

TARGET AUDIENCE	Anyone seeking transformational growth and sustained thriving in a performance driven world, who need to deeply reflect on their current mode of operating and wants to explore, practice and apply resilience building skills.	
OBJECTIVES OF WORKSHOP	<ul style="list-style-type: none"> + Increased self-awareness of own stress profile, + Understanding of the myths and realities of stress, burnout, workaholicism etc. 	<ul style="list-style-type: none"> + Application of the Synergistix resilience approach into skills and practices, + Action plan that is context relevant.
PREWORK AND ASSESSMENTS	<ul style="list-style-type: none"> + Resilience Resources Inventory (28Q) + Workaholic (8Q) + Burnout Inventory (15Q) 	
INTRODUCTION	<ul style="list-style-type: none"> + Mindset of champions + Neuroscience of stress + Brainstorm current healthy ways of coping + Change-ability? + Key terms: stress, burnout, resilience, workaholicism etc + Beyond the flight-flight response 	<ul style="list-style-type: none"> + Myths that undermine our resilience + Physical and psychological indicators + Individual stress profile and ideas per development area + Integrated Synergistix Model overview + Mindset change tool
PHYSICAL FITNESS Is the creation of sustainable vitality by cultivating our energy triad (rest and relaxation, exercise and nutrition).	<ul style="list-style-type: none"> + Assessment reflection and action Turbo-boosters paradigm + State of flow in a fragmented attention reality + Circadian rhythm and work-day synchronisation Rest and relaxation + Sleep hygiene habits, dangers of sleep deprivation 	<ul style="list-style-type: none"> Exercise + Ideal workout characteristics Nutrition + Metaphor exercise to reframe unhealthy habits
MENTAL FITNESS Empowering the mind to master stressful situations and fulfil its potential.	<ul style="list-style-type: none"> + Assessment reflection and action Think like a kid paradigm + Assess Future Fit capabilities and action plan Stimulus + Identify interests, hobbies or questions worth exploring 	<ul style="list-style-type: none"> Reflection + Relationship exercise that builds daily reflection into bonding experience Empowering thought + Function and power of neurotransmitters, and how to harness them + Leverage 4 Navy Seals techniques for dealing with stress "in the moment" (practise each one)
SOCIO-EMOTIONAL FITNESS Promoting healthy personal relationships, taking responsibility for our "baggage" and breaking destructive habits that undermine deep connections.	<ul style="list-style-type: none"> + Assessment reflection and action Conquering the monkey paradigm + Building healthy self-esteem into everyday work experience + Macro-life reflection exercise and Post Traumatic Growth unlockers Nurturing relationships + 7 relationship habits that promote deep connection + Emotional bank account and repairing the relationship when things go wrong 	<ul style="list-style-type: none"> Breaking destructive relationships + Exploring the 4 behaviours that destroy relationships and their antidotes Responsibility + Using a coaching model, self-coach through a difficult current challenge.
SPIRITUAL FITNESS Leading a purpose driven life, filled with meaning. This is not about religion, which is a deeply personal choice.	<ul style="list-style-type: none"> + Assessment reflection and action 20-20 vision paradigm + Explore ways of building perspective to enhance decision-making + Mindfulness exercise Mission statement + Identify what success means to them, and write personal mission statement (1st draft) + Concrete action plan to breathe life into mission statement 	<ul style="list-style-type: none"> Gratitude + Reflect on gratitude moments + Express gratitude to significant person in life Pay it forward + Identify where can make a difference and create pragmatic action plan, discuss with accountability buddy
REWIREMENT Moving to action	<ul style="list-style-type: none"> + Action plan activate + Mission statement completed 	
EMBEDDING Endorsing sustainable change	<ul style="list-style-type: none"> One-month follow-up + Discuss action plan successes and gaps + Explore immunity to change challenge 	Weekly emailers: key concepts briefly reinforced for 3 months. Coaching can be provided on-on-one (additional cost). Additional ideas that can be contracted: Peer learning groups, advanced courses for interested parties, internal champions, intact team training.