

FLEXIBLE. INNOVATIVE. CONFIDENT.

THE RESILIENCE ADVANTAGE

UNLEASH THE UNSTOPPABLE YOU

STAY *AHEAD* OF THE CURVE

A PROPRIETARY RESILIENCE ENHANCEMENT INITIATIVE
FROM

INFLUENCE SOLUTIONS

YOUR **F.I.R.S.T.** LEARNING & DEVELOPMENT PARTNER

*Future-Ready *Innovative *Relevant *Strategic *Trusted

Holding you steady in a changing world

MEASUREABLE OUTCOMES

RESILIENT INDIVIDUALS,

RESILIENT ORGANISATIONS

WHO WILL BENEFIT THE MOST

A **MUST ATTEND** program for anyone who wants to enhance their resilience, so that they can take charge of and enjoy a fulfilled life.

It is especially relevant for:

1. **Individuals who handle adversity and negativity regularly** - for example, those in sales, customer service, healthcare and leadership positions.
2. **Individuals who have recently faced adversity and setbacks** (personal or professional).
3. **Teams and organisations** experiencing change and disruption, such as down-sizing, re-organisation etc.

WHAT PARTICIPANTS WILL LEARN

1. Understand an actionable definition of resilience and why it is simply a choice
2. Visualise the tangible and intangible benefits of being resilient
3. Identify the physiological-psycho-social factors that foster or hamper resilience
4. Identify our 'Thinking Traps' and actions that change non-resilient thinking
5. Activating 'Real-Time Resilience' techniques to increase positive emotions
6. Managing anxiety as a resource and techniques to prevent it from escalating
7. A cognitive approach to dealing with catastrophising and anxiety
8. Leveraging character, values and relationships to enhance resilience
9. Developing an action plan that nurtures a resilient team culture, which thrives on solutions-focused thinking, flexibility and innovation

PRAGMATIC AGENDA - POSITIVE OUTCOMES

This engaging session uses a holistic combination of proven methodologies, frameworks, experiential learning and hands-on application to ensure that each participant enjoys a very personal & empowering experience.

Each activity allows participants to apply the theoretical concepts shared so that they can translate it into an action which they can embed in their daily life.

This programme equips participants with a clear action plan to bounce back with flexibility and optimism. It also allows them to view adverse situations as opportunities to grow. The accumulative effect is a resilient team culture that encourages solutions-focused thinking and innovation.

4 IMMERSIVE MODULES : 4 POWERFUL OUTCOMES

THE RESILIENT CHOICE



Help participants realise that resilience is simply the most beneficial choice and easy to activate

NAVIGATING THE RESILIENCE BLOCKERS



Identifying what stops us from 'bouncing back,' being flexible and always ready to 'grow with adversity'

ACTIVATING THE RESILIENT YOU



Activating an actionable 'Real-time Resilience' strategy to ensure we regain balance & optimism quickly

NURTURING A RESILIENT CULTURE



Co-creating an action plan that makes Resilience, Flexibility and Innovation an integral part of the team's culture

"Impressive. Exactly what I wanted. Simple, but striking, efficient and lively, and it made people think about change and how they personally cope with it. It gave me a good view of people's expectations, so that I can support the change properly."

Gilles Gelle,
COO, Capital Markets Asia Pacific, BNP

FLEXIBLE DELIVERY FORMATS TO MEET YOUR NEEDS



FACE-TO-FACE SESSIONS

- **ONE-DAY PROGRAM** where a real crisis or change has to be dealt with; for sustainable results.
- **HALF-DAY WORKSHOP** ideal when time is at a premium.
- **EXPERIENTIAL KEYNOTE** inspiring teams dealing with change fatigue, or those undergoing adversity.



