

# Resilient Professionals

## Unleashing sustainable high performance



***Moving beyond coping to thriving.  
An evidence-based, integral method  
for sustainable lifestyles and personal  
fulfillment.***

### Benefits of attending

As professionals, we live in a stressful world. Now is the time to maintain focus, momentum and morale in our workplace and harmony in our homes.

Resilient Professionals challenges participants to rejuvenate their life, work and relationships. You will learn current best practices for optimal human performance and take home new problem solving frameworks and life practices that have proven impact.

We define Resilience as the learned ability to:

1. Bounce back from adversity;
2. Thrive on challenge
3. Reach our true potential; and
4. Have a positive impact on others

Learn how to build your Resilience-physical, emotional and cognitive. Consolidate your resources, bounce back from economic chaos and reach out to our emerging future.

### Course objectives:

- Practical solutions to work-life integration
- Master stress, fatigue and illness
- Engaging mind and emotion for results
- Tools to understand and build EQ
- A rejuvenating approach to leadership
- Energise teams and client relationships
- Enhanced focus, mental agility and toughness



# Workshop Agenda

Topic	Approach / Content	Outcomes
<b>Module 1</b> <b>Self Mastery</b> <i>Being calm, alert, present and focused</i>	<ul style="list-style-type: none"> <li>• Physiology: stress and performance</li> <li>• Death Spiral &amp; bounce back</li> <li>• Attention control</li> <li>• Rejuvenation &amp; relaxation</li> <li>• Breath control</li> <li>• Optimal performance state</li> </ul>	<ul style="list-style-type: none"> <li>• Know how resilience fails and how “stress” affects us and others</li> <li>• Skills to recover and help others</li> <li>• Build calm, clear focus on priorities</li> <li>• Real-time skills in recovery and focusing</li> <li>• Breathing for sleep, focus and relaxation</li> <li>• Match skills to right challenge – understanding optimal performance</li> </ul>
<b>Module 2</b> <b>Physical Vitality</b> <i>Building health, energy and sustainability</i>	<ul style="list-style-type: none"> <li>• Vitality and longevity</li> <li>• Nutritional practices</li> <li>• Sleep architecture and principles</li> <li>• Personal fitness practice</li> <li>• Integral daily practice</li> </ul>	<ul style="list-style-type: none"> <li>• Understand critical drivers of wellbeing</li> <li>• Simple, evidence-based meal planning</li> <li>• Secure a good night’s sleep and dealing with fatigue and travel</li> <li>• Build flexibility, endurance, power &amp; balance</li> <li>• Know how to fit your self-care programme into your day and life</li> </ul>
<b>Module 3</b> <b>Performance Mindset</b> <i>Aligning mind and emotion with performance</i>	<ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Impulse control</li> <li>• Emotion regulation</li> <li>• Thinking styles and realistic optimism</li> <li>• Integrating practice into life</li> </ul>	<ul style="list-style-type: none"> <li>• Understand EQ &amp; power of self-knowledge</li> <li>• Reduce impulsivity for calm effectiveness</li> <li>• Counter negative &amp; build constructive emotions</li> <li>• Recognize thinking styles’ impacts and reframe thinking</li> <li>• Build your Performance Supply Chain</li> </ul>

## Who should attend?

Leaders evaluating organizational resilience, managers, professionals, entrepreneurs, motivated individuals.

## The course includes:

- A personalised resilience diagnostic report
- Evidence-based, best-practice tools for overcoming stress and fatigue and rejuvenating performance
- All course materials and access to online resilience resources and videos
- A certificate of attendance

## How to register

Register your interest by sending in the attached registration form to [academy.sg@sg.pwc.com](mailto:academy.sg@sg.pwc.com) .

A complete calendar of training courses can also be found on our website [www.pwc.com/sg/academy](http://www.pwc.com/sg/academy)

## Testimonials

*"This program is so different from other leadership programs that I was not sure what to expect at first. But this is truly the foundation to a successful and sustainable career.*

*More importantly, if CEOs want to create a sustainable business and a great work organizational culture, this is the first place to start."*

*Andrea Studnik,  
Regional L&D Director & Campus  
Head, AXA AP*

*"Practical Resilience. Is unlike any training you would imagine. Beyond knowledge that can be applied in work, this fills your body, mind and soul as well!"*

