

PART OF THE CHANGE ANYTHING™ CHANGE TRAINING SERIES

# RESILIENT TO ANYTHING™

HOW TO NOT JUST BOUNCE BACK;  
HOW TO *BOUNCE FORWARD*



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## WHAT IS IT ABOUT?

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Resilient to Anything™ is the story of **How To Bounce Forward**, and explores the 9 Routes to Resilience, bringing the 5 Pillars of Resilience (mental, emotional, physical, social and spiritual) to life.

Delivered in a unique and inspiring way, Resilient to Anything™ enables leaders and managers to become aware of, understand, the options available to them to build resilience, and to create a plan to build their own personal resilience quotient (RQ), and assist their teams to develop theirs.

Supported by case studies, personal stories, and facilitated discussion, together with individual reflection, participants develop strategies to increase their resilience and underpin, rather than undermine, their team's resilience to change.

## ABOUT US

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Our mission at Changing Change International (CCI) is create great places to work, through supporting companies to attune their CULTURE, TEAMS and BUSINESS.

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# RESILIENT TO ANYTHING™

## HOW TO NOT JUST BOUNCE BACK; HOW TO *BOUNCE FORWARD*

### You and your team will have strategies for:

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- ▶ harnessing courage to increase confidence
- ▶ getting comfortable with, and embracing, change
- ▶ dropping the 'mask' and becoming an authentic leader
- ▶ creating boundaries and standards
- ▶ developing emotional intelligence
- ▶ creating a growth mindset and willingness to embrace 'failure'
- ▶ creating a metaphor that supports your life
- ▶ operating from a foundation of trust
- ▶ using change as an opportunity for growth
- ▶ utilising challenges to help others

READ MORE

### Options

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1. 60 minute keynote talk
2. 2 hour workshop including the creation of – and commitment to – an individual action plan, workbook, and RQ profile
3. A full day unpacking how to *bounce forward*, developing the core RQ elements, and the creation of – and commitment to – an individual action plan, workbook, and individual RQ profile.