



## Agenda

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## Insights for Increasing Personal and Organizational Resilience

**Instructor(s):** Greg Githens

**Prework:** None

**Length:** 1 hour

**CEUs:** 0.1/see below for PDU breakdown

**Level:** Intermediate

**Training Topic:** Leadership Development

**Subtopics:** Complexity, Resilience

### Training Description:

Resilience is an especially important topic for times of crisis, turmoil, recovery, and rebuilding. This training will help you enhance your personal resiliency and contribute to organizational resiliency. It is intended to answer four questions:

1. Why is it better to say we bounce forward than bounce back?
2. What is resilience?
3. How do individuals cultivate it?
4. How can organizations develop it?

Learners will be shown examples of resilient individuals, organizations, and systems. Through these examples, specific lessons and actionable practices can be unpacked.

### Learning Objectives:

*Upon completion of this training, learners will be able to:*

- Recognize and explain the power of bouncing forward.
- Describe techniques for enhancing personal resiliency.
- Describe how resiliency enhances organizational culture and capabilities.
- Identify some first steps for a resiliency action plan.

### AGENDA

- Introductory
- Overview of seven kinds of resilience
- Examples of COVID humor and explanation of reframing
- Explaining resilience
- Explaining “bounce forward”
- Examples of resilient people
- The emotional rollercoaster
- Explaining experimentalist leadership
- Leaders lead by asking questions
- Anticipation
- Wrap up of resilience-enhancing micro skills
- Q&A

**Professional Development Units (PDUs)** are one-hour blocks of time spent learning, teaching others, or volunteering. By attending this course, you will be able to achieve the following PDUs as learning hours to apply for PMI certification or to maintain your certification status with PMI. [View](#) how your PDUs align with the PMI Talent Triangle®

	Technical	Leadership	Strategic	Total
<b>CAPM® / PMP® / PgMP®</b>	0	0.75	0.25	1.00
<b>PMI-ACP® / Agile*</b>	0	0.75	0.25	1.00
<b>PMI-SP®</b>	0	0.75	0.25	1.00
<b>PMI-RMP®</b>	0	0.75	0.25	1.00
<b>PfMP®</b>	0	0.75	0.25	1.00
<b>PMI-PBA®</b>	0	0.75	0.25	1.00



*\*Please note that the asterisked row above applies to the PMI® Agile Certification journey and includes DASM™, DASSM™, DAC™, and DAVSC™ certifications.*