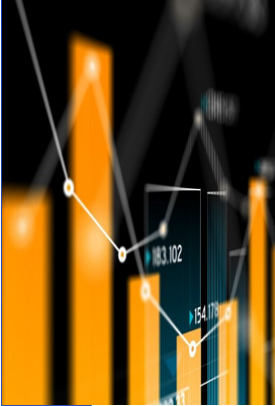


# Building Resilience in a Changing World

## About the Series

Our beliefs, assumptions, and expectations about our world have changed dramatically. The way we achieved happiness and success in the past, may be different today. We might be up one day and down the next.

Being resilient is critical to our peace-of-mind, health, happiness, and achievements. A different kind of preparation and action is needed to challenge old assumptions, balance the needs of oneself and others, understand perspectives, and develop solutions.



## The Resilience Series

### **Mindshift Problem Solving**

Change perspectives to get to better solutions

### **Soft On People, Tough on Performance**

Balance new expectations of people & performance

### **Who Is Assuming What?**

Break down misunderstandings to gain agreement

### **Flexing Style**

Collaborate with diverse personalities

### **Dealing With A Defeat Mindset**

Advocate your position in difficult situations

### **Don't Dump Your "Briefcase"**

Understand what others need from you to say "yes"

## **Learning Approach and Options**

- ◆ Live interactive webinar
- ◆ Scheduled at client's convenience
- ◆ 45-60 minute sessions or option to combine two topics into one session
- ◆ Participants complete 10 minute prework, using their real situations and apply course content during the session to finish with their personalized strategies to execute.

## **Contact**

Janet@Knupppartners.com