

WHEN IT COMES TO MEETING
OPERATIONAL MISSION
REQUIREMENTS DURING A
CRISIS, THE LEADER'S ABILITY
TO BUILD AND SUPPORT A
CULTURE OF RESILIENCE IS
VITAL TO ORGANIZATIONAL
SUCCESS



How's it going with creating a culture of resilience in your organization?

No matter how well an organization plans for a crisis, circumstances never line up with the contingency plan. Very few could have imagined the COVID's impact on operational mission requirements and employees working from home. Normal stress responses to everyday work requirements are exponentially magnified with homeschooling children, caring for family members, and still meeting work requirements. Over time, continual stress on our bodies results in long-term illness.

For your organization to survive and thrive, leaders need to create a culture of resilience. Katie Hurley, a Psychotherapist, said resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. Not only do leaders need to be thinking about how to help their employees be more resilient during a crisis, but they also need to strategize methods to create a resilient culture where employees can recover from disappointments, adapt and learn during times of crisis, preserve through uncertainty and difficulty, and learn how to manage unhelpful thought patterns during periods of high stress

AN INVESTMENT IN YOUR LEADERS AND EMPLOYEES:



Increases
Performance



Retains
Talent



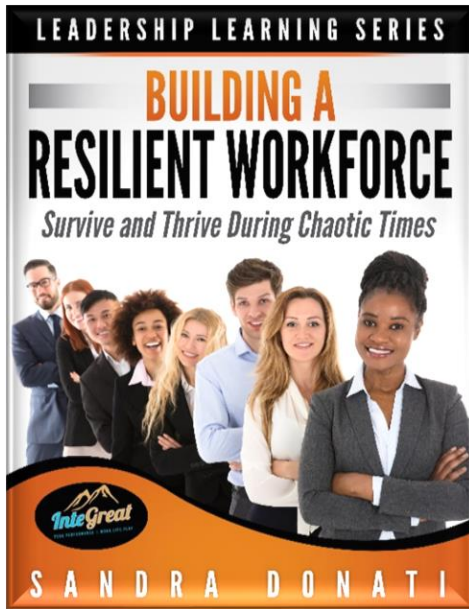
Drives Creativity
& Innovation



Creates better
Collaboration



Workshop Handbook



WHO SHOULD ATTEND?

Executives

Managers

Supervisors

Teams

Employees



CAGE CODE: 7ZEF6

DUNS: 070617896

PRIMARY NAICS CODE: 611430

My **virtual Building a Resilient Workforce** workshop will provide attendees with a step-by-step plan to be more resilient. They will have the opportunity to take an assessment, partner with others in the class, and build an action plan they can use immediately after the workshop

Implement my method today. I have designed engaging materials, lively discussion topics, and activities that guide participants in the following key outcomes:

1. Identify what resilience is and why it is important
2. Pinpoint the characteristics of resilient people
3. Recognize strategies to develop personal resilience
4. Find ways to develop resilience at work
5. Develop a personal resilience plan

After the workshop, participants will not only increase their ability to be more resilient but have a framework to plan, prepare, and bounce back more quickly from adversity.

READY TO GET STARTED?

Here's how to implement a successful strategic planning process in three easy steps:

1. Decide – I'll help you decide who should be involved and why.
2. Prepare – I will customize your sessions to exceed your expectations.
3. Deliver – I will deliver the sessions in a fun and engaging way that will help reach resolutions more quickly and effectively.

Sandra Donati is a faculty member of American University's School of Public Affairs where she teaches graduate level courses in leadership development. Sandra is the President, InteGreat Peak Performance. Work. Life. Play. LLC, specializing in organizational leadership development, employee engagement, change management, consulting and coaching with over 700 coaching hours. Prior to her retirement in 2018, Sandra was the Provost, Leadership Academy at the Pentagon Force Protection Agency (PFPA) responsible for the design and launch of the leadership academy in 2014. Her work at PFPA focused on leading change in a complex environment and teaching all levels of PFPA leaders from her Aspiring Leader Program, Leadership in Police Organizations Program, and executive level development program where she taught and graduated over 200 students.

From anywhere: +1 703.200.7059

For a list of my services and products, visit

www.InteGreatPeakPerformance.com

Women-owned small business; authorized to do business with the Federal Government