



# ADAPTIVE MINDSET<sup>®</sup>

## Developing a Resilient Mindset<sup>™</sup>



### One-Day Course

#### AUDIENCE

Managerial, Sales & Universal

#### ASSESSMENTS AVAILABLE

Adaptive Mindset for Resiliency<sup>®</sup>  
Multi-rater Profile

#### USE

Resiliency training course helps participants understand sources of stress and manage their reactions for greater workplace performance.



#### PRODUCT DESCRIPTION

**Developing a Resilient Mindset** is TRACOM's one-day course to build resiliency and high performance in a fast-paced world. Resiliency is a way to productively deal with stress and overcome the brain's natural, counter-productive ways of thinking.

Research shows that highly resilient people respond to challenges with flexibility, bounce back from challenges, and even find opportunities within workplace stress. They perform more effectively in their jobs, are healthier, more engaged with their work, and have higher commitment to their organizations. The good news for employees and organizations is that resilience can be learned and developed.

This program teaches people about the sources of their stress, their response pattern to stress, and practical strategies for altering those responses. The program is based on decades of research on resiliency as well as new and groundbreaking research in neuroscience.

#### STRESS IN THE WORKPLACE

Research shows that stress has a negative influence on individuals and organizations including:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Job pressure is top cause of stress in the United States
- Stress is linked to the six leading causes of death
- Stress costs American companies \$300 billion annually and causes one million daily work absences
- Stress is 4 times more likely to cause absences than workplace accidents or disease

#### BENEFITS

- Recognize your personal stress and the effect it has on your behavior
- Describe common reactions to adversity, and recognize those patterns within yourself
- Identify your own strengths in terms of personal resilience
- Enhance resilience in yourself and others using certain key strategies



# ADAPTIVE MINDSET®



## THE PARTICIPANT PACKAGE INCLUDES

Participant Workbook • Resource Guide • Strategies for Building Resiliency card • Resiliency Roadmap • Strategies Ball • Adaptive Mindset for Resiliency® Multi-rater Profile Report

## Developing a Resilient Mindset™



## One-Day Course Agenda

### ADMINISTRATIVE TOOLS FOR COURSE DELIVERY

Facilitating this course requires certification. You may choose to certify your own staff or use TRACOM®'s certified instructors.

### THE ADMIN KIT INCLUDES

Facilitator Guide • Participant Package • Resource CD with PowerPoint Presentation, Handouts, Session Evaluation Form, Participant Certificate Template • Adaptive Mindset for Resiliency Multi-rater Profile Guide and Technical Report • Obstacle Course Exercise Kit • Carrying Case

### WHAT IS SOCIAL INTELLIGENCE?

Social Intelligences focuses on the three key personal success factors: Emotional Intelligence, Mindset and Behavioral Style. Through years of research and proven methodology, the TRACOM Group has helped millions of people better understand themselves and identify strategies for more positive outcomes and professional success.

TRACOM also offers SOCIAL STYLE® assessments and courses to improve interpersonal effectiveness with Behavioral Style training. TRACOM's Behavioral EQ® family of assessments and courses develop crucial emotional intelligence abilities.

#### Introduction

- Welcome, Logistics, Agreements, Agenda, Objectives
- Participant Introductions
- Resilience Activity
- What is Resilience and Why Does it Matter?
- Resilience Benefits Exercise
- Change Exercise

#### Emotions, Behavior and the Brain

- Our Negativity Bias
- Our Emotional and Logical Brain
- Happiness Set-Point

#### Elements of Resiliency

- What does Resiliency Look Like?
- Resilient Mindset Model

#### Resilient Mindset Multi-Rater Profile Report

- Profile Description
- Multi-Rater Profile Discussion/ Breakout
- Resiliency Roadmap

#### Lunch

#### Strategies for Developing Resiliency

- CAB/CAR and DRAINING
- Developing Mindfulness
- Acting "As If"
- Developing Gratitude
- Giving
- Setting Ambitious Goals
- Building the Resilience in Your Team
- The GROW Model
- Building Resilience Summary

#### Session Summary

- Summary and Headline Activity
- Next Steps

#### Session Conclusion

CENTER FOR LEADERSHIP STUDIES (ASIA) PTE LTD

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