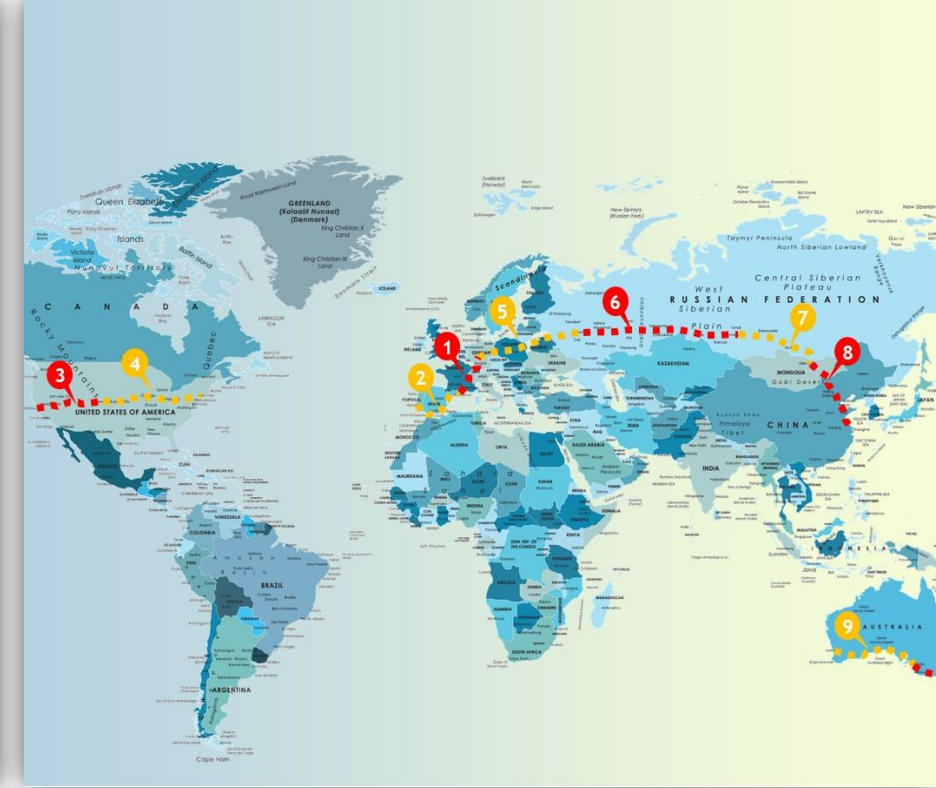
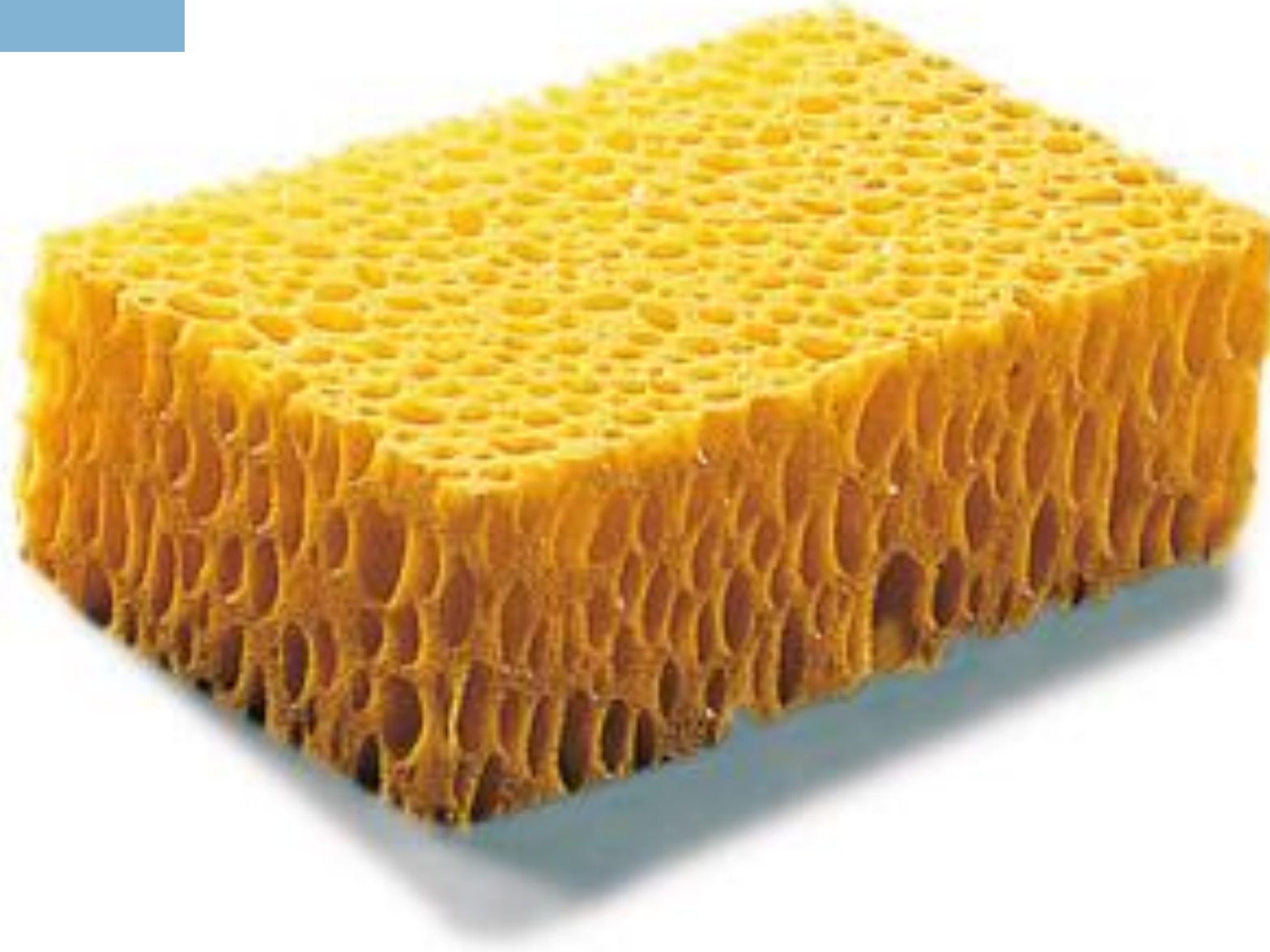




