



RESILIENCE, RESOURCEFULNESS AND RESOLVE

CORONAVIRUS (COVID-19)

COVID-19: The secrets of rebounding after a crisis

Covid-19 has been a major physical and fiscal threat around the world and in the US. For many working professionals it has introduced uncertainties in getting a job, keeping a job, and advancing in one's job. This session addresses a proven formula for surviving and thriving in the face of these challenges. By strengthening and exhibiting resilience, resourcefulness and resolve, attendees of this course can react, respond, and recover when it comes to these challenges, and get back on the track that they envisioned for themselves prior to the crisis. Participants will learn about the specific feeling styles, thinking strategies and acting skills associated with the three R's and how they can cultivate and practice them on a consistent basis for success.

Resilience

(Heart)

Determines your **FEELING STYLES** as you **REACT** positively to the challenge that you are facing.

EMOTIONAL STYLE:

How do you viscerally react to the challenge - with emotional indulgence, emotional insentience or emotional intelligence?

EXPLANATORY STYLE:

How do you instinctively feel about the span, scope and source of the problem?

EVALUATIVE STYLE:

How do you affectively perceive the situation - optimistically, pessimistically or realistically?

Resourcefulness

(Head)

Determines your **THINKING** about **STRATEGIES** to **RESPOND** intelligently to the challenge you are facing.

EMPOWERING STRATEGY:

How effectively do you acquire the knowledge, skills and resources to deal with the issue?

EXPLORATORY STRATEGY:

How accurately do you diagnose the primary, secondary and tertiary root causes of the problem?

ENROLLMENT STRATEGY:

How creatively do you enroll advisors, allies and advocates to address the challenge?

Resolve

(Hands)

Determines your **SKILLS** in **ACTING** sustainably to **RECOVER** from the challenge you are facing.

EXECUTION SKILLS:

How skillfully do you formulate and achieve short term, medium term and long-term milestones that motivate you towards success?

ENGAGEMENT SKILLS:

How thoroughly do you design and deploy your Plan A, Plan B and Plan C for the unanticipated twists of reality?

ENERGIZING SKILLS:

How consistently do you lean on and leverage faith, friends and family to stay on course until goal achievement?