

# Adaptive Mindset for Resiliency<sup>®</sup>

An introduction to understanding and managing stress for greater workplace performance.



## BENEFITS OF TRAINING VIRTUALLY

- It's a cost-effective way to train—no travel, no lunches brought in!
- You can schedule, customize and deliver the training from your own computer
- It expands your skillset and increases the value you bring to your company and clients
- TRACOM will train you to teach this curriculum virtually, or we can facilitate it for you

## PRODUCT DESCRIPTION

This course is an introduction to developing resiliency—the capacity to productively deal with stress, adapt to change, and overcome the brain's natural ways of thinking.

Research shows that highly resilient people respond to challenges with flexibility and even find opportunities within workplace stress. They perform more effectively in their jobs, are healthier, and show stronger commitment to their organization.

Training participants will learn strategies for developing resiliency and increasing workplace performance.



### Virtual Delivery Options

- One three-hour session
- Two separate 90-minute sessions



### Audience

- Executives
- Sales Professionals
- Managers
- Individual Contributors



### Assessments

- Online Self-Perception Resilience Profile

Research shows the negative influence stress has on individuals and organizations:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Stress is linked to the six leading causes of death
- Stress costs American companies over \$300 billion annually

This course helps employees develop skills to recognize and overcome stress.

# Adaptive Mindset for Resiliency<sup>®</sup>

## Training Agenda Options



### ONE 3-HOUR VIRTUAL TRAINING SESSION

Introduction  
Emotions, Behavior & The Brain  
The Elements of Resilience  
Resilient Mindset Model™  
Breakout Room Exercise  
Resilience Profile Report  
Creating Your Own Resiliency Route  
Break  
Strategies for Developing Resilience  
Breakout Room Exercise  
Key Learnings & Next Steps

### PARTICIPANTS WILL...

- ✓ Learn what Resilience is and why it's so important
- ✓ Identify what holds them back from being naturally Resilient
- ✓ Learn the elements of Resilience
- ✓ Become aware of their level of Resilience, based on their Profile Report
- ✓ Practice strategies to develop their Resilience

## THE CLASSROOM IS VIRTUAL. THE RESULTS ARE REAL.

Contact us for help in creating the best virtual training experience for you and your participants.

**TRACOM<sup>®</sup> GROUP**  
THE SOCIAL INTELLIGENCE COMPANY<sup>®</sup>

### TWO 90-MINUTE VIRTUAL TRAINING SESSIONS

*Session 1*  
Introduction  
Emotions, Behavior & The Brain  
The Elements of Resilience  
Resilient Mindset Model™  
Breakout Room Exercise  
Resilience Profile Report  
Creating Your Own Resiliency Route

*Session 2*  
Strategies for Developing Resilience  
Breakout Room Exercise  
Key Learnings & Next Steps

### WHAT'S INCLUDED...

*Facilitators receive:*

- Facilitator Guide
- *Adaptive Mindset for Resiliency* Concepts Guide and Resource Guide
- PowerPoint Presentation
- Teaching Resources: Strategies for Building Resilience Card, Session Evaluation Handout
- Participant Certificate of Completion

*Training participants receive:*

- *Digital Adaptive Mindset for Resiliency* Concepts Guide
- Self-Perception Profile Report they can download from TRACOM's system

## AN ESSENTIAL PART OF SOCIAL INTELLIGENCE

Based on our work with organizations around the world, TRACOM recognizes Resilience as an essential element of Social Intelligence—a key factor in high performance. Like SOCIAL STYLE<sup>®</sup> and other Social Intelligence skills, Resilience can be broken down into identifiable, measurable components. Your training participants will gain an understanding of their strengths and areas for improvement in each component and learn strategies to improve where needed.

## RESEARCH-BASED TRAINING TO SOLVE CHALLENGES

TRACOM is a world leader in Resilience training. Backed by decades of research and experience in cognitive and behavioral science, our Resilience training has revitalized teams around the world. This training helps organizations solve some of their biggest challenges, like employee wellness, stress and burnout, and helping employees navigating change.

TRACOM's Virtual Learning Series