

A personal change program to increase resilience and develop individualized transition strategies focused on your specific needs.

Learn how to sustain your energy, motivation, and flexibility amidst the day-to-day demands of work, community, and family.

Achieve personal and professional goals during times of change.

Delve deeper into your personal strengths and explore tools and models to increase your resilience.

*“You are not really who you think you are - **you are more!**”*

Administrative Assistant

*“It taught me that the **best healer in the world is yourself**”*

Senior Technical Architect

*“It is **highly recommended**. It is worth attending.”*

Accounting Coordinator



Blends proven best practices in change with the world renowned Insights system to build change capacity with individuals.

How do we sustain our energy, motivation, and flexibility amidst the day-to-day demands of work, community, and family?

Designed for any person experiencing personal or organizational changes.

Topics include the following:

- Exploring how your preferences show up in stressful or changing times.
- Understanding resilience – your own and others.
- Applying your strengths for adapting and connecting.
- Reframing negative self-talk.
- Developing personal transition strategies.
- Identifying areas of personal control and influence.
- Letting go of unhealthy beliefs or behaviours.

- Creating an appreciation for strategies that relax and refresh you.
- Deepening your understanding of Jungian principles that can guide your path to individuation.

This personal change program includes self-assessment against eight characteristics of resilience, self-reflection, and the development of individualized, proactive strategies that focus your energy on being who you want to be, while achieving your personal and professional goals during change.

Eight Characteristics of Resilience:

Results Driven

- Holds the focus on outcomes
- Quickly sorts and analyzes information

Proactive

- Goal-focused
- Actively engages in change, taking decisive action in the midst of uncertainty

Confident

- Confident that positive thoughts and actions can influence positive results
- Demonstrates a can-do attitude

Optimistic

- Sees the future from an upbeat perspective
- Focuses on opportunities rather than dangers

Collaborative

- Demonstrates a strong values-centered sense of purpose
- Appreciates and encourages the ideas of others

Other-centered

- Focuses on the others, rather than self
- Considers harmony the ultimate goal

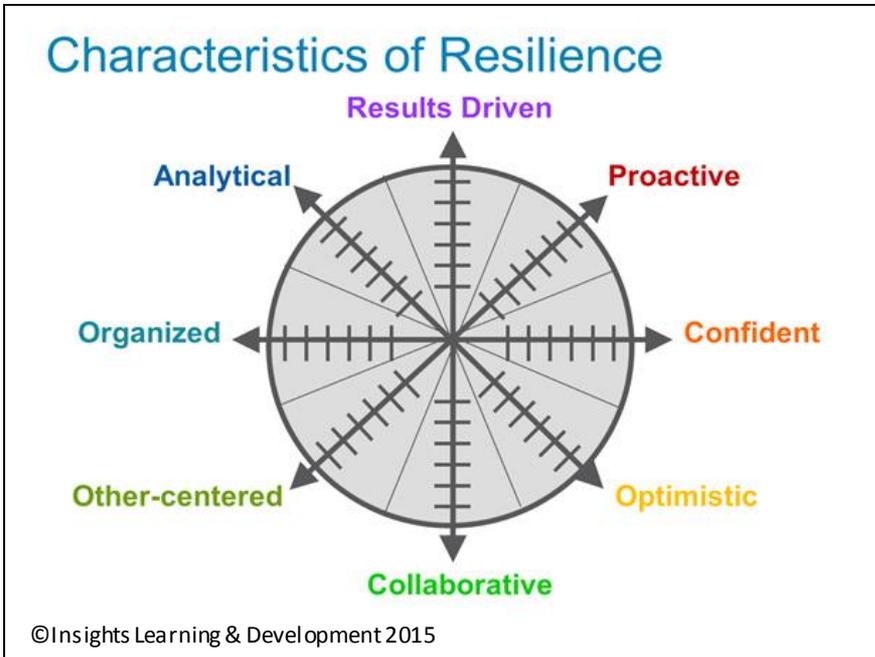
Organized

- Distinguishes between critical and trivial information
- Understands current realities and “what is”

Analytical

- Looks at data from a logical and objective perspective
- Researches, clarifies, and tests theories in a disciplined way

The Insights 8 Characteristics of Resilience



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