Why do some people grow
when confronted with adversity
while others suffer?



RE-SI-LI-ENCE?





The Children of Kauai

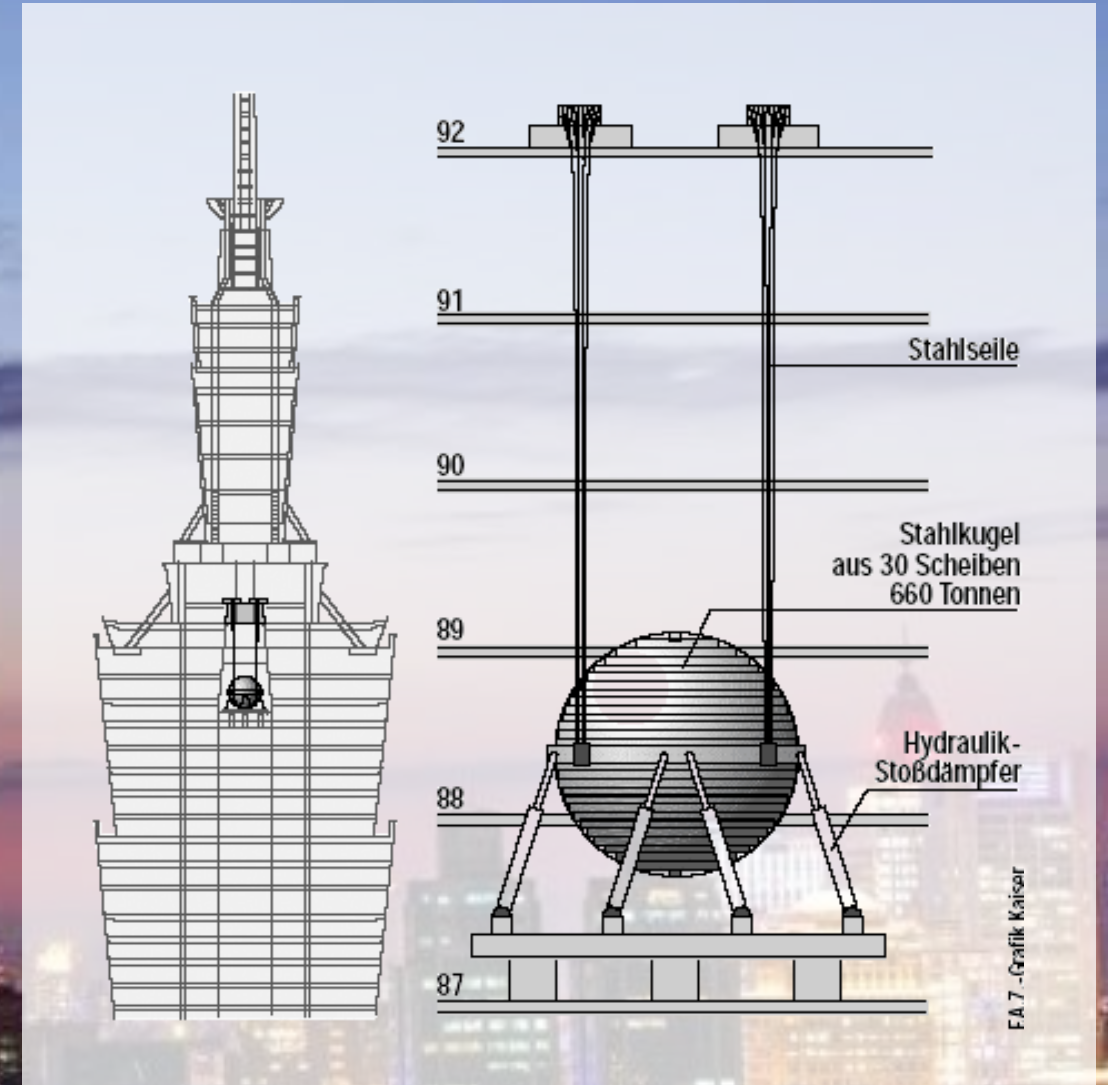
Emmy Werner

Positive Relationships
