

The Resilience Advantage™— Full-Day Session

The Challenge

Your organization, at all levels, deals with unprecedented struggles, uncertainty, complexity and change. They are increasingly unable to keep up with the growing demands which take a toll upon their performance, spirit and contribution. Even top performers are sometimes frayed by trying to handle an incessant onslaught of challenges.

The Vision

Your people have learned how to employ the AQ skill set to handle each difficulty, demand and challenge with grace, clarity and fluidity. Their capacity for handling it all without becoming demoralized or burnt out has expanded. Retention improves as people are drawn to a high AQ, resilient culture and the emerging “can-do” climate. Problem solving acumen is improved and a new lexicon for handling difficulties becomes a part of the organization’s culture.

Program Description

The one-day *The Resilience Advantage* program is comprised of four modules.

1. Discovery—AQ Science
Practical overview of the science of Adversity Quotient (AQ) and its implications for each participant’s challenges and aspirations
2. Measurement—AQ Assessment
Measuring and interpreting AQ and CORE Profile with the complete AQ Profile™.
Discussion and overview of the C-O-R-E dimensions of AQ via kinesthetic learning.

3. Improvement—AQ Tools
Practicing new skills for responding optimally to adversity the moment it strikes, used to measurably improve and rewire one’s AQ. Full implementation of the L-E-A-D process.
4. Integration—Embedding AQ
Linking AQ philosophy and skills to personal and professional challenges and aspirations, as well as current business imperatives.

Outcomes

Individual

- Immediately handle setbacks more calmly and effectively
- Realize steps for breaking down adversity when it strikes
- Coach others through difficulties
- Apply AQ skills within relationships
- Experience clarity and perspective
- Keener problem solving

Organizational

- Emerging norms of resilience, tenacity, optimism
- Greater agility in challenging times
- More positive response to change
- Improved retention
- Expanded capacity
- Improved performance

What’s Included

Prep: AQ Survey
Learn: AQ Program Toolkit
Reinforce: AQ SkillSites. A 90-day, online reinforcement challenge with post session AQ comparative measure.