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THE RESILIENT LEADER: 7 SKILLS TO BOOST YOUR LEADERSHIP STRENGTHS
with Dr. Andrew Shatte
$375 (US) per person

VIRTUAL SESSION (3-HOUR)

THE RESILIENT LEADER: 7 SKILLS TO BOOST YOUR LEADERSHIP STRENGTHS

In this session you will learn about 7 ways to grow your leadership abilities and foster resilience on the part of yourself and those you lead. You will receive a personal profile of your strengths and weaknesses across the 5 strengths that make an excellent and resilient leader - Integrity, Mentoring, Aligned Values, Results, & Connection to the job. We will evaluate your top leadership priorities and learn if the time allocated to each is a match. We will assess your self rating of your leadership abilities and determine whether you tend to overestimate those abilities. And then we'll delve into 5 concrete skills to boost each of the 5 strengths of resilient leadership. Participants will learn how to convey integrity to direct reports, about the Optimism Gap that exists between leaders and employees (and how to bridge it); and how to align personal values with the values of your organization for optimal performance on the part of both individuals and teams.

DR. ANDREW SHATTE

Dr. Andrew Shatte is the founder and President of Phoenix Life Academy. He is a fellow with the Brookings Institution where he facilitates programs for high-level audiences from the Department of Defense, Homeland Security, the IRS, NASA, the CIA, and all branches of the military. He served as adjunct Assistant Professor of Psychology at the University of Pennsylvania from 2000 to 2006, and was a highly decorated teacher - in 2003, he was voted the best professor by students in the School of Arts and Sciences and in 2006 he received the Dean's Award for Distinguished Teaching.Dr. Shatte has devoted his career to understanding the psychological aspects of motivation, leadership, and resilience and to developing programs to optimize human performance in a wide array of arenas - the workplace, in health, in academics, and in sports. Dr. Shatte; is co-author of meQuilibrium and The Resilience Factor.

TOPICS COVERED

NAILING DOWN THE CONCEPT - WHAT IS RESILIENCE?

HOW RESILIENT ARE YOU?

UNDERSTAND YOUR HIGHS AND LOWS ON THE 7 INNER STRENGTHS OF RESILIENCE

THE 7 SKILLS OF RESILIENCE

WHICH OF THE 7 WILL HELP YOU MOST?

4 SKILLS TO BEAT ADVERSITY AND STRESS

SKILL 1 - LOCATING EMOTION RADAR - HOW OUR THINKING DRIVES WHAT WE FEEL AND WHAT WE DO

SKILL 2 - AVOIDING THINKING TRAPS - HOW TO SIDESTEP THE 7 MOST COMMON MISTAKES IN OUR THINKING

SKILL 3 - NAVIGATING AROUND PROBLEM ICEBERGS - HOW TO MELT, STEER AROUND, OR EMBRACE THE DEEP BELIEFS WE HAVE ABOUT OURSELVES AND OUR WORLD

SKILL 4 - GETTING FLEXIBLE WITH EXPLANATIONS - HOW TO CHANGE OUR THINKING FOR MORE EFFECTIVE PROBLEM SOLVING

3 SKILLS TO CAPITALIZE ON THE POSITIVE

SKILL 5 - HARNESSING RESILIENT EMOTION RADARS - EXPLORING THE POSITIVE EMOTIONS WE FEEL AT WORK AND HOW TO GET MORE OF THEM

SKILL 6 - TAPPING RESILIENT ICEBERGS - HOW TO UNCOVER AND GET MOTIVATED BY OUR POSITIVE VALUES ABOUT LEADERSHIP AND WORK

SKILL 7 - GETTING CONNECTED - HOW TO BECOME MORE CONNECTED TO YOUR JOB AND TO FIND MORE MEANING AND SATISFACTION AT WORK AND AT HOME

YOUR RESILIENCE ACTION PLAN

DEVELOP CONCRETE STEPS TO BOOST RESILIENCE MOVING FORWARD

FOR REGISTRATION PLEASE CONTACT: - IMS Regional Director -
Phone: Email: Website: **https://ims-online.com/leadership-development//**