



The Emotionally Resilient Leader

Harnessing Your Emotional Resilience to Lead in Times of Crisis

► Upcoming Sessions

24-28 Jun 2024	Online	\$3,950
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► Training Details

Online 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 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 emerging 'new normal' world, and those who possess this knowledge and understanding will succeed.

Online Training Course Objectives

By the end of this Anderson online 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 online training course will help you to become emotionally resilient and help you to remain calm, confident and in control in all situations.

This Anderson online 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

Online Training Course Outline

Among a range of valuable topics, the following will be given high priority:

- ▶ The importance of emotional resilience (ER) to Lead
- ▶ Emotional Resilience (ER) V Emotional Intelligence (EI)
- ▶ Developing your Emotional Resilience inner strength
- ▶ Skills to improve your positive mental attitude (PMA)
- ▶ Developing mindful tenacity and assertiveness
- ▶ Leading through Emotional Resilience Decision Making
- ▶ Develop your Creative and Rapid Thinking: models and skills
- ▶ The Decision Making Funnel Model
- ▶ Overcoming conflict, negativity and stressful situations
- ▶ Developing Emotional Resilience Leadership & Culture

▶ Preview

10:30 - 11:00	:	Welcome, Setup, Registration
11:00 - 12:30	:	First Session
12:30 - 12:45	:	Break (15 minutes)
12:45 - 14:15	:	Second Session
14:15 - 14:30	:	Break (15 minutes)
14:30 - 16:00	:	Third Session

▶ The Certificate

An Anderson e-Certificate will be provided to delegates who attend and complete the online training 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:

Email: inhouse@anderson.ae

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