

Intensive #4 – Resiliency: A Key to Leadership Success

Resiliency is a key factor to success in health care settings. Rather than merely an inherent trait, resiliency is a learnable skill. This workshop is for leaders who want to increase their resiliency. It will examine the theory of resiliency and explore skills and techniques associated with resilient leadership.

Intensive Objectives:

- Define resiliency and examine its relevance to leadership
- Identify characteristics and traits of resilient leaders
- Explore the relationship between leadership resiliency and effective management of change
- Delineate strategies for increasing one's resilience
- Examine strategies for assuming greater control over one's professional destiny (if an intensive)