

# **Building Resilient Professionals and Organisations**

## **Full-day workshop**



Contact us  
for a FREE  
Resilience  
Diagnostic  
test!

*"This course is worth the investment, it helps one realise that the challenge of our world today is not going away and is universal. How we can deal with it and how we manage our own wellbeing is within our control. So instead of resisting the change, learning how to deal with it is far more sustainable."*

*Manager, leading Energy firm*

*"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!"*

*CFO, Investment Fund*

### **Overview**

Busyness is epidemic – individuals and teams who find ways to cultivate steadiness, vitality, emotional responsiveness and strong minds have a significant advantage over those who do not practice resilience.

A Resilient professional is calm, energised, engaged, focused and purposeful. Resilient Teams and Organisations cultivate health, happiness and productivity. This attracts, retains and motivates all stakeholders, and supports engagement.

In this interactive workshop you will understand how to master the biological resources of body, heart and mind and develop practical Resilience competencies for sustainable high performance.

You will be invited to complete an online Resilience Diagnostic, The Resilience Institute's proprietary human performance assessment tool trusted by 30,000 professionals and 300 organisations, reporting on 60 factors of resilience and highlighting your key strengths and critical risks.

### **Course objectives**

- Understand the science and practice of Resilience
- Master stress, fatigue and illness
- Engaging mind and emotion for results
- Tools to understand and build EQ
- Energise teams and client relationships
- Enhanced focus, mental agility and toughness
- A rejuvenating approach to work-life integration

# Workshop Agenda

Topic	Approach / Content	Outcomes
<b>Personal Mastery</b> <i>Being calm, alert, and energized</i>	<ul style="list-style-type: none"> <li>• Physiology: stress and performance</li> <li>• Downward Spiral &amp; bounce back</li> <li>• Smart rejuvenation</li> <li>• Lifestyle non-negotiables</li> <li>• Integral daily practice</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>• Real-time skills in recovery and focusing</li> <li>• Understand critical drivers of energy</li> <li>• Know how to fit your self-care programme into your day and life</li> </ul>
<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>• 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>• Recognize thinking styles’ impacts and reframe thinking</li> <li>• Build your Performance Supply Chain</li> </ul>

## About the workshop leader



Thierry Moschetti is a Partner at The Resilience Institute leading their development and training programs in South-East Asia and the UK. The Resilience Institute 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 60,000 persons have attended their Resilience courses in Asia, Europe and North-America over the past decade.

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, EY, Ford, HSBC, PwC and Shell.

## The course includes:

- Two personalised resilience diagnostics (pre & post-course)
- Evidence-based, best-practice tools for overcoming stress and fatigue and rejuvenating performance
- A workbook and access to online resilience resources and videos

## Who should attend?

- Leaders evaluating organizational resilience
- Managers
- Professionals
- Entrepreneurs
- Motivated individuals

## Registration fee

(includes 7% GST)

### Early bird

PwC Clients & Alumni: S\$495  
Public: S\$545

### Normal rate

PwC Clients & Alumni: S\$535  
Public: S\$585  
Group discounts for 2 participants & above: 10%

## How to register

To register, simply select the course via our Training Calendar ([www.pwc.com/sg/academy](http://www.pwc.com/sg/academy)) and click on the chosen course date to access the digital registration form.

For any further queries, please email [academy.sg@sg.pwc.com](mailto:academy.sg@sg.pwc.com)