

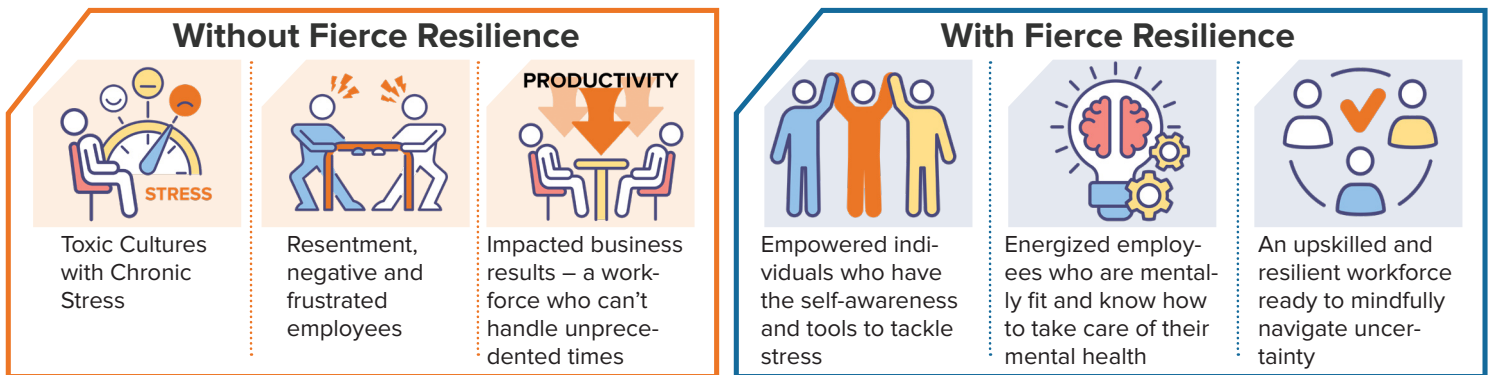


Fierce Resilience

Resilience is the #1 skill-set needed today, and yet most lack the self-awareness and understanding on how to truly tackle their stress in order to build this critical skill.

Traditional thinking around resilience focuses on elevating your toughness or just managing your stress. They typically avoid removing stressors or proactively fixing the problematic situations that are the cause of stress.

Fierce resilience is about empowerment, so you can take control and be proactive on your stress response cycle. Most people focus only on the coping, Fierce Resilience starts at the beginning by building your self-awareness, understanding stress, and tackling your interpersonal challenges and learning how to leverage practical tools to tackle your toughest stressors head on.



What You'll Learn

- ✓ A modern and deeper understanding of Resilience and Stress
- ✓ 21st century coping mechanisms using Pulse data to elevate your understanding of what is stressing you out (wordsmith – complete thought)
- ✓ Powerful tool to coach yourself and leverage your self-awareness



Ways to Learn: ✓ ILT ✓ VILT ✓ Pulse

The Learning Journey:

- ✓ Definition of Fierce Resilience
- ✓ Deep dive into stress
- ✓ Pulse and Self-Awareness
- ✓ Stress Exercise

The Tool:

- ✓ Stress-Mapping
- ✓ Leverage your data to understand your stressors
- ✓ Understand what coping mechanisms work for you
- ✓ Plan your conversations and take your next steps

