



LeaderShape's® Resilience™ program is a 1-day eye-opener based on the research of Dr. Amit Sood that explores resilient leadership and how it builds strong, flexible relationships and communities.

Resilience™ is more than just managing stress, it's learning the skills to take life events in stride and to grow and learn from our experiences.

Healing and strengthening, Resilience™ offers participants the space and time to begin to focus on how their lives impact their ability to lead, and the tools they need to strengthen their awareness day to day.

A Commitment to Partnership

We've said it before and we'll say it again. We're intentional about approaching our relationship with you as a partnership, whether we're working together to plan a program that lasts for six days or for one. When we partner with campuses and organizations, we believe working successfully together moves us all one step closer to our vision — a just, caring, thriving world where everyone leads with integrity and a healthy disregard for the impossible.

Who should attend Resilience™?

This program is designed for professionals and is ideal for groups looking to invest in the personal well being of their organization as well as their colleagues. The skills learned during Resilience™ will allow professionals to approach their daily work with increased focus and build more intentional relationships with co-workers, colleagues, and clients. Most importantly, doing this personal work will role model the importance of taking care of yourself and how essential that is to being an effective community member regardless of one's occupation.

Costs

The \$6,000 fee covers facilitator travel costs, program workbooks, and materials for all activities for 30 participants. Each additional participant over 30 would incur a fee of \$200 per person. The only additional cost would be lunch should you choose to provide it.

What We Provide

The fee includes facilitator travel costs, one workbook per participant, and materials for all activities.

In addition to providing appropriate space and AV, we rely on you for markers, a flipchart and easel, and participant nametags. We're happy to share space and supply details. Contact us: 800.988.LEAD (5323) or lead@leadershape.org.

Timeline

Thinking about hosting a session of Resilience™? We need 30 days notice to get everything into place and make sure you're set up for success.



FAQs

How many participants can the Resilience™ program accommodate?

The ideal number is 30 participants.

What is included in the fee paid to LeaderShape®?

The \$6,000 fee covers facilitator travel costs, program workbooks, and materials for all activities for 30 participants. Each additional participant over 30 would incur a fee of \$200 per person. The only additional cost would be lunch should you choose to provide it.

In addition to space (see the following question), we rely on you to bring a flipchart tablet and easel, flipchart markers (1/participant), and nametags (in plastic badge holders) for each participant.

What do I need to know about selecting a space for Resilience™?

Resilience™ has been hosted in a variety of spaces. You'll need a room with moveable chairs that's large enough for 120% of the number of participants (to have enough space for large group and small group activities). A computer (with audio capability for video clips), projector, and screen, as well as space for a 6' or 8' table are also important. (If the room is very large, a mic might also be needed.)

Who facilitates the program?

Included in the fee for Resilience™, we send one of our highly skilled facilitators. We believe they're really great at what they do — make genuine connections to create a supportive and challenging learning environment. Resilience™ facilitators all have advanced degrees and 10-15 years experience working with groups in educational settings. They have also participated in training provided by Dr. Amit Sood on this topic specifically. They are engaged in work on this topic and look forward to sharing the day with each participant.