

The Resilient Leader Professional Development Workshop



Did you know that 76% of U.S. workers have experienced at least one symptom of a mental health condition? A staggering 84% stated that their workplace conditions have **contributed to at least one mental health challenge**. There is a pressing need for leaders to address well-being issues within themselves and their organizations.

Over **80% of workers are looking for workplaces that support their well-being**. Resilience, mindfulness, and stress tolerance have emerged as critical, high-demand competencies for leaders to navigate challenges, inspire their teams, and foster a healthy work environment. Whether you are in charge of a staff, a team, or simply leading your own life, the **Resilient Leader** is designed to equip learners with the knowledge and skills to promote well-being.

This immersive professional development certificate will empower learners to become **transformative** leaders who prioritize employee well-being and drive positive change. This dynamic workshop offers **interactive sessions, skill-building practices, experiential learning activities and valuable takeaway resources**. Learners will deepen their understanding of mindful leadership, develop essential management competencies, and gain practical strategies for real-world application, enhancing overall leadership and worksite wellness capabilities.

“Cultivating mindfulness can help me be a stronger leader. External stressors will always exist; it’s a question of how I respond to them and how I can model behavior for others to be able to better respond to them too.”

-Program Participant



The Resilient Leader

Learning Objectives



This workshop will enable participants to build:

Knowledge

- *Define* mindfulness, compassion, resilience, leadership
- *Describe* how mindfulness can help with stress management
- *Recognize* the Surgeon General's Framework for Workplace Mental Health and Well-Being

Comprehension

- *Report* an individual self-assessment on well-being
- *Review* individual life values
- *Discuss* the science, practices, benefits of compassion, mindfulness practice

Application

- *Relate* the Surgeon General's Framework into their specific environment
- *Discover* challenges and opportunities to mental health and well-being
- *Illustrate* common understandings within the group

Analysis

- *Appraise* personal, workforce, and/or social challenges that could be addressed through mindfulness and/or the Surgeon General's Framework
- *Categorize* challenges and opportunities according to themes
- *Examine* potential solutions to challenges

Synthesis

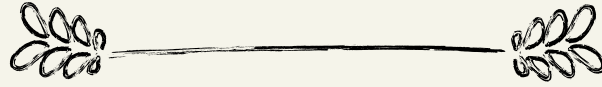
- *Design* an informed mindfulness and resilience practice of their own
- *Develop* leadership capacity through the development of human skills such as active listening and compassion
- *Create* a conceptual framework to bring well-being practices into their own settings (future thinking)

Evaluation

- *Evaluate* how mindfulness can help build resilience in their own lives, careers
- *Compare* ideas for bringing well-being into the workplace with colleagues
- *Judge* acceptable milestones ("mile-markers") toward goals



The Resilient Leader FAQs



Leaders aren't just measured by their job performance, but by their ability to build a supportive culture.

Create more resilient and productive teams by promoting proven well-being strategies in the workplace.

Who is this workshop for?

Leaders at all levels and any career. Resilience skills are universal and applicable in any context.

How long is this workshop?

This workshop can be completed in one 8-hour session, or split up into two 4-hour sessions.

Could we collect data to demonstrate the outcomes?

Yes, data can be collected through pre-, post- and follow-up assessments. Depending on the specific challenges faced by your employees, relevant data can be gathered using surveys such as:

- Mindfulness Attention Awareness Scale (MAAS)
- Self-Efficacy
- Connor-Davidson Resilience
- Subjective Happiness

What will I gain from taking this workshop?

Real-world application of well-being strategies that promote optimal workplace performance, informed by the U.S. Surgeon General's Framework for Workplace Mental Health and Well-being.

What topics will I learn more about?

- Mindfulness
 - Stress reduction, exhaustion and burnout
 - Manage uncertainty & improve decision-making
 - Increase self-awareness
- Community & Belonging
 - Create team connection
 - Empathy fatigue
 - Compassionate communication
- Work-Life Harmony
 - Prioritize what matters
 - Build self-efficacy & achieve goals
 - Energy and time management



Agenda



Part 1: Building resilience in yourself

8:30 – 9:00 am: Settling in

9:00 – 10:00 am: Welcome & Opening practice

- Ground Rules & Common Understandings
- Goals for the day
- Self-assessment
- Values mapping

10:00 – 11:00 am: Mindfulness, stress & resilience

- Stress systems & workplace environment
 - Habitual, automatic reactions vs choice-filled responses
- The science of mindfulness
 - Short break
 - Body scan
- Attitudinal Foundations
 - Non-judging
 - Patience
 - Beginner's Mind
 - Trust
 - Non-striving
 - Acceptance
 - Letting go
- Resilience
- Expansive Model of Mindfulness Framework

Part 2: Building resilience in others

11:00 – 12:00 pm: Surgeon General's Framework for Workplace Mental Health & Well-Being

- Protection from harm
 - Mountain meditation
- Connection and community
 - Mindful communication
- Work-life harmony
 - Mindful eating & habits of consumption
- Mattering at work
 - Just like me
- Opportunity for growth
 - Lovingkindness

12:00 – 1 pm: Lunch

1:00 – 2:00 pm: Surgeon General's Framework, con't

2:00 – 3:30 pm: How might we...

- Conceptual agreements on future states
- Coming together for solutions
- Challenges & opportunities
- Mile markers & the future

3:30 – 4:30 pm: Wrap-up

- Easing into transitions, gratitude & closing practice

