



The Resilience Cultivator™

Adapt to Adversity and Emerge Stronger

YOUR LIFE won't always go the way you expect. Fate will hand you **TRIALS** and **TRAUMA**. But with **AWARENESS, EFFORT AND COMMITMENT**, you can **ADAPT AND MANAGE** these challenges. By learning to **CULTIVATE YOUR RESILIENCE**, you can even **TURN THEM INTO OPPORTUNITIES** for **POSITIVE GROWTH**.

UNDERSTANDING RESILIENCE ▶

Your resilience is your ability to adapt to stress and bounce back quickly. You're naturally born with some of it. And you build more the hard way—through trial by fire. But what if you could learn to develop it by consciously practicing methods and techniques that allow you to recover from past challenges and make yourself ready to meet future ones?

With resilience training and coaching, you can:

- Identify your strengths, your blind spots, and your triggers
- Develop problem-solving skills and contingency plans
- Build beneficial connections and partnerships
- Face your fears, take risks, and stretch yourself
- Find a sense of purpose during and after a crisis
- Learn from each challenge to be ready for the next one



Build Your Resilience Reserves for Success

Stress is an unavoidable part of life, but it can give you both negative and positive results. Good stress hones your abilities and keeps you at the top of your game. However, bad stress can be dangerous to your physical and mental health. Your resilience is what gets you through the bad times and keeps you at the peak of your potential. Resilience is something you can develop so that it's available when you need it. The key to success is your perspective of how much control and influence you have in any situation. Learn how to build and strengthen your resilience and use it to achieve your goals.



THE RESILIENCE CULTIVATOR WORKSHOP

Ahead of Time

Participants are asked to prepare for the session by completing a short prework. Using the Reach Backward™ for Resilience worksheet, they reflect on how they have built resilience in the past through key rewarding accomplishments and/or overcoming any daunting situations in their lives.

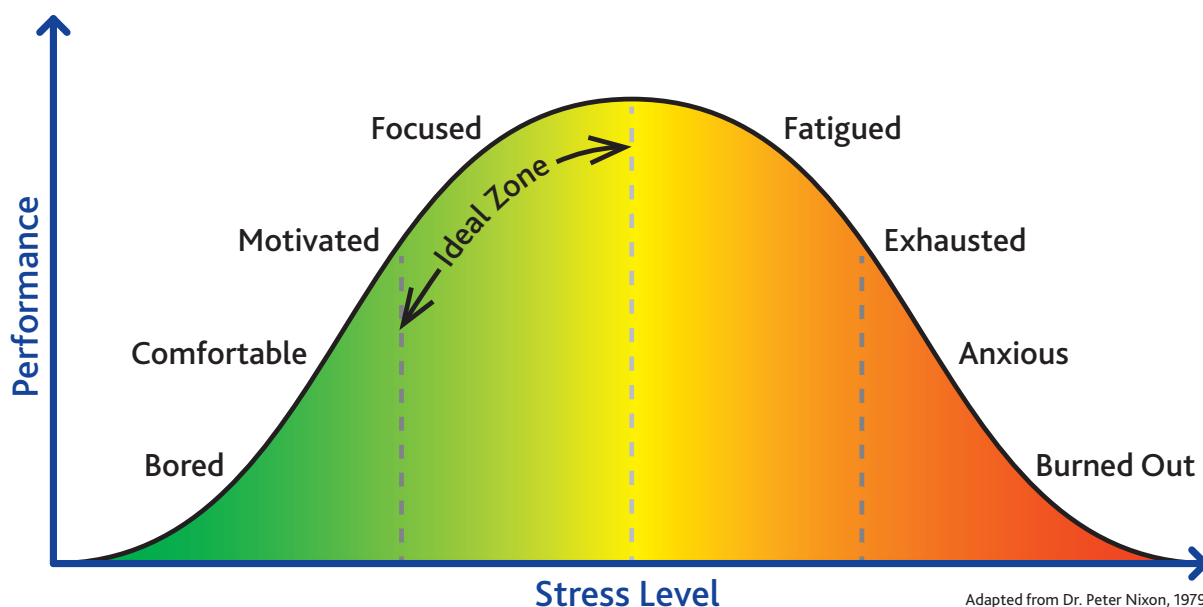
If they've completed any psychometric assessments or participated in other Reach Capabilities sessions, such as Kolbe¹ or CliftonStrengths², there are options to use these assessments so that participants have more clarity about leveraging their strengths to build their resilience.

The Workshop

This interactive workshop, offering both in-person and virtual options, covers concepts and exercises to help participants understand how to cultivate the power of their resilience.

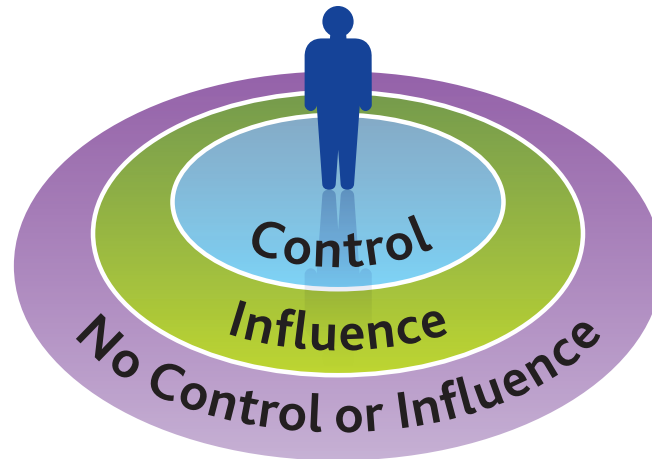
You'll Learn:

- The different types of resilience
- The Human Function Curve and your ideal zone of stress
- What you can control, what you can influence, and what is out of your hands
- How to build your resilience reserves
- To build your Roadmap to Resilience



Adapted from Dr. Peter Nixon, 1979

SUSTAIN THE LEARNING



Workshop Resources

Each participant is given a set of take-away tools to enhance the session experience and bring the learning back to everyday life. Additional free tools are also available on our website to provide more insights, breakthroughs, and support in difficult times, including DOSE of Happiness™ and The Confidence Cultivator™. The session is only the beginning of your path to cultivating resilience.

Supplementary Resilience Cultivator Products and Services

The Resilience Cultivator workshop delivers value all on its own. But it gains power when paired with profiling tools and workshops such as Kolbe¹, CliftonStrengths², and DISC³, because the more participants know about themselves, the more they can harness their natural strengths to build their resilience. For more information on these related programs or to book a future refresher session, contact inquire@reachcapabilities.com.

www.ReachCapabilities.com • 416-964-2094 • inquire@ReachCapabilities.com



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