

Surviving the Current Crisis and Thriving Beyond



Cultivating Resilience™

Even before the COVID-19 crisis many of us at work felt like we were barely keeping our heads above water. The current global pandemic has thrown us all into an unfamiliar and highly stressful world. The degree of uncertainty is mind-blowing. Exhaustion and burnout are very real challenges we face. We have to build our resilience to cope with everything coming at us. Being more resilient allows us to focus more effectively and sustain our efforts over time.

Change Essentials LLC's Cultivating Resilience™ program is a 4 month highly interactive facilitated online program specially designed for organizations to deploy quickly to strengthen individual resilience.

- 🦋 **Delivered in structured online modules** over time.
- 🦋 **Immediately practical.** Participants reduce their stress now while strengthening their resilience over time.
- 🦋 **Offered through a cohort format to enable relationship and community building** across an organization.
- 🦋 **Highly tailorable.** The case studies and language used are tailorable to resonate in your organization.
- 🦋 **Action-oriented, engaging and practical.** Participants can interact and reflect during the online facilitated sessions. They apply what they are learning back on the job.
- 🦋 **Supplemented by up to 10 hours of 1:1 coaching** to deepen participant learning and sustain results.

Past resilience programs designed and run by Change Essentials **increased participants' organizational commitment by 12% to 17%** and **strengthened resilience skills by 60% to 70%**.

Format

A typical 4 Month Cultivating Resilience™ program is delivered virtually via Zoom in 3-hour increments offered biweekly. Up to 60 participants can form an organizational cohort. Cultivating Resilience™ topics include:

- **Managing Priorities**
- **Having Clear Boundaries**
- **Understanding Your Triggers and Locus of Control**
- **Emotional Intelligence**
- **Learned Optimism**

About Us

Change Essentials LLC team members have been designing and leading research-based resilience-focused programs in commercial and public sector organizations for 8+ years. We have presented at conferences and taught in universities on topics such as the Psychology of Resilience. We are certified as Resilient Leadership® coaches. Change Essentials LLC is based in VA and registered as a Woman-Owned Small Business (WOSB). **DUNS #: 079875780.**

To speak to a Change Essentials Team Member about your organization's resilience needs, call **571-594-3591** or contact skeenan@changeessentials.com.

To learn more, visit changeessentials.com