



WHAT YOU CAN EXPECT:

- Open discussions to allow greater insight and empathy to achieve better results
- Proven exercises in raising self-awareness, adapted for the current crisis
- Help to deepen the levels of honesty, promoting trust on your team
- A focus on taking greater care of yourself, to positively impact those around you
- Experienced consultants with a wealth of personal resilience experience
- High quality, well structured, online live group sessions



TRULY RESILIENT TEAMS WORKSHOPS

FOR MANAGEMENT TEAMS & PEERS

In current times, dominated by COVID-19, Strategic Leadership are doubling efforts to be of value. We are offering an online series of customised *Truly Resilient Teams Workshops* for management teams and their peers.

In addition to the systematic approach we take in our other Crisis Packages, individuals and teams must also learn how to take care of **themselves** and become more resilient. The mood and attitude of a leader has a disproportionate impact on others. We refer to this as **Emotional Contagion** – the leader's feelings directly affect the feelings and therefore the **performance** of others.

In these workshops, we address the topics that will support your personal resilience and well-being. We will tackle developing self-awareness, healthy reactions under pressure and managing the ego to prevent reactions in times of crisis.

We also facilitate a number of exercises that can be embedded into daily habits to recharge or maintain energy levels. The exercises will help people virtually support their team members in difficult times.

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STRATEGIC LEADERSHIP

HOW DOES IT WORK?

SELF - AWARENESS SESSION

1

Raise self-awareness on the links between our emotions, thoughts and body. Then we explore how they combine to create tension (some tension we are unaware of) which ultimately wears us down.

Look at how ego patterns can cause us to react under pressure and how we can prevent or reduce 'ego reactions' in times of crisis.

The Heart-Dialogue team exercise enables team members to support each other on becoming more resilient.



THE ATTITUDE & THE MIND SESSION

2

Building on the previous session, participants now share their learning. In this second module, we strengthen the focus on the impact of attitude and the mind.

We will describe daily techniques that can be used to preserve and recharge energy levels, in a practical business relevant context. These include meditation activities, diet changes, simple tips for rest and the role of exercise. Many of these will be practiced during the session. All activity guidelines will be immediately downloadable after the workshops for participants to use.

Here we help colleagues focus together on how emotional, mental and physical resilience can be enhanced with simple but effective methods. Through an open discussion, participants gain greater insight and appreciation into what their colleagues are experiencing. These are exactly the types of conversation that DON'T take place during a time of crisis where the focus is on action and activity. Discussions around "how are you?" and "what do you need?" are rarely raised or, when they are raised, rarely answered with the deep levels of honesty needed to have an impact.



The topics undermining your resilience might be:

- Fear based behaviour causing low mood, short temper or inconsistent behaviours
- Avoidance of important conversations due to discomfort
- Confusion and non-productivity through over-thinking
- Herd-mentality around 'corona chat' leading to time wasting
- Fatigue caused by constant and high stress levels (conscious or sub-conscious)

THIS SERIES OF 2 HOUR LONG, 2 SESSION MODULES ARE DELIVERED ONLINE FOR UP TO 14 PEOPLE. THEY FOCUS ON THE BEHAVIOURS NEEDED TO SUCCESSFULLY NAVIGATE THIS CRISIS SITUATION