Role Models
Voice Emotions
Access to Resources
Accurate Self-Image
Realistic Optimism
Self-Efficacy

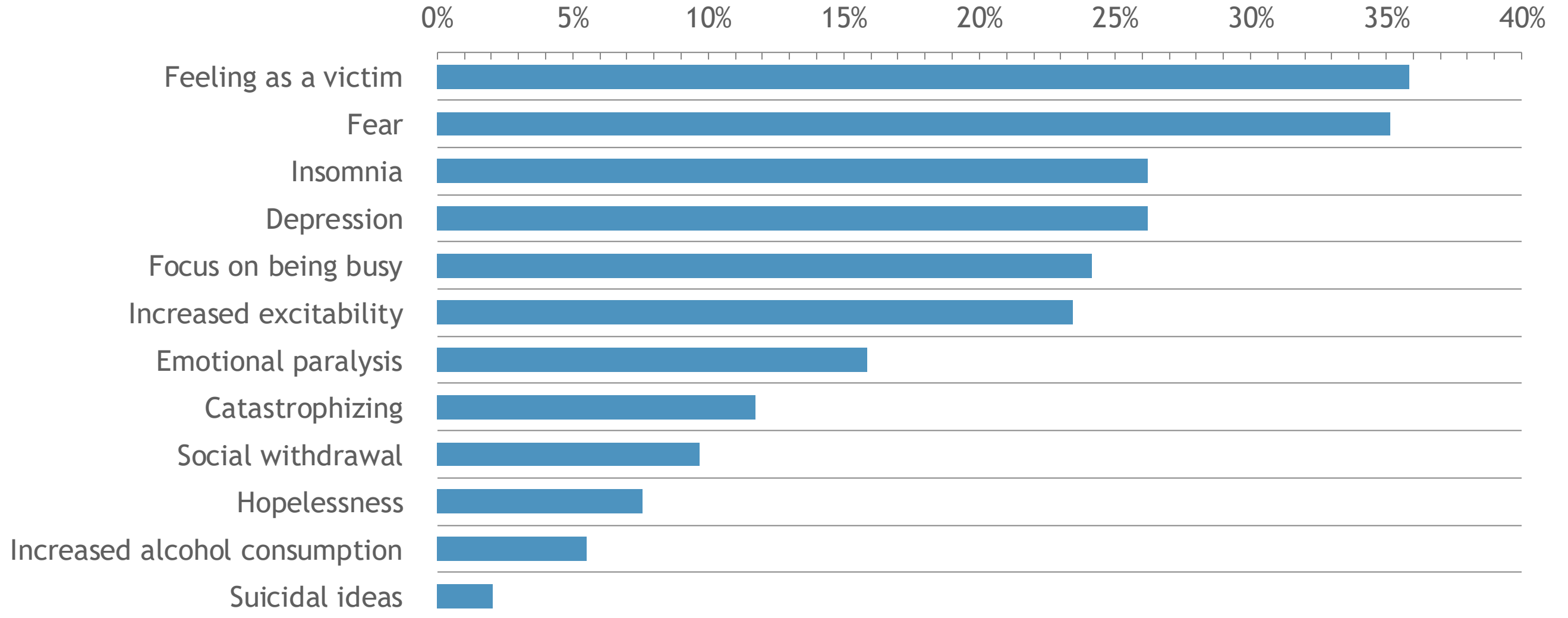
Leading Others Starts with Leading YOURSELF



