

Building my ability to adapt?



Online
Workshop &
Coaching
Program

Our lives are constantly reshaped by our responses to the challenges we face that ask us to change.

Connecting with our own resilience, individual, team or organisational, enables these responses to be derived from our motivation rather than our concerns.

Our approach explores the ways to tap into our resources to become even more resilient for higher **personal engagement** and **performance**.

Why is this important?



- With Covid-19 we found ourselves immersed in the unknown with ambiguity and without much warning.
- The solutions to help us endure this period require rapid and continuous change.
- Coping with this change and volatility in a resourceful and sustainable way asks us to tap into our core personal resources – ***our resilience domain.***

A close-up photograph of a colorful chameleon perched on a tree branch. The chameleon's body is covered in intricate patterns of blue, green, and red, with a yellowish-green face. Its tail is curled and also displays similar vibrant colors. The background is a dense thicket of green leaves and branches.

We may need to be reminded that we have this capacity to adapt and/or learn how to activate it.

Our approach aims to support you exploring how to tap into this capacity as an individual or as an organization.



Key Focus Areas

- **Awareness & Understanding:** Developing a deeper appreciation of ourselves, our situation and our inner resources
- **Maintaining our Energy:** Using our inner physical, mental and psychological resources mindfully and with a balanced versatility
- **Perspective Choosing:** To enable congruence of our values and our priorities
- **Adaptive Learning fit for a Purpose:** Allowing new habits/skills/know-how to emerge



Outcomes

- **Increased Commitment:** Enabling a culture that facilitates individuals and teams openly developing their personal ability to adapt creates a wider commitment across the organisation.
- **Personal Engagement:** Individuals and teams who are more in tune with their individual and collective resources to deal with volatile, uncertain, complex and ambiguous situations.
- **Performance:** higher levels of individual and team commitment and satisfaction generate both great performance and team resilience in the face of the unexpected.

Program Approach

Resilience Workshop

90 mins online facilitation

4-9 participants

Key concepts of Resilience drivers shared and explored

1on1 Coaching

3 x 90 mins /session

Focusing on personalized priorities

Identifying actions for personal resilience

Follow-up Workshop

90 mins online group coaching

Gathering & Embedding the awareness/learning

Further reflection/exploration/sharing on the topic.

PPI Approach & Methodology

- **People have conscious choice on what they learn.** They need to understand and be persuaded by “why” if they are to change established ways of doing things.
- **Adults already have a lot of experience and knowledge** so it is important to tap into this and help them identify what to unlearn and what to learn.
- **An interactive approach is necessary to facilitate this happening.** The trainer is a facilitator not necessarily the expert. Learning happens from colleagues as much as from the trainer and the situation.
- **The model we follow** in design is experience, reflection, action planning, implementing, review and further action planning.



Our Global Team in Numbers



18

Total
languages
spoken

25

Average
years of
work
experience

20+

Facilitators
& Coaches