

Leadership SOLUTIONS



ABOUT TAMMY AND DAVE

Tammy Dewar and Dave Whittington are passionate educators who integrate theory and practice into creative, engaging and thought provoking learning experiences. They are committed coaches who inspire people to find and make the most of their leadership potential. Calliope's work has included large scale leadership development projects, team development and coaching, and executive coaching. They have experience in a number of sectors and engage front line staff and executives alike.

DEVELOPING PERSONAL RESILIENCE

Resilient people prosper in turbulent times. They face no fewer challenges than others, but compared to others, they:

- Regain their balance faster
- Achieve more of their objectives
- Maintain a higher level of quality and productivity in their work
- Preserve their physical and emotional health

Resilient people show nimbleness and hardiness in the face of adversity. They can spring back repeatedly after being subjected to the stresses of change.

In fact, when resilient people face the ambiguity, anxiety, and loss of control that come with major change, they tend to grow stronger rather than be depleted.

In this engaging and highly interactive workshop:

- explore the characteristics of resilient people,
- discover your own resilience and,
- leave the workshop with more strategies to continually develop your skills.