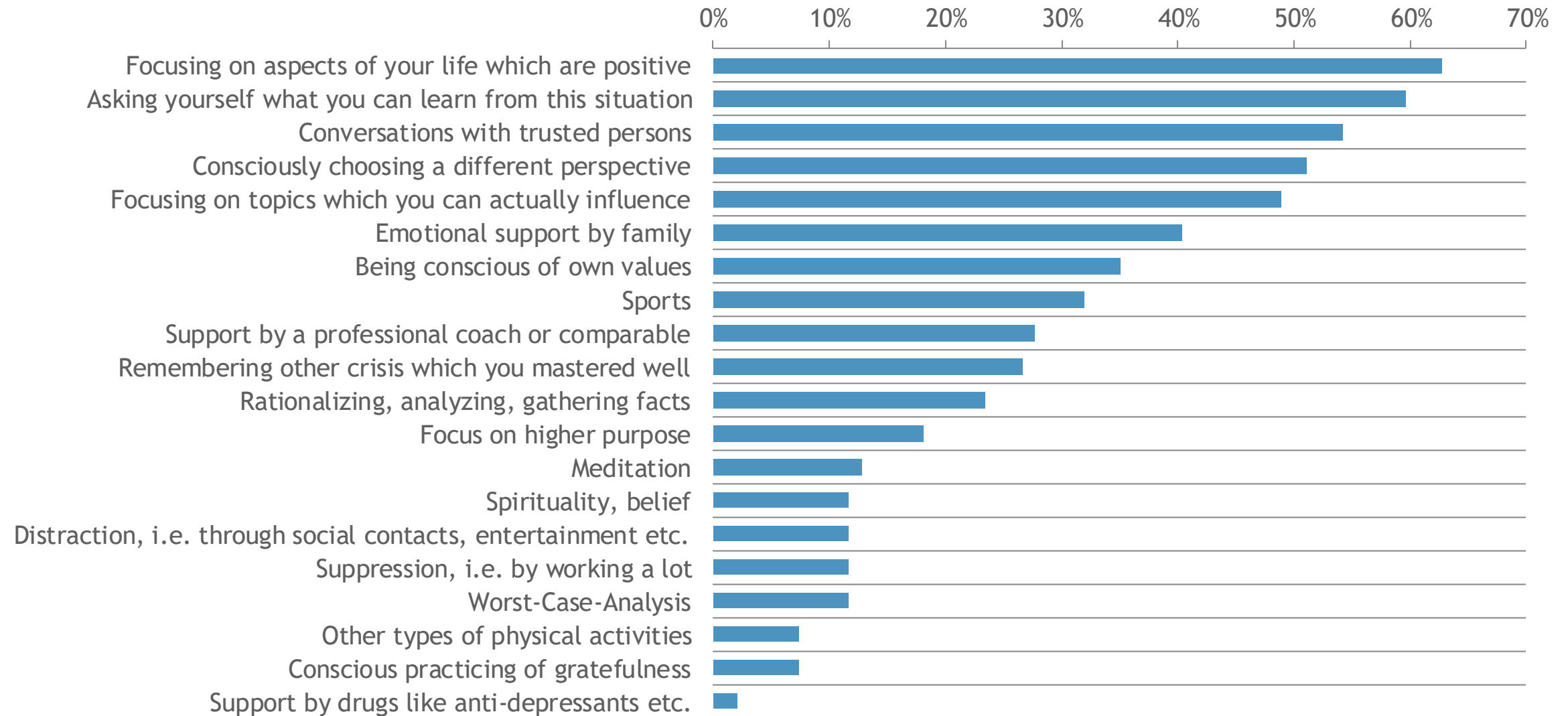
Mastering Crisis

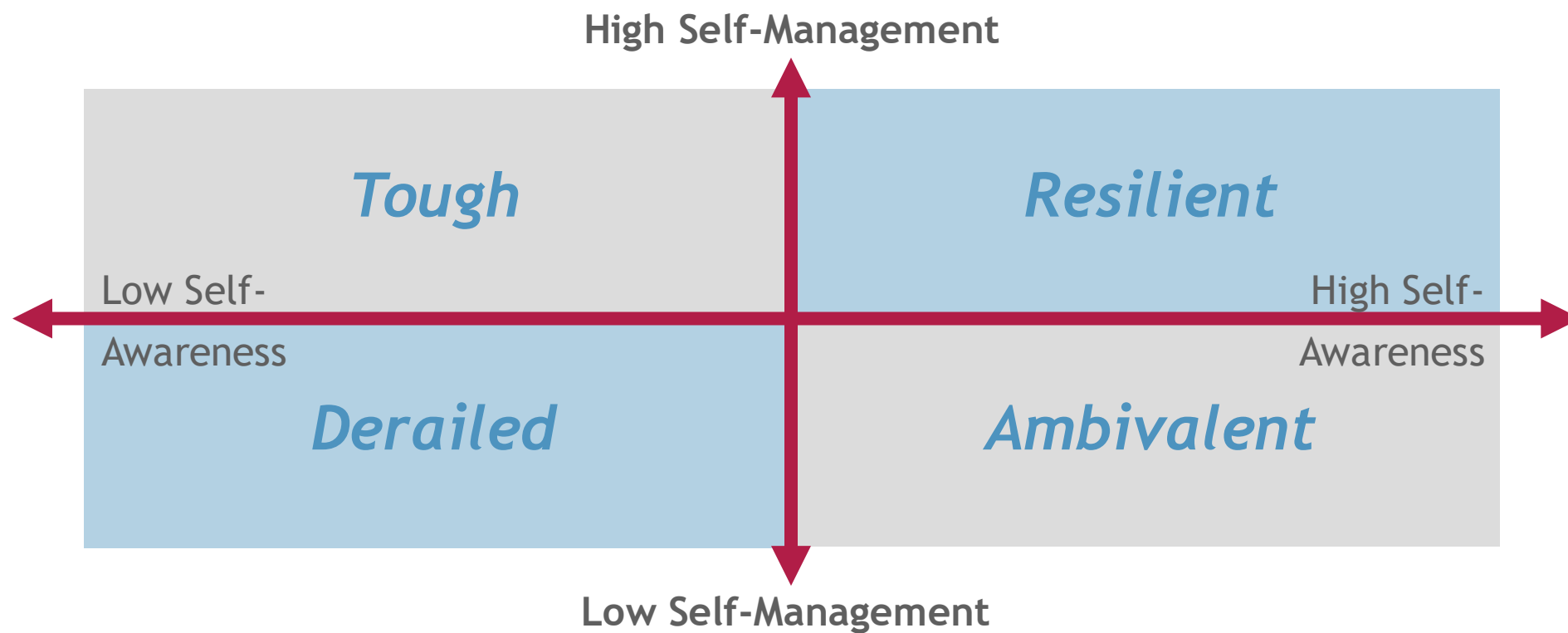


How Resilience works



