



The Emotionally Resilient Leader

Harnessing Your Emotional Resilience to Lead in Times of Crisis

► Upcoming Sessions

06-10 May 2024	Houston - USA	\$6,950
10-14 Jun 2024	Rome - Italy	\$5,950
01-05 Jul 2024	Dubai - UAE	\$5,950
19-23 Aug 2024	Dubai - UAE	\$5,950
30 Sep-04 Oct 2024	London - UK	\$5,950
02-06 Dec 2024	Istanbul - Turkey	\$5,950
27-31 Jan 2025	Dubai - UAE	\$5,950

► Training Details

Training Course Overview

A key leadership factor identified from the COVID-19 pandemic, highlighted a requirement for a different leadership mindset. A special type of leader is required to face these challenges now - and in the future - leaders who possess 'Emotional Resilience' (ER). Emotional Resilience (ER) 'the ability to cope in times of pressure and stress', is now a key differentiator for leaders in the present and for the future.

This truly innovative, dynamic and highly interactive Anderson training course has been developed to explore new approaches of leading through the development of your Emotional Resilience (ER). This is now one of the most important leadership attributes to face the challenges in the emerging 'new normal' world, and those who possess this knowledge and understanding will succeed.

Training Course Objectives

By the end of this Anderson training course, participants will be able to:

- Understand the power of Emotional Resilience (ER) verses Emotional Intelligence (EI)
- Develop your Emotional Resilience to cope with varying change and crisis
- Influence and build strong emotional connections with others
- Apply techniques to lead others through your Emotional Resilience presence
- Demonstrate performance and mental fortitude mind set techniques
- Build self-confidence and organisational Emotional Resilience

Designed For

This training course will help you to become emotionally resilient and help you to remain

calm, confident and in control in all situations.

This Anderson training course is suitable to a wide range of professionals but will greatly benefit:

- ▶ Senior Executives
- ▶ Business Leaders
- ▶ Managers
- ▶ Team leaders
- ▶ Those working in high pressure roles
- ▶ Those suffering from stress
- ▶ People who wish to deal with negative thoughts
- ▶ People who suffer from overthinking
- ▶ Those wishing to build their self confidence

▶ Training Details

Day One: The Importance of Emotional Resilience to Lead

- ▶ The changing face of Leadership: VUCA, Pandemics and Disasters
- ▶ Defining Emotional Resilience and its future importance
- ▶ Emotional Resilience (ER) V Emotional Intelligence (EI)
- ▶ The importance of defining your personal leadership presence
- ▶ The rapid impact of Change and how to Lead
- ▶ Profile Assessment (*leadership & ER profile*) and review

Day Two: Developing Your Emotional Resilience Inner Strength

- ▶ The power of the mind
- ▶ Skills to improve your positive mental attitude (PMA)
- ▶ Controlling your inner reactions and mental discipline
- ▶ Taking account for actions and dealing with the consequences
- ▶ Developing mindful tenacity and assertiveness
- ▶ Testing your Emotional Resilience: practical exercise

Day Three: Leading through Emotional Resilience Decision Making

- ▶ Rapid problem-solving techniques: problem and need
- ▶ Develop your Creative and Rapid Thinking: models and skills
- ▶ Using Advanced Structured Idea generation techniques
- ▶ From Problem to the Solution: key factors in decision making
- ▶ Understanding Convergent and Divergent decision making
- ▶ The Decision-Making Funnel Model

Day Four: Overcoming Conflict, Negativity and Stressful Situations

- ▶ Overcoming negativity in self and others
- ▶ Gaining trust & positive influence
- ▶ Dealing with conflict in a positive way
- ▶ Coping strategies for stressful situations: mental fortitude
- ▶ Ensuring the well-being of others and your team
- ▶ Leading through empowerment

Day Five: Personal Emotional Resilience Leadership & Culture

- ▶ Defining organisational culture
- ▶ The key benefits of a strong Emotional Resilient organisation
- ▶ Developing the key organisational messages needed
- ▶ Embedding well-being and emotional resilience in the organization
- ▶ Producing your Personal Emotional Development Action Plan
- ▶ Next Steps on your Emotional Resilience Leadership journey

► The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

► INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

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