

# RESILIENCE IS A SUPERPOWER

## Workshop Webinars (Executive Summary)

This document is an Executive Summary of Evolve8 Coaching Resilience Workshop Webinar Program.

### INTRODUCTION

The world is facing a huge challenge. There is a lot of additional pressure on our people and businesses. Understandably there is a lot of worry and anxiety. We all need to do the right things to overcome this challenge (and we will). In difficult times, RESILIENCE is a SUPERPOWER, it enables us to manage even the toughest challenges (and it can be learned 😊).

Evolve8 wants to help as many people and businesses as we can, grow their resilience and better manage this challenging time. We specialise in helping individuals, teams and businesses explore their resilience and provide enabling insights and techniques to strengthen personal and organisational resilience.

### RESILIENCE TRAINING PROGRAM

The Resilience workshop webinars consists of 3 key activities:

<b>Evolve8/Client meet</b> (1hr)	<b>Understand key business and people opportunities and challenges.</b> <i>Evolve8 then create bespoke session 1 workshop based on important context from this discussion</i>
<b>Workshop Session 1</b> (2hr)	<b>Understand Resilience &amp; Resilience Needs.</b> <i>Evolve8 then create bespoke session 2 workshop based on the important context from session1.</i>
<b>Workshop Session 2</b> (2hr)	<b>Develop &amp; Strengthen Resilience Skills.</b>

<b>What's learned</b> 😊	<u>(1) UNDERSTAND Resilience Needs</u> Understand resilience, Increase self-awareness, Personal Aha's, Identify personal/team development needs	<u>(2) DEVELOP &amp; STRENGTHEN Resilience Skills</u> Understand how resilience works, Develop key resilience skills, Grow personal resilience, Grow team resilience

- Webinar workshops work best with up to 12 participants maximum.
- Flexibility on client preferred online forum ie Skype business, Microsoft teams or other.
- Fee based on program scope and agreed upfront via discussion with the client.
- Option for group and/or 1on1 follow up discussions to embed knowledge and convert to practice.

### APPENDIX

**CLIENT FEEDBACK** - We are delighted and proud of our clients feedback on their bespoke RESILIENCE workshops.

Overall how would you rate the training session ?	100%	VERY GOOD/EXCELLENT
Will the training help you in your role/do a better job ?	95%	YES
Would you recommend Evolve 8 Coaching to others ?	100%	YES
<b>Client Testimonials:</b> "The course empowered me"- "Very thought provoking and helpful" - "Came out of each session highly motivated" - "Trainer was very knowledgeable and approachable"		

**EVOLVE8 TEAM CAPABILITY** - We have significant expertise in helping organizations strengthen capability & culture which results in happy and productive employees who drive business success. Our team of cross sector expert coaches have 300+ years of global senior management know how. Meet the team 😊 <https://www.evolve8coaching.com/meet-team>

Evolve8 Coaching thank you for your interest and we look forward to hearing from you.



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