How Resilience works



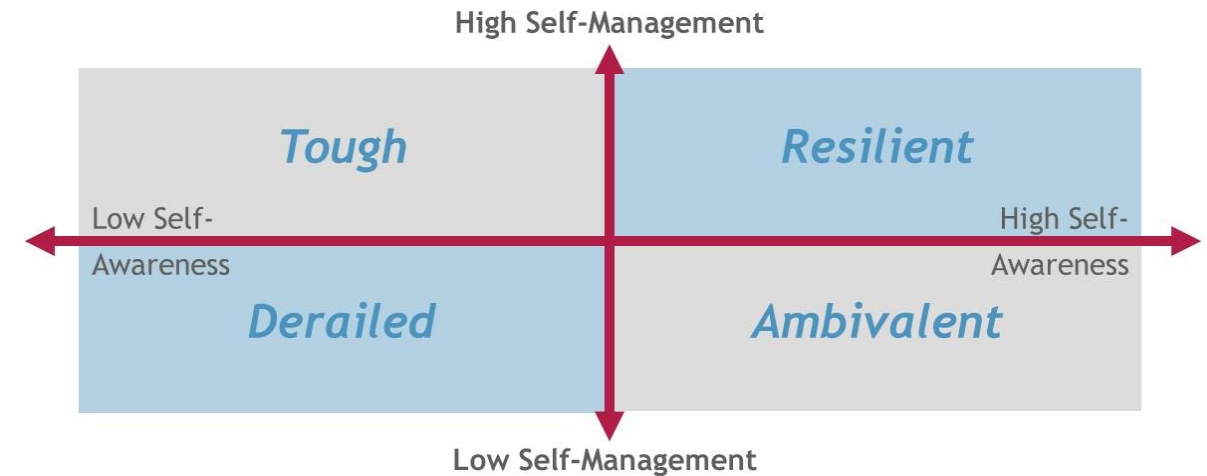


Feeling the Pulse

In which field are you?