*Nicole Lum,  
Manager, Business Operations,  
Kelly Services*

*"For me the Practical Resilience course was a breath of fresh air combining knowledge and practical tools to get you bit by bit towards a better more sustainable lifestyle allowing you to perform better.*

*The course also explores some of the more deeper aspects of mind and our emotions impacting behaviour enabling us to be more effective - very engaging.*

*As a manager with a hectic schedule I can directly feel the benefits of implementing the learning so far and will be looking at ways to further leverage the resilience teachings for myself and my team. Thierry's depth of knowledge and insight really brings this course to life!"*

*Geoff Main,  
CFO, Yarlung Capital*

## About the workshop leader



**Thierry Moschetti**

Thierry Moschetti is a Partner at The Resilience Institute leading their development and training programs in South-East Asia. The Resilience Institute works with organisations to liberate their human performance in a sustainable way. It delivers high impact, practical, evidence-based and integrated Resilience trainings by bringing together modern preventative medicine, biology, positive psychology, emotional intelligence, cognitive behaviour therapy and neuro-science. Over 40,000 persons have attended their Resilience courses in Asia, Europe and North-America over the past twenty years.

Prior to establishing the Resilience Institute in Singapore, Thierry was Regional General Manager Greater China for a British listed company. He has twenty years of team management, business development and training experience in the Middle East, Europe, and Asia where he has been living since 2004. Thierry holds a Master of Science in Management, he is a certified ACTA trainer & assessor (Singapore Workforce Development Agency), a certified trainer in Emotional Intelligence and in Qigong. Recent client assignments include keynotes, workshops, coaching programs and consulting services for organizations like ANZ, AXA, DHL, Ford, HSBC, P&G, PwC and Shell. He is an active Taichi practitioner and an avid runner.

# Registration Form

## Resilient Professionals

Fees: PwC clients/alumni - S\$978 • Public - S\$1,150  
Group discounts of 3 participants & above: 10%

20-21 October 2016 (9am to 5pm)

Please register the following person/s for the workshop :

1. Name: Mr/Ms/Mdm ..... Designation: .....  
Email: ..... Contact No: .....
2. Name: Mr/Ms/Mdm ..... Designation: .....  
Email: ..... Contact No: .....
3. Name: Mr/Ms/Mdm ..... Designation: .....  
Email: ..... Contact No: .....

### Contact Person

Name: Mr/Ms/Mdm ..... Designation: .....  
Company: ..... Address: .....  
.....

Email: ..... Contact No: ..... Fax: .....

Enclosed is the cheque for S\$..... (Cheque no. ....) made payable to  
"PricewaterhouseCoopers Risk Services Pte Ltd"

### Registration and Payment

Registrations can be done by telefax at (65) 6236 3300 but will only be confirmed upon receipt of payment and registration form. Please mail the registration form and payment to **8 Cross Street, Level 10 Mail Centre, PWC Building Singapore 048424 (Attn: Siti/Maimunah, M&C Dept)**. For registration and enquiries, please call Ms Siti or Maimunah at (65) 6236 3957/3 or email us at [academy.sg@sg.pwc.com](mailto:academy.sg@sg.pwc.com)

### In-Company Training

This workshop can be presented on-site at your organisation as an in-house programme. For more information and enquiries, please contact Tony Moore at (65) 6236 3155 or email at [anthony.moore@sg.pwc.com](mailto:anthony.moore@sg.pwc.com).

### Note:

- Fees includes 7% GST, refreshment, lunch and seminar kit
- The seminar will be conducted at a dedicated training room in PwC Building or at a venue located near an MRT.
- Certificate of Attendance will be awarded on successful completion of the workshop

### Cancellation policy:

- Full payment must be made prior to the seminar. Registration forms submitted without payment will not be accepted.
- Registered participants will be liable for the full fee even in the event of non-attendance.
- Upon receipt of registration, any request for cancellation or a replacement must be confirmed in writing at least **(7) working days** before the seminar and subject to PwC's Academy's approval.
- 10% administrative fee will be imposed for any cancellation or deferment received less than **(5) working days** before the seminar.
- PwC's reserves the right to amend, postpone or cancel or postpone the seminar due to unforeseen circumstances.

### Tax deduction

Companies can claim 400% tax deductions or 40% cash payout of total registration fees under the Productivity and Innovation Credit (PIC) Scheme. Terms and Conditions apply. For more information, please visit the IRAS website at [www.iras.gov.sg/irashome/picredit](http://www.iras.gov.sg/irashome/picredit)