

Personal Resilience Self Coaching Program



WHAT DO I GET

- A comprehensive, integrated Personal Resilience Self Coaching course
- Access to 8 short videos for each of the 8 Modules
- Access to an 80 page Manual
- Positive Psychology life tools for each of the 8 Modules to use now and for use anytime into the future
- Opt for additional coaching if you want
- Corporate packages available

Resilience describes the ability to 'bounce back', to recover and respond with commitment and optimism.

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Introduction

Over the last few years the *Institute for Tourism Leadership Australia* has worked intensively in the resilience space. This was in response to adverse events in Australia such as cyclones, bushfires and floods. Covid-19 made us realise that there is an even greater global need for personal resilience.

We believe that:

"Resilience is not a trait that people either have or do not have. It involves behaviours, thoughts, and actions that can be learned and developed in anyone" (McDonald et al., 2012).

During Covid-19 we observed that, against Rossouw's 6 Domains of Resilience model, people who did not stay composed, stick to a vision and reason clearly, become the most affected as health, tenacity and collaboration fell away as well. This reinforced an emerging mantra when dealing with badly affected business owners and professionals:

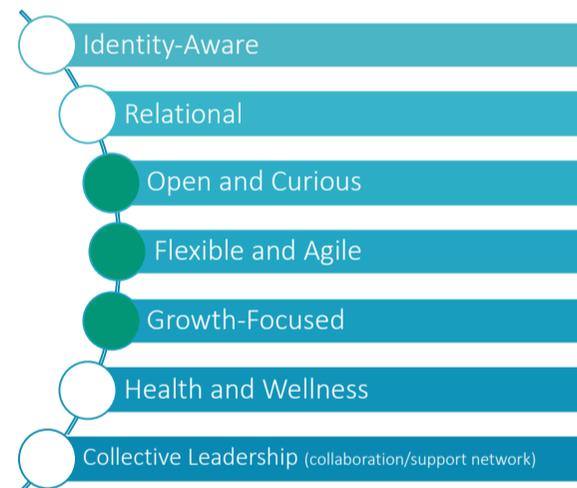
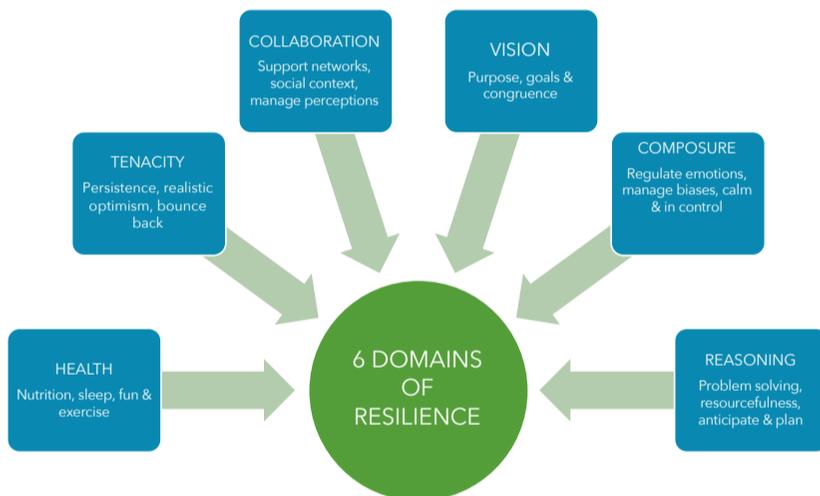
It's not the challenge in front of you but how you react to it.

Whilst designing this we were given a serendipitous but timely reminder on this from a famous and respected world figure:

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." (Martin Luther King Jr.)

Models and Framework

We have used the models below to shape our 8 Module program.



Jurie Rossouw's, The 6 Domains of Resilience, CEO at RForce, Harvard Business Review 2016

ITLA also has developed an extensive self assessment against 7 Mindsets. Those marked "green", we observed as the most highlighted / important during Covid-19 (ITLA, June 2020).

