



## Developing as an Emotionally Resilient Leader

Leading in Times of Crisis

### ► Training Details

#### Online Training Course Overview

The COVID-19 pandemic has brought rapid change and upheaval to the business world. These challenges have identified a requirement for a different kind of mindset: the ability to deal with rapid pressure and stress; and have the mental capacity and fortitude to lead.

This innovative, 2-day Anderson online 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 new emerging world and deal with the 'new normal'.

#### Designed For

**This Anderson online training course is suitable to a wide range of professionals but will greatly benefit those who need to develop their Emotional Resilience (ER).**

- Senior Executives
- Business Leaders
- Managers

#### Online Training Course Outline

**Amongst a wide range of valuable topics, the following will be prioritised:**

##### Day 1: 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 rapid impact of Change and how to Lead
- The power of the mind
- Skills to improve your positive mental attitude (PMA)

##### Day 2: Emotional Resilience and Decision Making

- Controlling your inner reactions and mental discipline
- Taking account for actions and dealing with the consequences
- Developing mindful tenacity and assertiveness
- Rapid problem-solving questions, dialogue and creativity
- Making decisions that matter
- Review and Development Plan

### ► Preview

**First Session** : 11:00 - 12:30

**1<sup>st</sup> Break** : 12:30 - 12:45

**Second Session : 12:45 - 14:15**

**2<sup>nd</sup> Break : 14:15 - 14:30**

**Third Session : 14:30 - 16:00**

## ► The Certificate

Anderson e-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](mailto:info@anderson.ae)

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

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