

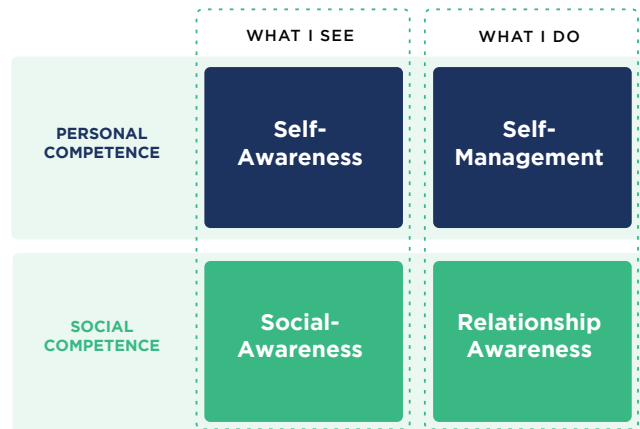
EQ IN ACTION

WELL-BEING: DRIVING RESULTS WITH RESILIENCE

Our ability to bounce back from challenges and emerge stronger than before, resilience, undoubtedly impacts the bottom line for all organizations. Resilience helps individuals, teams, and leaders fortify skills when dealing with challenges. The alternative is allowing challenges to define us, overwhelm us, and render us ineffective.

Resilience also directly impacts well-being. We cannot perform at our best unless we are emotionally, mentally, physically, and socially well. Emotional intelligence, particularly self-awareness, helps clarify what well-being looks and feels like for each of us and helps ensure these elements are present in our lives more often. Resilience is central to our well-being – without it, any challenge we face will throw us off our personal pursuit of well-being.

Simple EQ strategies can help us strengthen our resilience and achieve well-being more often at work and in life. An effective self-awareness technique, for example, is to practice gratitude. When we focus on something we're grateful for, we not only become more aware of what brings us joy, we also decrease the stress hormone cortisol by as much as 23%. This simple strategy helps us develop an attitude of gratitude, building resilience and improving our well-being.



“It’s a myth that hard work is enough to achieve results. Far too often, obstacles are thrown in a leader’s path that require a special set of skills to reach the finish line.”

Dr. Travis Bradberry & Dr. Jean Greaves,
Emotional Intelligence 2.0

COURSE DETAILS

This session will focus on practical tools and strategies for managing stress, understanding the power and benefits of mindfulness, and building resilience. Participants leave with a resilience development plan incorporating an EQ framework and specific resilience strategies, resulting in higher engagement, better performance, and greater well-being.

LEARNING OBJECTIVES

- ✔ Define well-being and how it connects to resilience.
- ✔ Explore the emotion of stress and its relationship to both success and burnout.
- ✔ Learn a resilience framework and discover important, related EQ habits.
- ✔ Practice applying resilience framework.

LEARNING OUTCOMES



Understanding well-being and resilience and their roles in driving results:

Participants will leave with an understanding of what well-being and resilience are, how they are related, the importance of both in achieving results, and potential barriers to success.



Development of a personal well-being framework:

Participants will explore the categories of well-being most essential to their professional and personal success and leave with a better understanding of what is working and areas of focus.



Enhanced resilience skills:

Participants will develop strategies for managing stress and building resilience in several different categories. They will leave with a personal development plan to help them be more effective.

GET STARTED

Click here to learn more about EQ in Action, our new suite of programs designed to address critical challenges in any organization, or contact us at 1-888-818-SMART.