

Practical Resilience For Leaders

Course Overview

Life throws challenges to test us and presents opportunities for us to realise our true potential. Resilience sharpens and focuses our ability to bounce back, steer through adversity and exercise our talents in a meaningful way. Although genetics and environment do have some influence over resilience, studies have shown that resilience can be learnt and practiced by all of us.

In this programme, drawing on the best of sports science, military field, neurobiology, medicine, psychology, and emotional intelligence, you will explore the high road leading to resilient leadership. You will unlock the biological resources of your body, heart, mind and spirit, and build practical resilience competencies to live and work productively without compromising health and happiness. In other words, you will unlock your human potential and performance, sustainably.

Course Benefits

Business Outcome

Equip leaders with practical tools and competencies that will maintain or grow their performance levels and personal well-being (physical, emotional and mental). Ultimately, helping them build high performance sustainable teams and organisations.

Learning Outcome

- Increase pressure tolerance and stress mastery, ensuring that the pace of growth and change generates more optimal stress and less negative stress,
- Improve your physical vitality and long-term recovery capabilities,
- Harness the power of emotions, building trust, fostering collaboration and creativity,
- Develop a focused, constructive and decisive mind.

Course Outline

Stress Mastery

- Physiology: Stress and performance
- Downward spiral and bounce back
- Attention control
- Optimal performance state

Physical Vitality

- Secure physical energy through lifestyle management
- Optimising Sleep
- Integral daily practice

Performance Mindset

- Self-awareness and emotional intelligence
- Impulse control
- Emotion regulation
- Thinking styles
- Realistic optimism
- Reframing performance

This programme includes a pre and post 'Resilience Diagnostic'.

Target Audience

Managers, Senior Managers and Directors

Trainer

Manish is a Managing Partner with The Resilience Institute in SE Asia, an integrated network of Resilience experts operating across eight countries in Asia, Europe and North America. Manish is based in Singapore, and he is passionate about helping leaders build change capacity, resilience, and trust in their organisations. He uses various personal effectiveness, leadership and organisational development approaches to support the leaders and their organisations.

Manish has 16 years of experience in Organisational Development and Leadership Effectiveness within multinational environments. He also specialises in coaching leaders to develop resilience skills, designing and facilitating team alignment sessions, implementing large-scale change and culture alignment projects, and embedding behavioural changes.

Manish holds a MBA from Asian Institute of Management and a post-graduate qualifications in Organisational Development from Heriot-Watt University, UK. He is a Certified Change Management Practitioner, Certified Professional Facilitator (CPF) and Executive Coach (Ontological Coaching). He is also a certified NLP Master Practitioner and qualified in DiSC, Emotional Intelligence Trainer Certification. Manish is a member of the International Coach Federation (ICF) and International Association of Facilitators (IAF).

Manish has delivered keynotes on managing change and resilience at various conferences including HR Summit, Change and Talent Conferences in Singapore, Indonesia, Philippines, UK and Malaysia.

Dates (2022)	: 26-27 May, 28-29 Nov
Duration	: 2 days, 9am to 5pm (14 hours)
Course Venue	: SIM Management House 41 Namly Avenue Singapore 267616

Course Fee : \$1,112.80 (inclusive 7% GST)

Register online at SNEF website

www.snef.org.sg. Click on 'Training' and Course Category 'Leadership'

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