



RESILIENCE AT WORK PROGRAM

STAYING SANE IN RIDICULOUSLY UNCERTAIN TIMES

Resilience is THE talked about quality that people and companies would like to see increased to cope with these uncertain and fast changing times

— “

Resilience is the ability to deal with the ups and downs effectively and bounce back quickly. It is a bit like a roly-poly toy that flips back to its original position after being pushed out of balance.

” —



PROGRAM FEATURES

8 INTERACTIVE
live workshops on
different aspects
of resilience

Mix & Match
to company
requirements

BONUS
Introduction
module with full
program

90 Min
modules
delivered online
(Zoom)

8 RESILIENCE WORKSHOP TOPICS

- ✓ Mindfulness
- ✓ Self-care
- ✓ Acceptance
- ✓ Self-efficacy

- ✓ Impulse control
- ✓ Realistic optimism
- ✓ Solution Orientation
- ✓ Network Orientation



WHAT YOU WILL LEARN

- Different aspects of resilience
- Strengthen your inner sage vs your inner critic
- Scientific research-based strategies to increase personal resilience
- Reducing inner resistance and pressure to external factors
- Actively manage your well-being and mental health
- Practical exercises for everyday use

WHO ARE THESE WORKSHOPS FOR?



CONTACT ILONA

- ☎ 0410-344 245
- ✉ Ilona@dancingwiththedragons.com
- 🌐 <https://dancingwiththedragons.com>