

Resilient leader

Individual coaching for managers

During coaching a manager learns the effect of resilience on his/her own leadership style and how to effectively guide your employee on resilience.

This is Resilient leader

- 5 Individual (online-) coaching sessions.
- In between 2 coaching sessions the participant works on practical assignments.
- The participants learn how strengthening their own resilience affects their leadership style.
- By strengthening leadership skills, the resilience of employees is also strengthened.

This is what you learn

- How you bounce back and keep being effective when facing big challenges/setbacks (as a leader and towards employees).
- How to continue to function effectively under pressure (by developing a positive narrative for both leader and team).
- You view your organization's resilience from a strategic and policy-oriented perspective.
- You develop a positive learning spiral; what is resilience and how to develop it?
- You develop a positive view of stress as a condition for resilience.
- You facilitate personal and environmental resources.

This is what you will achieve

- You are able to effectively guide your employees on resilience.

This is what makes Resilient leader unique

- A positive and innovative view on stress.
- Based on current scientific insights, but practically translated for daily use.
- Available in Dutch and English.
- Personal approach by a Shared Ambition trained psychologist.
- Customized intervention that stimulates leaders to strategically start working on the resistance and resilience of the employees in their organization or department.

Individual - group

1 : 1 - online

Educational - preventive - curative

Matched Care category:



Number of hours:



Amount of time: **Customized**



Shared Ambition offers solutions for three target groups

@Work

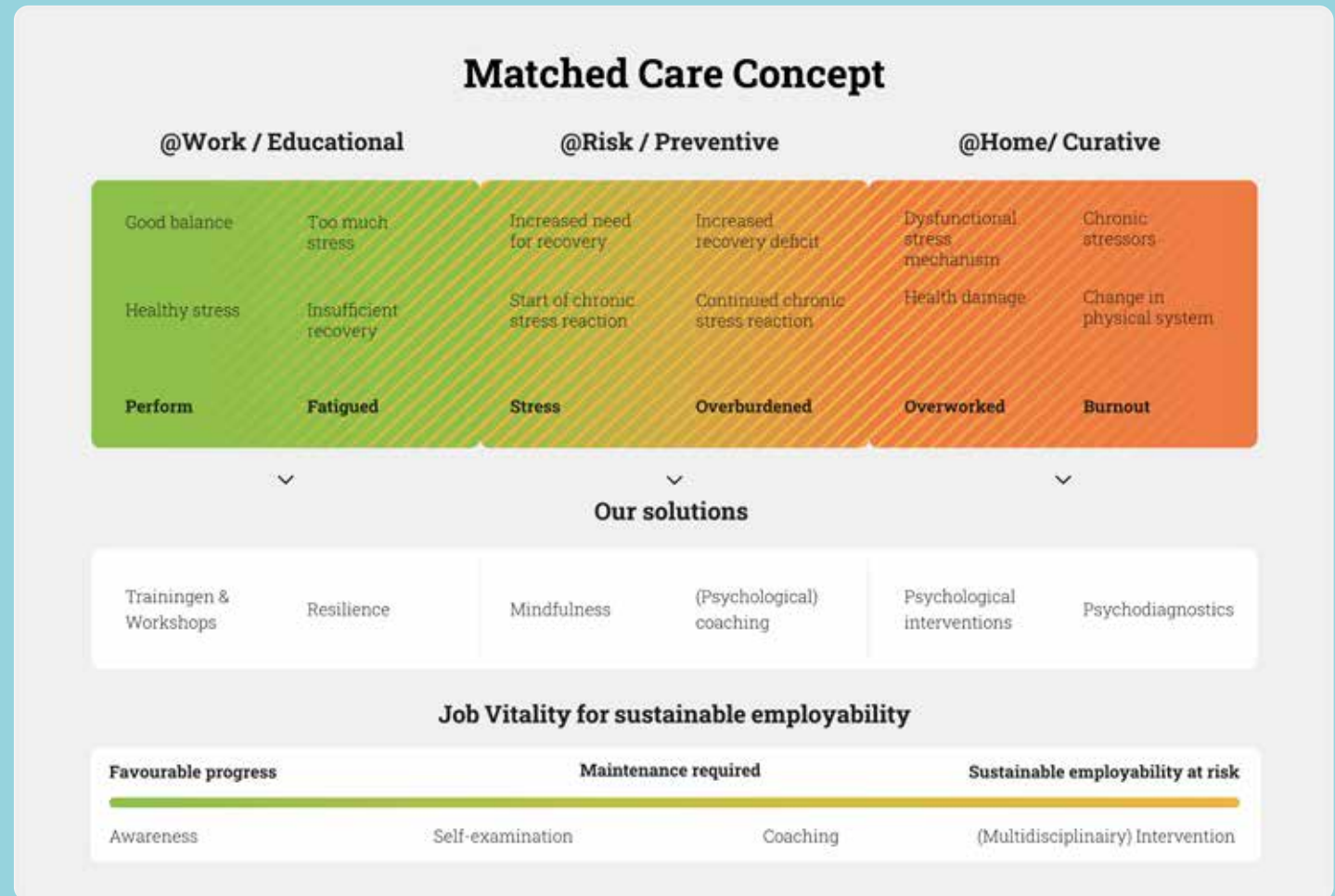
For employees who are working and want to remain mentally healthy

@Risk

For employees who are at risk of falling out

@Home

For employees who are partially or entirely absent



Working together

Shared Ambition specializes in work-related psychological health.

If you would like to learn more about Shared Ambition and/or our products and services, please visit the website or get in touch.

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