



# Adaptive Mindset™: Building Resiliency

HALF-DAY WORKSHOP ~ JULY 14, 2015 ~ HONG KONG

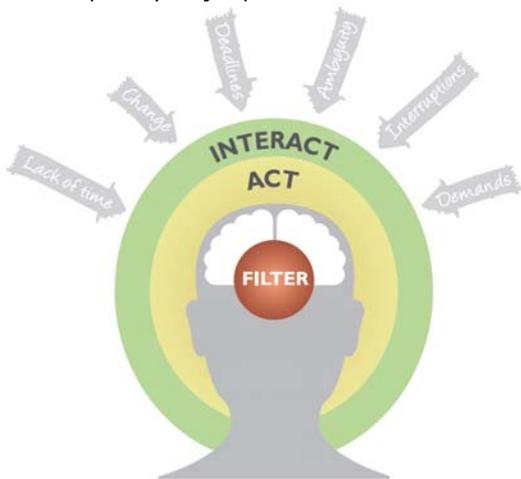


## NEUROSCIENCE HOLDS THE KEY TO BOOSTING RESILIENCY

Our mindset encompasses what is going on inside – our thoughts, perceptions and subconscious psychology. Although people do not see what is going on inside our heads, our mindset greatly affects our outward behavior and the ways in which we interact with others.

Mindset skills are all about overcoming the natural, counterproductive tendencies we have developed over the centuries that get in the way of personal success. For example, we are naturally wired to process information with a negativity bias, subconsciously assuming the worst. As another example, many people have a natural tendency to catastrophize small problems, bringing about strong emotional responses to minor adversities. These natural tendencies can have huge impacts on workplace productivity, employee morale and even company culture.

**Building Resiliency** teaches people about the sources of their stress, their response patterns to stress, and practical strategies for altering those responses. The Concepts Guide is based on decades of research on resiliency, as well as new and groundbreaking research in neuroscience. You will gain insights about yourself and learn about concrete ways to buffer yourself from workplace stress. You will be able to use these skills immediately to enhance your resilience and improve your job performance.



## TARGET AUDIENCE

- Managers
- Team leaders
- Sales Professionals
- Technical professional
- Team members
- Individual contributors

## PROGRAM OBJECTIVES

Upon completion of this program, participants should 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.

## PROGRAM AGENDA

- **Introduction**
  - Agenda And Objectives
  - Resiliency Self-Perception Paper Questionnaire
  - What Is Resilience And Why Is It Important?
  - Resilience Benefits Exercise
  - Change Exercise
- **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
- **Summary, Next Steps And Close**

## PARTICIPANT MATERIALS

Each participant will receive:

- Adaptive Mindset For Resiliency™ Self-Perception Questionnaire
- Adaptive Mindset for Resiliency™ Concepts Guide

**TRACOM® GROUP**

INTERNATIONAL DISTRIBUTOR

**CENTER FOR LEADERSHIP STUDIES (ASIA) PTE LTD**

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# Adaptive Mindset™: Building Resiliency

## ADMINISTRATIVE DETAILS

**Language** : English  
**Date** : July 14, 2015  
**Time** : 9.00am – 1.00pm

### Early Bird Fee:

Register and pay before June 15, 2015  
 ▪ Single Registration: HK\$3,200/participant  
 ▪ Group Discount: Register three or more participants at HK\$2,800/participant

### Regular Fee:

▪ Single Registration: HK\$3,600/participant  
 ▪ Group Discount: Register three or more participants at HK\$3,200/participant

**Venue** : Regal Hong Kong Hotel  
 88 Yee Wo Street  
 Causeway Bay, Hong Kong

**Closing Date:** June 29, 2015

### Registration and Payment:

Registrations may be made by mail, fax, email or online. All cheques 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.

### 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 in leadership and interpersonal effectiveness – helping clients to leverage human performance and enhance overall

organizational performance. He brings with him over 30 years of business, management and consulting experience; and has worked in 26 countries in Asia-Pacific, Europe and North America.

During his 20 over 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, Malaysia 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.

## ABOUT THE CENTER

# TRACOM® GROUP

### INTERNATIONAL DISTRIBUTOR

We have been providing training and consulting in leadership and interpersonal effectiveness since 1985 – 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, Malaysia and Hong Kong we work with our clients and support global client implementation worldwide.

We build our future by helping our clients build and develop leaders who will consistently rank as the top performers in their industries. Leaders who can embrace and leverage the change that is a constant presence in today's and tomorrow's worlds. Leaders who attract and keep top talent and know how to grow the efficiency and effectiveness critical to dependable success. We deliver our value in partnership with our clients who come to see us as an important, strategic addition to their organizations.

Through our proven leadership building 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.

## YOU ARE IN GOOD COMPANY

### Some of our clients:

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## IN-COMPANY WORKSHOP

Contact us for more information

## REGISTRATION

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Mr/Mrs/Ms/Mdm/Dr

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Job Title

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Enclosed is the cheque #

for HK\$

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Center for Leadership Studies (Asia) Pte Ltd

Contact person if different from participant:

Mr/Mrs/Ms/Mdm/Dr

Name

Job Title

Mobile

Email