apply important insights after adversities. This will ensure you can bend rather than break during high-pressured times and see new opportunities with greater ease in the future.

During this session you will learn:

1. How to utilise a five-part formula which will strengthen your resilience and help you to better deal with change and uncertainty.
2. Which of your professional strengths and capabilities are decreased when there are too many rusty holes in your resilience bucket.
3. How to extract insights from challenging situations and focus on finding solutions rather than problems.

