



Building Resilience Overview

When you are leading under pressure, there is an additional layer of skills required to be effective. Over the long term, success in high pressure situations hinges not just on your skills and knowledge, but also on your ability to recover, remain focused, stay energized, and show up motivated every day; in other words, your ability to be resilient.

Building Resilience is a 1 or 2-day workshop with online follow-up that helps participants learn, practice, and master the resilience toolkit used by elite performers in sport and business to **excel under pressure** and **recover from setbacks**.

This workshop is aimed at giving participants an advantage on the journey from where they are (as laid out via the Resiliency Map® self-assessment that is written during the workshop) to where they are going (their vision and North Star). They learn skills for maintaining an optimistic and healthy perspective through difficult times, methods for managing and sustaining energy for optimal performance, how to access and use mental imagery to enhance resilience and a strategy to remain engaged during challenges. These inner skills transform the stress and pressure inherent in moving forward into a growth experience.

Overall Course Objectives:

Participants have the opportunity to

- Discover the sources of pressure in their lives and the strengths they have to address it.
- Become more mindful and aware of the choices they have under pressure
- Carry more energy through the week by reducing the energy they waste and improving their ability to recover
- Choose the perspective and mental 'game film' that supports their ability to be at their best
- Appropriately focus their priorities to reduce 'noise'
- Pay attention to the right things under pressure and reduce missed information that can lead to 'choking'

Resilience Resources

Performance Coaching has over 25 years of experience in teaching resilience skills in the work world. The following links will provide a deeper understanding of our philosophy and tool-kit when it comes to this vital area.



[Watch Dane Jensen overview our Building Resilience Program](#)



[Read our white paper on Resilience](#)



Core Program Description

The Building Resilience program consists of an intensive 1 or 2-day workshop (see the end of this document for agendas), online self-directed follow-up, and then an optional approach to ensure sustainment of the core skills over time.

Online Follow-Up

Within a week following the workshop, participants receive a link to a learning application web page, containing activities and additional resources to help them apply what they've learned in their day to day jobs. Some of the activities require participants to teach concepts to and conduct conversations with their own teams, thereby extending the impact of the learning. Participants receive 3 email prompts (at 30, 60 and 90 days post-workshop) with content refreshers, inquiries about progress against their action plans, and reminders to revisit the web page and complete the activities.

Optional Sustainment Program

We offer an optional additional sustainment program that can include the following two components:

Trainer As Partner

The Trainer As Partner program begins with the creation of a three-month action plan in the workshop. The plan is reviewed by the trainer, who sends tips following the workshop. Then, each participant has a 20-30-minute accountability call with the trainer to review progress and challenges at the three-month mark. The results of these follow-on calls are summarized into an anonymous report that pin-points successes and areas for further attention.

Peer Coaching

Our proprietary Peer Coaching process provides participants with the structure they need to set up partnerships that will lead to greater learning transfer. At the end of the workshop, participants are guided through a process with their partner to set up a two-month peer coaching schedule – building in the time, topics, and method for connecting in order to hold each other accountable.



Building Resilience – 1-Day Agenda (7 hours of content)

8:30AM Start

Program Introduction (8:30 – 9:15)

- Defining Resilience
- The Building Resilience model

Exercise: The Resiliency Map® (9:15 – 11:00)

- Write assessment
- Guided debrief of the results
- Partners exercise to identify next steps

Resilience Choices (11:00 – 11:15)

Focus and Purpose (11:15 – 12:00)

- The importance of focus and purpose to resilience
- The components of focus: purpose, vision, goals, and daily decisions
- Exercise: finding your North Star
- Exercise: articulating a clear and compelling vision

12:00 – 12:45PM - Lunch

Perspective (12:45 – 1:45)

- The impact of perspective on resilience
- The skill of reframing
- Exercise: reframing practice

Energy Management (1:45 – 2:45)

- The thermometer vs. the thermostat
- Turning the thermostat down – breathing / centering
- Turning the thermostat up – recovery / breaks

Break (2:45 – 3:00)

Exercise: Efficiency Audit (3:00 – 4:00)

Imagery (4:00 – 4:15)

- The impact of imagery on resilience
- Exercise: gauging your capacity for imagery

Action Planning & Close (4:15 – 4:30)

4:30PM Finish



Building Resilience – 2-Day Agenda (14 hours of content)

Day 1 - 8:30AM Start	Day 2 – 8:30AM Start
<p>Program Introduction (8:30 – 9:30)</p> <ul style="list-style-type: none">• Defining Resilience• The Building Resilience model <p>Exercise: The Resiliency Map® (9:30 – 11:30)</p> <ul style="list-style-type: none">• Write assessment• Guided debrief of the results• Partners exercise to identify next steps <p>Resilience Choices (11:30 – 12:00)</p> <ul style="list-style-type: none">• Four resilience choices• Building physical resilience	<p>Day 1 Review (8:30 – 8:45)</p> <p>Energy Management Continued: Turning Up + Efficiency Audit (8:45– 10:40)</p> <ul style="list-style-type: none">• Turning the thermostat up• How we lose energy• Exercise: Efficiency audit• Break <p>Imagery (10:40 – 12:10)</p> <ul style="list-style-type: none">• The impact of imagery on resilience• Exercise: gauging your capacity for imagery• Uses of imagery
12:00 – 12:45PM Lunch	12:10 – 1:00PM Lunch
<p>Perspective (12:45 – 2:00)</p> <ul style="list-style-type: none">• The impact of perspective on resilience• The skill of reframing• Exercise: reframing practice• Hardiness and resilience• Exercise: ‘real’ reframing <p>Break (2:00 – 2:15)</p> <p>Energy Management (2:15 – 4:15)</p> <ul style="list-style-type: none">• The thermometer vs. the thermostat• Turning the thermostat down – breathing / centering• The impact of deep relaxation on resilience• Exercise: guided deep relaxation <p>Tweets and Day 1 Close (4:15 – 4:30)</p>	<p>The Role of the ‘Self’ (1:00 – 1:40)</p> <p>Focus and Purpose (1:40 – 2:45)</p> <ul style="list-style-type: none">• The importance of focus and purpose to resilience• The components of focus: purpose, vision, goals, and daily decisions• Exercise: finding your North Star• Exercise: articulating a clear and compelling vision <p>Break (2:45 – 3:00)</p> <p>Content review + peer coaching (3:00 – 4:10)</p> <ul style="list-style-type: none">• Carousel exercise to review content• Choose a next step / goal• Peer coaching• Debrief of next steps <p>Action Planning & Close (4:10 – 4:30)</p>
4:30PM Finish	4:30PM Finish