

Expanding Resiliency Together

Working through disruption and chaos

The rules for work and home have changed dramatically. We are all being asked to work in new ways. This program is a simple structure designed to build connection, provide relief, and empower employees to build resiliency together.

Session topics and results:

1. Increased ability to productively deal with personal stress and anxiety
2. Understanding of the stages of change that allows for calm and choice
3. Creation of healthy coping strategies and increased self-care
4. Tools for staying connected in the face of isolation
5. Expanded skill in staying focused through disruption

When you participate, you will have:

- An opportunity to connect meaningfully with coworkers and a certified executive coach
- An opportunity to learn each week tools that promise to make life easier and more fulfilling
- Tools that will serve you both at work and at home

Components of the Expanding Resiliency Together series:

- Five 45-minute sessions facilitated by a certified executive coach
- All sessions delivered in a virtual setting
- Materials included
- Groups of up to 10 people

To get started:

- Email info@henleyleadership.com to set up an initial phone consult
- Set up a group of 8-10 people
- Start the series!