Adaptive Resilience

Foundational tools and practices to work more skillfully with difficult emotions, uncertainty and change, leading to increased team performance and well-being.

This program from the Search Inside Yourself Leadership Institute helps to build the behaviors, mental habits and practices that promote personal resilience while growing a resilient culture within teams and organizations.

This 3-part series is available for in-person delivery or as a live online training. Sessions are structured into three modules that offer simple, practical, and applied tools for building resilience and thriving especially in challenging times or environments.

Adaptive resilience is the ability to recover from adversity, adapt and thrive. It builds the capacity to be productive, resourceful and creative while dealing with changing circumstances or adversity.

Focus

Learning tools to manage stress and overwhelm, while staying motivated and focused in difficult and uncertain times.

Adapt

Growing mindsets and skills for adaptability and creativity in a Volatile, Uncertain, Complex and Ambiguous World.

Thrive

Creating a change-capable culture by growing empathy, trust and psychological safety in your team and organization.

"
It was a 5 star experience, thank you for letting us feel so connected even though we were virtually together.

SIYLI Program Participant
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Learn more at:

siyli.org/programs/resilience

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Adaptive Resilience: Objectives & Outcomes

Module 1:

Develop Clarity

Learning Objectives:

- Equip yourself and the team with tools for staying calm and working with difficult emotions in the midst of adversity
- Develop the skills for harnessing mental clarity and focus in uncertain and ambiguous times
- Sustain motivation through ongoing challenges

Outcomes: Tips and techniques for staying calm and working with difficult emotions together with practices to develop mental clarity, focus, and motivation in difficult times.

Module 2:

Shift Mindset

Learning Objectives:

- Grow capacity to adapt and be agile in the face of major disruptions in work and life
- Broaden perspectives to transition from negativity biases to growth mindsets
- Boosting creativity and defining new possibilities using the growth mindset

Outcomes: Build skills and capacities for effectively adapting to change, boosting creative problem-solving and staying agile in a VUCA environment.

Module 3:

Build Trust

Learning Objectives:

- Learn to prioritize the change you are most capable of affecting
- Grow capacity to build trust and exercise empathy and compassion in challenging times
- Understand psychological safety and how to integrate it into your team and organization especially during times of difficulty and massive disruption

Outcomes: Actionable skills for growing trust and psychological safety in order to create an agile, change-capable culture in teams and organizations.

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