

Develop Empowered, Resilient People

Keynote

DERP-KN-04 – Emotional Resilience and Agility

Delivery Format

Live online or live in-person.

Who Should Attend?

General

Duration

1 hour.

Keynote Aim

Disruptive change has and continues to part and parcel of life today. Especially in a post-pandemic era where the pressures of “doing more with less” and to embrace digital transformation is the norm. The reality is that if an organization and its’ people are not proactively leading change and growing, it will lose its competitive edge and risk obsolescence. Yet, the stresses of change, not managed well can have a detrimental impact on one’s mental, emotional and spiritual well-being and significantly degrade productivity, outcomes and even workplace relationships.

This dynamic, interactive and inspiring webinar will empower participants with the mind-set, tools and emotional states to cultivate energy-giving states and the resilience and agility to not only cope with but thrive through change and disruption.

Benefits of Attending

You will leave feeling energised and empowered to take charge of the outcomes from any situation you are in and draw confidence from practical insights and tools on how to manage stress and respond with gratitude, inspiration and courage during times of change and disruption.

What It Covers

Topics that will be covered include:

- Trends of the next decade and what’s causing it
- How to deal positively with the emotions of change
- The four questions to ask when faced with uncertainty
- Managing your physiology and language for peak performance