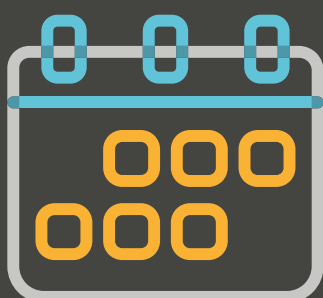
"LIVE" VIRTUAL WORKSHOPS

- **LONGER IMPACT SERIES** comprising 60-180-min segments held on consecutive days, weekly or monthly. This extends the impact of the program, inspiring participants to act, creating a community spirit where challenges are supported and success is celebrated.
- **HALF-DAY VIRTUAL WORKSHOP** comprising three 60-min segments with a 10-min break between each segment.

WHY THE EXPERIENCE IS IMPACTFUL & ENGAGING

- **INTERACTIVE SESSIONS** LED BY A MASTER FACILITATOR.
- **VIRTUAL MODERATOR** ENSURES A SMOOTH, USER-FRIENDLY & LIFE-LIKE EXPERIENCE BY TAKING CARE OF SET-UP, TECHNICAL MATTERS & QUESTIONS ETC.
- **A PERSONALISED EXPERIENCE** (LIKE THAT OF IN-PERSON SESSIONS) WITH GAMES, ACTIVITIES SMALL GROUP DISCUSSIONS & PEER SHARING IN VIRTUAL BREAK-OUT ROOMS.
- **A SUPPORTIVE MASTERMIND GROUP IS NURTURED**, AS PARTICIPANTS FORGE BONDS THAT INSPIRE THEM TO COACH AND SUPPORT EACH OTHER THROUGHOUT THE LEARNING JOURNEY.

HYBRID FORMATS TO CATER FOR SPLIT TEAMS



- **THIS COMBINATION (OF FACE-TO-FACE AND "LIVE" VIRTUAL WORKSHOPS)** is great for split or international teams, where some participants are physically present and some call in remotely.
- All participants take part in games, quizzes, activities, small group discussions and peer sharing sessions.
- A two camera set-up and dedicated online facilitator create an immersive and engaging experience.

OUR FRAMEWORK HELPS PEOPLE & ORGANISATIONS TO ACHIEVE VISIBLE RESULTS



1. SUPPORT TO SUSTAIN THE DESIRED TRANSFORMATION. The best of programmes often fail to achieve sustainable results since the push and pull of daily life overwhelms participants. We help to sustain the transformation by providing long-term, continual support and reinforcement through:

- a. Pre-work and reflection before the workshop that help people plan their learning.
- b. Reflection Reminders sent to every participant 4-6 weeks after the workshop.
- c. Learning Journey Buddy arrangements
- d. Letters to self
- e. Follow-up one-to-one coaching, if required.

These inspire people to stay focused on achieving personal and organisational goals.



2. EMPOWER INDIVIDUALS TO EMBRACE LEARNING. Our solutions are based on the belief that all human beings are born creative, intuitive and intelligent. We help people to realise that true mastery lies in exploring viewpoints beyond their own, and the continual application of learning.



3. ALIGNMENT OF PERSONAL AND ORGANISATIONAL GOALS. People become invested in the success of a program when they understand it is about their personal and professional success.



4. SHOWCASING VALUE. People take action only when they fully appreciate the value of doing so. Our programs highlight and demonstrate the practical benefits of the topic.



5. THEORIES INTO ACTION. Powerful theories are only valuable when people are able to convert them into simple, repetitive & visible actions that help them achieve desired results.



6. HIGH APPLICATION TO THEORY RATIO. Experiential programs with a 30-70 knowledge-application ratio and a blend of training and coaching ensures participants gain:

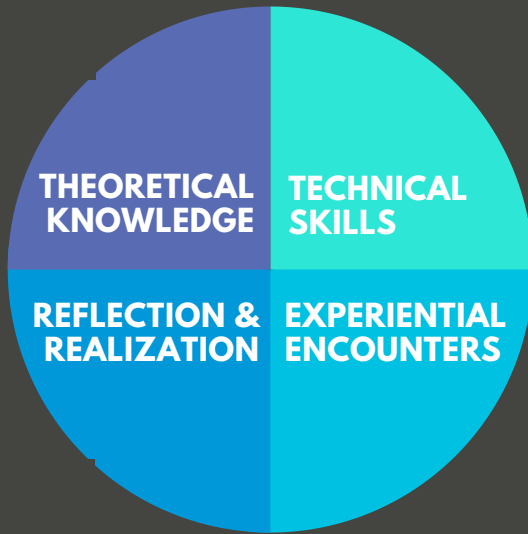
- a. **CLARITY** – In understanding and applying the key concepts
- b. **CONFIDENCE** – In implementing these concepts and ideas
- c. **COMMITMENT TO ACT** – Leaving with a clear, personally chosen action plan