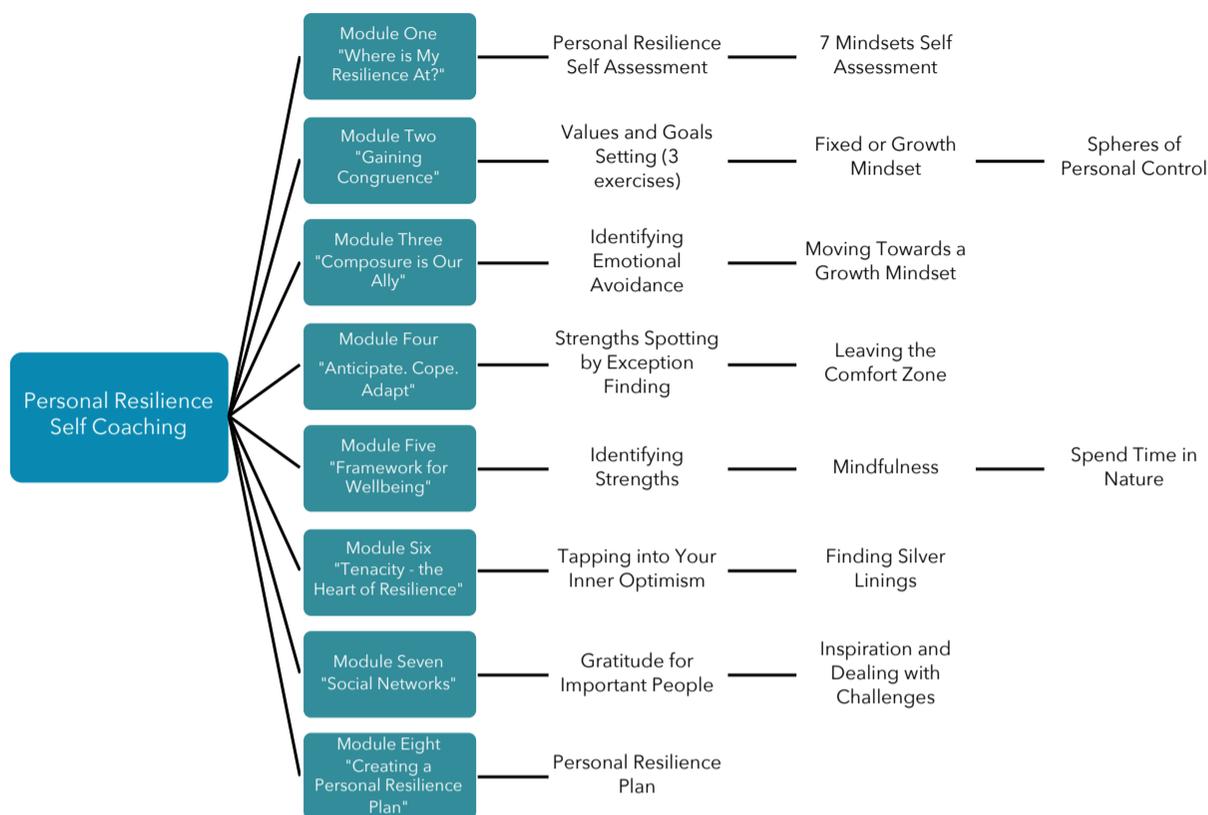


Our approach to Personal Resilience is based on the belief that:

1. An understanding of neuroscience and primitive versus rational behaviour is pivotal to behavioural change and positive workplaces;
2. Learnt techniques to "create space" (take time between primal reactions and considered actions before we act) positively impact our thinking and interactions; and
2. Emotional Intelligence, self regulation and composure during stress and in the face of adversity is vital.

Program Overview

This self paced and reflective **Personal Resilience Self Coaching** program allows you to develop these skills and mindsets. The program covers 8 Modules, with the concepts and ideas for each module introduced by a video and supported by reflection and assessment tools to guide your learning. The modules and each of their tools are shown below.



How to Complete the Program

1. View the video for each of the 8 Modules;
2. Pace yourself about about 1-2 weeks apart for each module;
3. Complete the tools for each module and reflect and practice;
4. In using the self assessments or positive psychology tools, we encourage you to:
 - Identify your Enduring Strengths
 - Identify your Growth Areas; and
5. Complete Module Eight whereby you develop your own **Personal Resilience Plan**.

PRODUCT	TYPE	COSTS
Personal Resilience Self Coaching Program	Individual	\$345
	Individual + 2 coaching sessions	\$700
	Corporate 20+	\$295 /person
	Corporate Unlimited Period Access (e.g 6 months)	Contact us

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