

Leading with Resilience and Beyond

When people are engaged they exhibit feelings of satisfaction with the workplace and their work and go “above and beyond” basic job requirements. But the troubling reality is that two-thirds of U.S. employees are disengaged to one degree or another. Why? Ineffective leadership and system complexities are major causes, leading to suboptimal workplaces, environments where everyone is working hard to “do more with less,” while almost half (40%) experience chronic fatigue and fully one-quarter endure daily, high stress levels. Yet, the U.S. economy is healthy – perhaps a minority of highly engaged employees is enough for success. Why worry about the rest? Because when leaders foster resilience in employees, the organization itself is more resilient – it becomes a workplace that reinforces resilience, trust, and improves morale and performance. The result? An organization that deals more effectively with changing conditions, experiences more financial success, and is more attractive to new and current employees.

Resilience is the ability to adapt, recover, and grow stronger from adversity. Highly resilient people are healthier, happier, and better equipped to deal with uncertainty and change. The good news is that resilience can be learned. Leaders can help their employees build and strengthen their resilience by creating a workplace environment that supports and encourages resilience.

How We Can Help

Leading with Resilience is an interactive, research-based one-day workshop that helps leaders build their own and their team’s resilience, improve performance, and increase engagement. Leaders at all levels, as well as individual contributors leading teams and projects, will benefit from this experience.

*“Rose is an **excellent** presenter who is informative, engaging, and passionate. She has the ability to motivate and brings participants to the edge of their chairs.”*

*Tom Kostohryz, President
Live Healthy Appalachia*

Participants leave the session with:

- An assessment of their baseline resilience
- A plan and practices to increase their resilience
- Tactics to apply the three ways to create and sustain a resilient workplace culture
- Practices to encourage and develop employee resilience, performance, and productivity
- A plan to support team collaboration and results
- Access to on-line resources and articles

What We Do

We deliver the one-day workshop to your organization for up to 10-12 participants per consultant. We can also provide individual executive coaching services to participants and tailor the session to your organization.

How to Contact Us

For more information, contact **Dr. Rose K. Gantner** at rosegantner@aol.com or 501-258-7811

Who We Are

We are a consortium of practitioners who are experts at converting the science of resilience into practical techniques and tools for the workplace, creating improved well-being and business results.

Rose Gantner, Ed.D. Rose is a sought after international consultant and author of *Workplace Wellness: Performance with a Purpose* and CEO of Well Works Publishing and Consulting. (www.rosegantner.com)

Milena T. Bajich, Psy.D. Milena is an expert in individual and group-based wellness promotion, senior consultant, and a licensed clinical psychologist. (www.sparcseminars.com).

Other specialists – in fields such as behavioral science, human resources, research, and law – are brought in as needed.