

The 4 Pillars of Resilient Leadership

Embedding resilience into the system as tomorrow's key philosophy

**A Business Skills Masterclass for the Senior team, delivered by Carole Spiers,
International Motivational Speaker & BBC Guest-Broadcaster**

Under today's pressures, the need for resilience grows by the day. No manager can be selected for a top post without a proven record of handling a crisis with confidence. If you feel drained after a difficult day, this will communicate itself to your team, and performance will suffer. Good leaders will instinctively defy this negativity, fighting their way out of it with determination, as well as recognising opportunities that are thrown up by turbulent times. Resilience can be effectively taught – a crucial lesson in business life management.

This programme is designed for:

Leaders and managers wishing to perform at the top of their game and who want their organisations to thrive and be hugely successful

Aims of the programme are to:

- Appreciate why business leaders need to display emotional strength and courage
- Learn how to tap into your own inner strength and develop resources

Outline

- Identify the four pillars of resilient leadership and the benefits to you
- Learn to cultivate resilient leadership in yourself and in your team
- Use resilience to maintain a pro-active outlook
- Learn how to handle adversity and unite your team
- Develop a robust attitude to cope with competing demands
- Learn to cultivate resilient leadership in yourself and in your team.

Outcome

By the end of the programme, delegates will be able to:

- Learn how to communicate with your team and have a genuine open-door policy
- Identify those pressure before they cause stress and mental ill health
- Recognise stress in themselves and in their teams
- Draw on emotional intelligence competencies including managing relationships
- Discover how to take charge and embrace change wholeheartedly
- Learn how to build personal resilience to manage stress and avoid burning out

This programme is not only designed for insight but for also for effective action.

THIS MOTIVATIONAL PROGRAMME CAN BE DELIVERED AS A KEYNOTE OR WORKSHOP.

Your Presenter - at the service of Government,

Business and the Professions - Worldwide

Carole Spiers, FISMA, FPSA, MIHPE
CEO Carole Spiers Group [London]
International Motivational Speaker
BBC Guest-Broadcaster



Carole's credibility is rooted in twenty years' success as CEO of a leading UK Stress Management Consultancy. As a World Authority on Corporate Stress and popular BBC Guest-Broadcaster, Carole's focus is on developing healthy workplace cultures through building resilience, minimizing the risk of stress and enhanced well-being.

Author of a best-selling book *Show Stress Who's Boss!*, Carole works with equal success in the contrasting cultures of UK and the Middle East that for over 20 years, has numbered among its clients leading corporations including, Accenture, Al Habib [Oman] AXA, Qtel [Qatar], Etisalat [Dubai], Dubai Cables, Gasco, IBM, Kanoo Group [ME], Mubadala and Walt Disney.

Carole is a high-energy motivational speaker able to combine inspiration with insight and her charismatic style and ability to engage emotionally with audiences has made her a sought-after keynote speaker around the world.

She is a Fellow and Past President of the Professional Speaking Association, London. In the UK, Carole launched National Stress Awareness day on behalf of the International Stress Management Association^{UK}, of which she is the current Chair.

She is regularly called upon by the national press and media for comment and is an acknowledged expert by her entry in Wikipedia.

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Carole Spiers has made a measurable difference to the skillset of our C-suite team at Gasco. She regularly delivers Masterclass programmes that develop excellent insights into many of the human challenges that are experienced within the oil & gas industry. Popular and highly regarded, Carole invariably inspires and motivates as she delivers her presentations with impact. A distinct advantage is that our teams have been able to implement her strategies back into the workplace with immediate effect. Carole Spiers comes highly recommended from major industrial clients."

Dr. Jenny Lea-Hewson, Leadership Development Department Head, Gasco