

# The Resilient Edge: Strategies for Sustainable Performance

## Leadership Development



9185



In-Class



8 hours



EGP 3,150

### Course Description:

In today's dynamic and demanding work environments, resilience is not just a personal asset—it's a professional necessity. This program, The Resilient Edge, equips participants with the mindset, tools, and emotional intelligence required to navigate challenges with confidence and composure. Grounded in evidence-based strategies and interactive learning, this course explores how to build mental agility, reframe setbacks, and support resilience in yourself and others. Participants will leave empowered with practical techniques to enhance well-being, boost performance, and foster a resilient workplace culture.

### Target Audience:

This program is designed for professionals at all levels—including managers, team leaders, and individual contributors—who want to strengthen their ability to cope with stress, recover from setbacks, and support resilience in their teams and organizations. It's especially valuable for those in high-pressure roles or undergoing change and transformation.

### Course objectives:

- Define resilience and explain its importance in the workplace, including how mindset and thinking styles influence personal effectiveness.
- Analyze unhelpful thought patterns and apply cognitive tools to build emotional strength and improve decision-making under pressure.
- Develop practical strategies to strengthen emotional intelligence and support resilience in both yourself and others.

### Course Outline:

#### Module One: The Foundations of Resilience

- Why Is Resilience Important?
- Positive vs. Negative Thinking
- The Three Dimensions

#### Module Two: Thinking Traps & Cognitive Tools

- Overcoming Negative Thinking – The ABC Technique
- The Ladder of Inference
- The Locus of Control
- The Levels of Resilience

#### Module Three: Resilience in Action

- The Resilience Grid (Theory & Application)
- Developing Emotional Intelligence
- Helping Others to Become Resilient

### Assessment Strategy:

Participants will be informally assessed based on their participation and group exercises.

### Upon Successful Completion of this Course, participants will obtain:

0.6 CEUs

### Program language:

- English Material
- Bilingual Delivery

### Prerequisites:

None