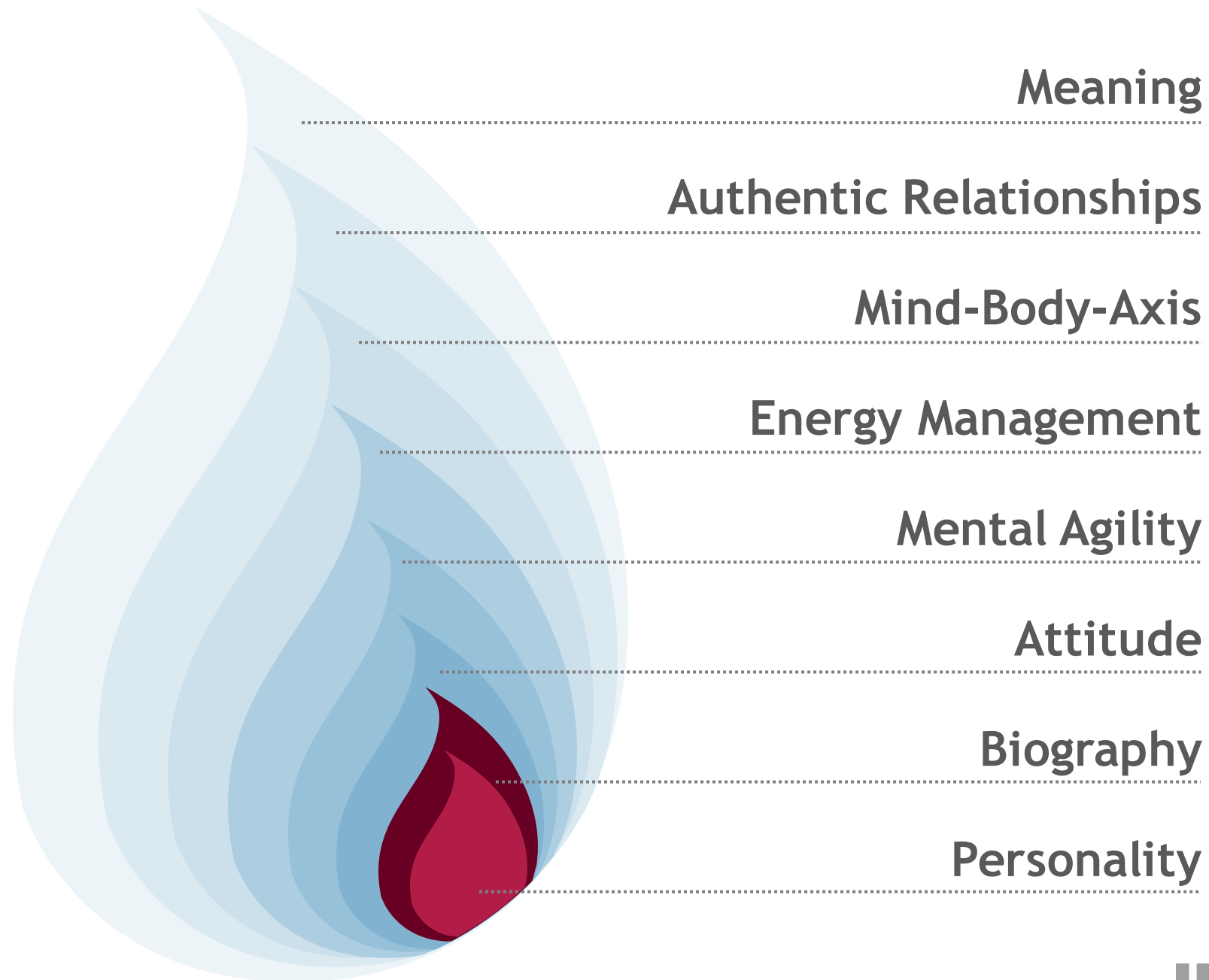


- With regards to Self-Management and Self-Awareness, please answer the following questions:
 - In welchem Feld sind Sie die meiste Zeit?
 - Wovon bräuchten Sie mehr, um Ihre Resilienz zu verbessern?



Introducing the FiRE Model of Executive Resilience

Factors improving Resilience Effectiveness®



Hunting the Good Stuff

Handout



What are three things/encounters/people for which I feel truly grateful right now ...?

Today

1.

2.

3.