This ensures participants leave every workshop with a simple and well-defined action plan, which they can use naturally and effortlessly.

POWERING REAL TEAMS TO REAL PERFORMANCE

OUR ACTION-BASED LEARNING METHODOLOGY

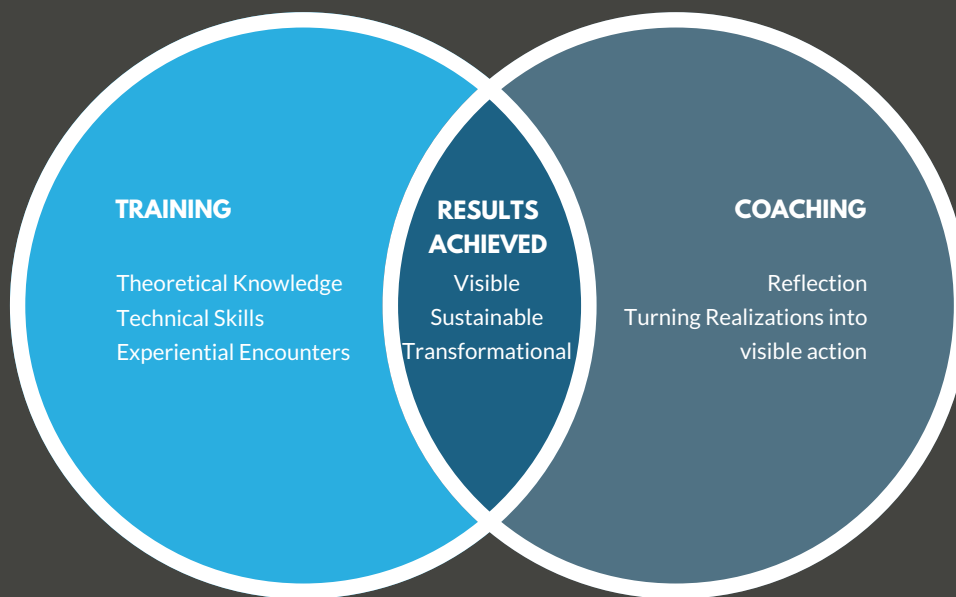
The foundation of all our programmes is a unique Action-based Learning Methodology designed to produce lasting, personal, relevant, and actionable realisations.



The Action-based Learning Methodology has four distinct modes of knowledge production: theoretical knowledge, technical skills, experiential encounters, and reflection and realisation.

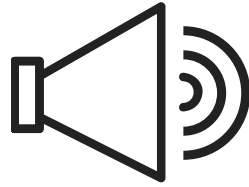
The use of these multiple methods to engage and challenge participants generates the buy-in, commitment, and connection needed to ensure sustainable transformation, and thus, the increase in profitability and productivity.

BLENDED APPROACH OF TRAINING & COACHING



Our unique action-based methodology enables participants, not just to expand their horizons by seeing other concepts, but to also identify Simple-Repetitive-Visible actions, which they can use to implement the concepts, at work and in their personal lives.

TRANSFORMATION THAT IMPACTS ORGANIZATIONS



RESILIENCE SEPARATES 'WINNERS' FROM THE ALSO-RANS

INFLUENCE SOLUTIONS

YOUR **F.I.R.S.T.** LEARNING & DEVELOPMENT PARTNER

***F**uture-ready ***I**nnovative ***R**elevant ***S**trategic ***T**rusted

**FOR MORE INFORMATION, GO TO
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