



Resiliency in the Workplace

*A 2-Day Hands on TMS Experience
Delivered in Live or Live Virtual Classrooms!
16 CPEs; 1.6 CEU's*

Course Description:

This hands-on experienced-based workshop is for government employees and leaders who want to build their – and their team members' – resilience. An experienced certified facilitator will illustrate how each participant can use research-backed practices and tips to find and fortify their personal approach and ability to access their innate resilience. The TMS facilitator's accessible, inspirational guidance will support participants' growth, self-awareness, authenticity, and inner strength to build passionate teams, and embrace an ethos of organizational responsibility and operational sustainability.

Learning Objectives & Topics Covered in this Workshop:

- How to unlock innate resilience
- Understand how to use the five-component "ADOPT" model to build resilience
- Explore techniques and tools to lead courageous, passion-driven teams
- Evaluate alignment strategies
- Explore concepts to embrace your authentic self
- Analyze how to navigate uncertainty
- Practice sustainability on a micro and macro level, prioritizing long-term survival
- Build team resilience with five confidence-enhancing practices
- Model fostering a confident mindset, and focus on the future