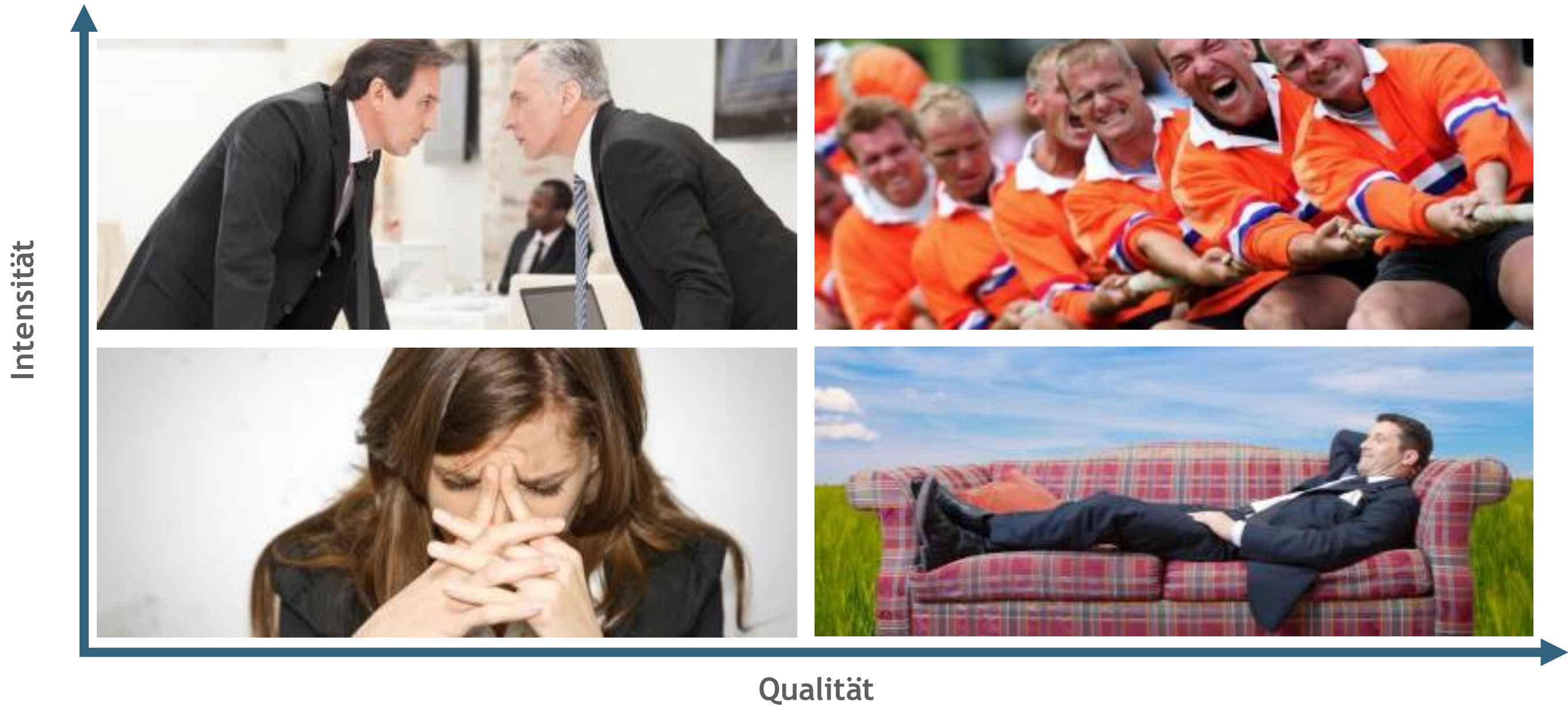
Yesterday

1.

