



# ADAPTIVE MINDSET FOR RESILIENCY

*Overcome change fatigue.  
Turn challenges into opportunity.*

Half-Day Workshop | November 4, 2019 | Singapore

**Our mindset** encompasses what is going on inside – our thoughts, perceptions and subconscious psychology. Mindset skills are all about overcoming the natural, counterproductive tendencies that have developed that get in the way of personal and organizational success. For example, we are naturally wired to process information with a negativity bias, subconsciously assuming the worst.

Resilience is the ability to bounce back in times of adversity and to see opportunities in change. TRACOM's Resilient Mindset Model™ is based on the latest in neuroscience. It teaches how our brain's genetic negative predisposition to change limits performance and increases stress. TRACOM's Adaptive Mindset For Resiliency training program teaches practical strategies for altering negative responses to stress. By focusing on resilience training, you can establish a thriving culture where flexibility and adaptability are competitive advantages.

Adapting to change is necessary for long-term organizational success, but people strongly dislike change. Resilience training actually changes the way people think about and deal with change. And, when your people are on board, your performance improves.

## Objectives

After completing this workshop, you will be able to:

- Recognize your personal stress and the effect it has on your behavior.
- Describe common reactions to adversity, and recognize those patterns with yourself.
- Identify your own strengths in terms of personal resilience.
- Learn to enhance your resilience.

## Target Audience

- Managers/Executives
- Team Leaders/Members
- Sales/Technical Professionals
- Individual Contributors

## Participant Materials

Each participant will receive:

- Adaptive Mindset For Resiliency Concepts Guide
- Adaptive Mindset For Resiliency Self-Perception Questionnaire
- Adaptive Mindset For Resiliency Strategies Ball
- Application Worksheets
- Certificate Of Accomplishment



## Outline

- Introduction
  - Agenda
  - Objectives
  - What Is Resilience And Why Is It Important?
  - Resilience Benefits Exercise
- Resiliency Self-Perception Questionnaire
- Emotions, Behavior, And The Brain
  - Our Negativity Bias
  - Resiliency Route
  - Happiness Set-Point
- Elements Of Resiliency
  - Resilient Mindset Model™
- Resilient Mindset Self-Perception Profile Report
  - Profile Scoring and Interpretation
  - Profile Discussion/Breakout
  - Resiliency Route
- Strategies For Developing Resiliency
  - CAB/CAR And DRAINING
  - Automatic Thinking Identification Exercise
  - Challenging Your Automatic Thoughts Exercise
  - Resiliency Route
  - Developing Mindfulness
  - Acting "As If"
  - Developing Gratitude
  - Giving
  - Setting Ambitious Goals
  - The GROW Model
  - Grow Exercise
  - Resiliency Route
  - Building Resilience Summary
- Session Summary, Next Steps And Close



CENTER FOR LEADERSHIP STUDIES (ASIA) PTE LTD

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## Registration

- Online:  
www.cls-asia.net/amr-2019-11-04.html
- Email:  
asksg@cls-asia.com
- Mail:  
CENTER FOR LEADERSHIP STUDIES (ASIA) PTE LTD  
391B Orchard Road #23-01  
Ngee Ann City Tower B  
Singapore 238874

## Participant

- Mr/Mrs/Ms/Mdm/Dr \_\_\_\_\_
- Name \_\_\_\_\_
- Job Title \_\_\_\_\_
- Mobile \_\_\_\_\_
- Email \_\_\_\_\_
- Company \_\_\_\_\_
- Address \_\_\_\_\_
- Tel \_\_\_\_\_
- Fax \_\_\_\_\_
- Enclosed is the check # \_\_\_\_\_
- for S\$ \_\_\_\_\_ made payable to \_\_\_\_\_
- Center for Leadership Studies \_\_\_\_\_
- (Asia) Pte Ltd \_\_\_\_\_

## Contact Person If Different From Participant

- Mr/Mrs/Ms/Mdm/Dr \_\_\_\_\_
- Name \_\_\_\_\_
- Job Title \_\_\_\_\_
- Mobile \_\_\_\_\_
- Email \_\_\_\_\_

## Administrative Details

- Date: November 4, 2019 (Half-Day)
- Time: 9.00 am – 12.30 pm
- Early Bird Fee: S\$450/participant  
Register and pay before October 7, 2019
- Regular Fee: S\$500/participant
- Venue: Orchard Hotel Singapore  
442 Orchard Road  
Singapore 238879
- Closing Date: October 21, 2019
- Registration and Payment:  
Registration may be made by mail, fax, email or online. Payment must be received to confirm the registration. Check should be crossed and made payable to Center for Leadership Studies (Asia) Pte Ltd.
- Refund of Fees:  
Full refund of course fee will be given if written notice of withdrawal is received not less than three weeks before commencement of the workshop. If no such written notice is received, the invoice for the full course fee will remain payable. A replacement participant is allowed.
- Cancellation/Postponement:  
Center for Leadership Studies (Asia) Pte Ltd reserves the right to cancel or postpone the workshop due to any unforeseen circumstances.

## Workshop Leader



TAN JOO SEET offers training, coaching and consulting in social intelligence and leadership development – helping clients to leverage human performance and enhance overall organizational performance. He brings

with him four decades of business, management and consulting experience; and has worked in 26 countries in Asia-Pacific, Europe and North America.

During his 30 years in training and consulting he has worked with more than 400 clients. He is a frequent speaker at professional and business conferences, and writes regularly. Over 30 of his articles have been published. He was featured in the television program *Money Matters*, and co-hosted the radio series *Working Matters*.

After completing his tertiary education in engineering, Joo Seet did the Master of Management, the Graduate Diploma in Personnel Management, and the Advanced Diploma in International Marketing. He is a Certified Business Planning Consultant and a Chartered Marketer.

Joo Seet is the Managing Director of Center for Leadership Studies (Asia) with offices in Singapore and Hong Kong. He is also the founder and Director of Human Edge Organization, and Performance Learning. He has also served as Managing Director (Asia) of Zenger-Miller from 1985 to 1996. Since 1987, he has been working with Dr Paul Hersey and the Center for Leadership Studies.

In addition to his training, coaching and consulting experience, he has held regional management positions in human resources, sales and marketing, business development and general management in telecommunication, aviation, manufacturing, medical systems and IT. He has worked with the government, government-linked companies and multinational organizations.

He participated in the United Nations Development Program/International Telecommunication Union projects on the setting up of the telecommunication training center, and instructional technology and course development. He also developed and coordinated regional training for the United Nations Development Program/International Civil Aviation Organization.

## In-Company Workshop

Contact us for more information



### Leadership.Relationship.Performance

We provide training, coaching and consulting in social intelligence and leadership development. Since 1985 we have been helping clients to leverage human performance and enhance overall organizational performance. We have worked with more than 500 clients in 26 countries in Asia-Pacific, Europe and North America. From our offices in Singapore and Hong Kong we work with our clients and support global client implementations worldwide.

Through our proven leadership building and social intelligence solutions, a leader is never taken by surprise and will always have in hand the way to the success. We build leaders that accommodate and thrive through all adversity. No matter where you are, in whatever country or culture, our process is completely adaptable and applicable to you and your organization.