

Resilience



Becoming an Essentialist

PARTNER OF



HRP International – Human Resources Planning

62, Alexandras Avenue, Athens 11473 | T: +302108252095 | F: +30210 8256144 | E: info@hrp.gr | W: www.hrp.gr

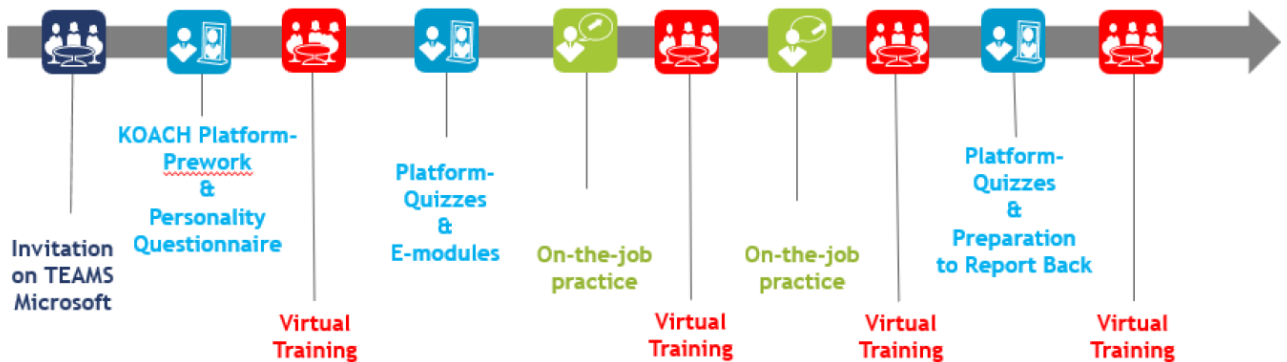
Audience

Leaders, Managers, Individuals, any professional interested in becoming more resilient

Burnout is a syndrome brought about by chronic workplace stress. A small amount of stress can make us more alert and productive, but our bodies do not cope well with repeated spikes. Experiencing regular small stressors during the day over several months may result in under-performing and make it unlikely for one to recover sufficiently.

Methodology

“Resilience” is a 3rd generation training, combining behavioural elements with personal introspection and self-questioning. Instruction, questionnaires, self-observation group discussion and stretch assignments will be employed to help participants reflect on and expand their resilience strategies.



Benefits

1. Become aware of Stressors
2. Apply healthy habits
3. Reduce time in Stress Zone
4. Identify signs of Burnout in others and help them cope
5. Practice Mindfulness.

Practical Information

The Company

HRP is a consulting company specialized in assessing and developing leaders, managers, and individual contributors. Find out more about us on: <https://hrp.gr>

Your Facilitator for this program:



Ioannis Lagoudakis,

<https://www.linkedin.com/in/ioannislagoudakis/>

Dates & Time

Contact HRP for more information

Your Investment

Contact HRP for more information

Content

Sessions 1-2:

My Stressors

- My Stressors: individual presentations – group discussion
- Stress intensity: Stakes vs. Resources
- My Allergies: when Strengths reveal Allergies.
- The Four Stages of Resilience
- The Resilience Questionnaire

Session 3-4:

My Strategies

- Resilience Strategies
- Principles of Time Management
- Self-hacking: Body, Breathing, Dreaming
- My Stretch Assignment for the next 6 months