

# Personal Resilience

During times of stress, uncertainty, and exhaustion, leaders need to lead with personal resilience. Build the essential skills leaders need to support their teams by leading with their own strengths.



## Leadership Talents Insight Tool

Gain awareness of your key strengths as a leader



## High-Impact Courses

Engage leaders in a high-impact experience:

- Leading Self: Turn Awareness into Impact
- Courses can be delivered onsite or in a virtual classroom



## Boost Skills with Microlearning

Boost skills in minutes with bite-sized, digital microcourses:

- Boost Your Resilience
- Leading Self in Times of Crisis
- Finding Control During Change
- Ensuring Your Team Avoids Burnout



## Sustain Skills with On-Demand Development Tools

Sustain learning and apply skills with practical and interactive support tools on DDI's Pinpoint platform:

- How to Lead in a Crisis
- Mindfulness Meditation
- Check Up: Internal Self-Awareness
- Identifying Internal Voices
- Chat with Ben

- Need to build more skills? Want to enhance with more tools? DDI can work with you to co-create a custom experience unique to your organization. -

## Program Overview

### Build Skills with a High-Impact Course

#### Leading Self: Turn Awareness into Impact

In Leading Self, learners gain insight about their personal values, their emotions and how they manage them, and the natural talents they bring to the workplace. Through self-insight tools, engaging activities, and compelling video, learners expand their understanding of themselves so they can heighten their impact at work.

### Boost Skills with Microcourses

#### Boost Your Resilience

Adversity, change, turbulence, and uncertainty can be part of any given day. While we successfully navigate most challenges, others require greater resilience—the ability to cope with stress and adversity. Resilience keeps us from feeling stuck. Key personality traits and skills can raise our resilience and power us through even the most challenging times.

#### Leading Self in Times of Crisis

Times of significant stress and crisis are times when our leadership behaviors and actions may not always align with our intentions or our priorities. Leaders often know what to do, but act in ways that are very different. Learn how to manage the impact of personal tendencies and derailers on leadership brand and behaviors in times of stress and crisis.

#### Finding Control During Change

Change can be many things—energizing, confusing, exciting, daunting. One thing is for sure—the element of the unknown that can leave you feeling disoriented, even lost. When the situation seems out of your hands, you can make traction—and successfully move yourself and others through change—by identifying areas you can control as well as areas you can influence.

### Ensuring Your Team Avoids Burnout

The speed of work and ever-increasing demands on employees' talents and time can leave them burned out and, possibly, on their way out. Leaders can pivot to prevent team burnout, but they often won't know what to look for or how to address it before it escalates.

## Designed for Impact

High-impact leadership development needs to be designed as a learning journey that unfolds over time, draws on multiple learning options and modalities, and provides opportunities for practice and application. With DDI by your side, you can design and deliver powerful learning journeys proven to develop better leaders. We'll work with you to:

**Flex to Meet Needs**—Looking for an off-the-shelf program or custom solution? A program delivered online, virtually, live, or a blended approach? We'll flex and help design the unique learning journey you need.

**Scale for Success**—Whether you're looking to develop a few cohorts or all managers across your enterprise, we can help.

**Measure Impact**—Need to show real results? We have easy options to help you track and measure success, from knowledge checks to continuous feedback tools to evaluation surveys.