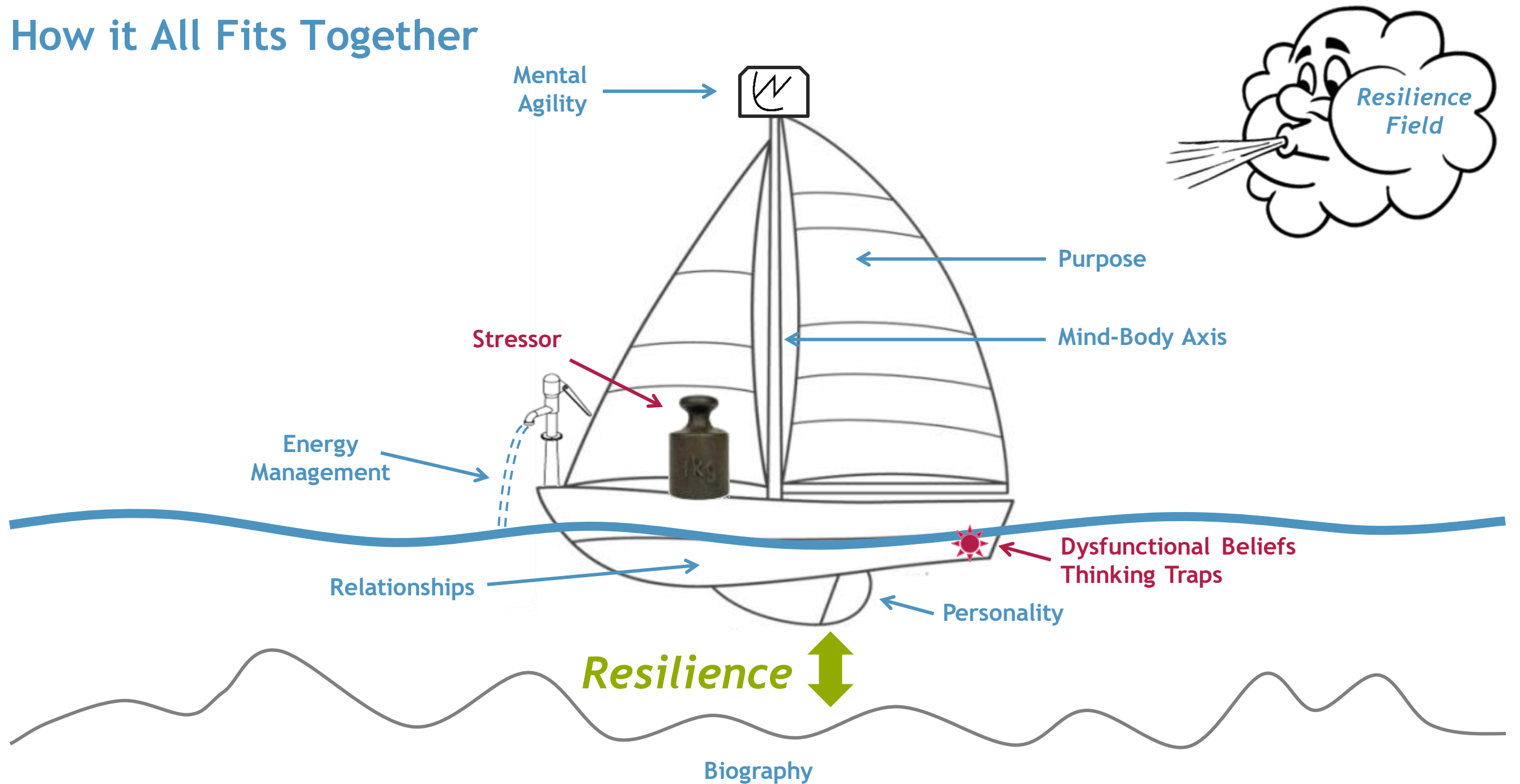
2.

3.

Resilience Field



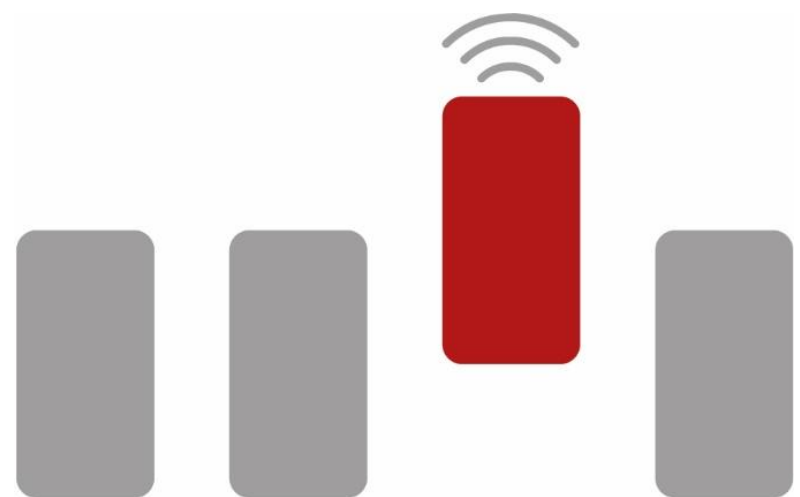
How it All Fits Together



What is really worth worrying?



ON AIR



Leaders **Talk**

Better Leadership.
Better Organizations. Better World

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 leadership choices

Leaders Talk

Leaders Talk is an interview podcast in German and English to portrait leaders from various fields who are committed to better leadership, better organization and a better world. Our guests are business and thought-leaders, social entrepreneurs and politicians. We talk about their personal stories as well as the motivations and values that made them pursue their exciting journey.

<https://anchor.fm/leadership-choices>



Get in Touch

We are looking forward to you reaching out



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Thank You!

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Leadership Choices