



Resiliency is the answer when we are asked to do more with less, and the rate of change and complexity continues to accelerate. In this fun and interactive workshop we will examine five key principles of resiliency:



1. Engagement
2. Efficiency
3. Endurance
4. Flexibility
5. Loving the Game

1. Engagement – Learn what gets you fully engaged in your work, when your skills match the challenge, you get lost in the project at hand and experience the optimal experience of ‘flow.’ *“Flow has the potential to make life more rich, intense and meaningful...it increases the strength and complexity of the self.” Mihaly Csikszentmihalyi*
2. Efficiency – Identify your strengths and how to put them into action. Learn the principles of 80/20, ‘Slowing Up’, Unitasking, what to say ‘no’ to and a host of time management techniques to reduce wasted effort and increase your effectiveness. *“Efficiency is doing better what is already being done.” Peter F. Drucker*
3. Endurance – Find out how to renew yourself, increase your overall energy and pace yourself for your strongest long-term performance. *“Endurance is not just the ability to bear a hard thing, but to turn it into glory.” William Barclay*
4. Flexibility – Uncover your preferred techniques for dealing with change, and keeping calm and focused in an uncertain world. *“They must often change, who would be constant in happiness or wisdom.” Confucius*
5. Loving the game – Gather techniques to maximize your happiness and encourage the spirit of play and having fun in your workday. *“Adults and children who are put into a good mood select higher goals, perform better, and persist longer.” Dr. Martin Seligman*

## Practical and Applicable

At Quixote, we know how important it is for any new training knowledge to be practical and applicable. That’s why we put such great emphasis on immediate and realistic application. Participants leave with a plan in place for employing their strengths in the coming week and beyond.



## Energetic and Fun

We also know that people respond best to presentations that are energetic, interactive and fun. There is always laughter in the session. And the unique methodologies we employ definitely help – we've used the modalities of chocolate and even wine pairing to explore the workshop content. Any of our fun team building programs can be easily combined with this workshop to create that magical mix of meaningful fun.

## Lasting Impact

Participants walk away from the session with practical tools that can be immediately applied to their individual work situations, as well as a vision of the powerful productivity possible in a team that recognizes and leverages all team members' strengths. We stretch our time together (and your training dollars) by offering (optional) pre-workshop assignments, post-event success tools and coaching.

## Customization

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## Results

- Transform stress and/or boredom into a 'sweet spot' of total engagement.
- Discern what's most important to complete in a project.
- Learn your best path through challenging changes.
- Raise your level of happiness and work/life satisfaction.
- Help team members to value, work with and leverage the strengths of others.
- Keep cool in high-pressure situations.
- Be present and focused during high-impact situations such as presentations and client meetings.
- Work both more efficiently and more effectively.

