

# Conscious Leadership and Resilience

Orchestrating Innovation and Fitness for the Future, with Robert Dilts

The world is changing. Fast. How fit are you for the Future? How conscious and resilient are you as a leader? How prepared are you to meet the challenges and seize the opportunities that lie ahead? How would you like the advantage of being able to use the key skills and strategies that today's most visionary and successful leaders are using?

One of the most important success factors for entrepreneurs and their ventures is their capacity for resilience. *Resilience* is the ability of individuals, teams and organizations to *withstand or recover quickly from difficult conditions* and to maintain a sense of equilibrium with respect to both success and adversity. When people are challenged, they can sometimes rise to the occasion. But if the challenge seems too great, they may "crash and burn." This is where the skills of leadership are an essential resource. *Leadership* is about ensuring that people (including yourself) are prepared to be their best, meet challenges, overcome obstacles and reach critical goals. It is said that things are always changing, but not always progressing. During a time of adversity, many challenges will present themselves such as meeting the fear of the unknown and the unfamiliar, dealing with loss, and a general sense of vulnerability. These can plunge us into unhelpful survival strategies – attack, escape or rigidity (fight, flight, freeze) — and may result in some form of regression, inertia, ambivalence, confusion or conflict.

In order to progress through change, it is important to cultivate qualities such as flexibility and stability, balance, connection and the ability to "let go." It is easy to stay balanced when life moves smoothly, but in order to maintain equilibrium during turbulent times, one must have developed these qualities until they are "in the muscle". Preparing for change requires practice.

Crisis, transition and transformation are three key dynamics entrepreneurs and business leaders need to learn to address during times of upheaval and adversity. In this program you will learn roadmaps and practices, and develop resources and tools designed to help manage various stages of adversity and profound change effectively.

*Conscious leadership* involves building your venture from a state of centered presence, accessing multiple intelligences and living your highest values in service to a larger purpose to the benefit of all stakeholders. Thus, conscious leadership involves being: Authentic; Emotionally intelligent; Purposeful; Responsible.

**This 9-day certification program will cover multiple competences which support the development of conscious leadership including:**

- Formulating and communicating a clear and meaningful vision for the future.
- Focusing on higher purpose.
- Influencing through inspiration.
- Balancing self-interest and the common good, in themselves and others.
- Respecting and integrating multiple perspectives.
- Exercising mindful self-leadership and reflecting thoughtfully on the lessons gained from experience.

**Other topics include:**

- The SFM Leadership Model
- Emotional intelligence and the Inner Game
- Managing energy
- Establishing a winning belief system
- Creating a learning culture
- Effective Persuasion
- Values Bridging

**Robert Dilts** is an internationally renowned behavioral skills expert – author of 26 books on various topics including innovation, leadership and success. He has researched and modeled hundreds of successful next generation entrepreneurs and leaders to learn how they succeeded. He has studied the distinguishing factors of some of the most successful entrepreneurs in the world like Steve Jobs of Apple, Richard Branson of the Virgin Group, Jeff Bezos of Amazon.com and Elon Musk of SpaceX and Tesla Motors. This program will help you to discover how you can bring some of the same success into your life.