

Resiliency in the Workplace - Roadmap to Creating a Resilient Mindset - (90-minute session)

Challenge, uncertainty and adversity are a normal part of everyday life nowadays, especially on the work front. With continual technological advancements and the constant quest for cut-backs, nothing ever seems to stay the same.

For most professionals, this creates feelings of stress, discomfort and worry.

Not surprisingly, because most of us are unprepared for what really happens in the workplace. Nobody teaches you how to handle this type of pressure...

...until now!

Allow Zaheen to introduce you to her roadmap for creating a resilient mindset, also known as **PROOF™**!

If the employees at your place of work are being forced to undergo changes they're not really prepared for, you're going to notice signs of conflict, fear and anxiety. It's not good for employee morale, and it's certainly not good for productivity.

Zaheen's presentation is the answer.

Her content-rich and interactive session is an exciting experience for a workforce that is constantly feeling overwhelmed and overworked. Audiences have walked away with simple tools that they can start implementing right away.

Zaheen adapted her presentation to fit the conference theme of resilient communities and personally I will add the Re-programming principle to my tool kit! ~ Kim Williston, FCSS Directors Network Alberta

Learning Objectives:

- The 5 paths (PROOF™) that are required in creating a resilient mindset (see infographic next page):

Path 1: Plan ahead – gets things done with solid foolproof plan.

Path 2: Reframe – looking at a challenging situation from an alternate lens.

Path 3: Obstacle Mastery – planning ahead also involves planning for obstacles, but the secret is in navigating them.

Path 4: Optimism – create a victor mindset rather than a victim mindset

Path 5: Flexibility – the person with the most flexibility has more control!

- The critical questions for each path so you can always make resilience your first reflex in challenging times.
- The one key trait for a positive attitude - Embracing Change.

Need a Concurrent Session? Not only is Zaheen a dynamic keynote presenter, her exciting, interactive concurrent sessions are always ranked “Simple and Transformative!” Ask about complementary topics in half-day formats.

