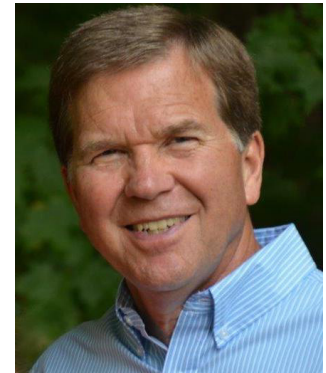




# Resilience Training

by Steve Chupp

- ***Resilience is the ability to adapt and thrive in the midst of stress and adversity.***
- ***Resilience training increases employee morale, productivity, and performance while reducing stress, anxiety, and absenteeism.***



Resilience Training can be provided through interactive, dynamic, and practical workshops, and/or keynote addresses and personal coaching. Based on extensive and proven research, this innovative approach connects well with audiences and brings positive life change.

Workshops and training can be adapted to any schedule and venue:

- Breakfast or lunch events
- Seminars
- Workshops
- Staff retreats

***The following three workshops can be adapted to suit your staff needs:***



## THE ROAD TO RESILIENCE

Introductory material explains resilience and reveals how we react to stress by succumbing to the Crazy Cycle®. Participants learn to implement the Resilience Cycle® to become calm under pressure and improve their ability to think constructively.

### **Learning Objectives:**

1. Define the concept of resilience
2. Explain the components of the Crazy Cycle®
3. Demonstrate techniques of the Resilience Cycle® to succeed under stress
4. Demonstrate one method of calming yourself during a crisis
5. Identify and disable thinking that undermines resilience



## WE WERE MADE TO THRIVE

Expands the definition of resilience and offers skills and tools to implement the Resilience Cycle®. Participants learn to thrive under stress, empower themselves, and make better decisions by learning proven problem-solving techniques. Also includes insights into happiness which boosts resilience.

### **Learning Objectives:**

1. Understand how resilience enables us to thrive under stress.
2. List 2 ways you can empower yourself to adapt to adversity
3. Name successful problem solving steps
4. Recognize when to implement necessary endings
5. Apply 3 methods to increase your happiness



## RESILIENCE AND OPTIMISM

Optimism is more than a cheerful attitude. Optimism enables us to view life realistically and positively. Participants learn how to appraise stressful situations productively and address hindrances to optimism. Includes spirituality and fun activities which enhance optimism and resilience.

### **Learning Objectives:**

1. Define the concept of optimism as a component of resilience.
2. Recognize and develop a realistic and optimistic approach toward life.
3. Identify and challenge destructive lies of the heart
4. Create a roadmap to innate (spiritual) resilience
5. Find fun and satisfaction from the Seven F's