



Grow your resilience with proven tools and insights on your response to life's challenges.

### Why do some people get stressed while others stay calm, cool, and collected under pressure?



No two people experience things in quite the same way, but there's a lot to learn from the most unflappable and resilient leaders who bounce back from trials. The answer to thriving in this fast-paced, ever changing landscape lies in resilience—building the ability to cope with challenges, recalibrate your mindset, and thrive despite adversity.

Resilience is not an innate trait you either have or don't. It's a muscle that can be developed and nurtured. A skill set you can cultivate and enhance with direction. Resilience minimizes the stress and negative impact we experience when faced with uncertainty, hardship, volatility, and change. Resilience also softens the bounce back from the challenges and curve balls life inevitably throws our way.

By going through the Art of Resilience (AoR) experience, gain expert guidance to help you understand:

- Your resiliency scores and what they mean
- Pressure vs. stress
- Rumination vs. reflection
- Worry vs. care
- Your circle of control
- Perspective taking
- How to reset after setbacks
- What it means to wake up and live intentionally

### HOW WILL AOR HELP YOUR LEADERS, TEAMS, AND ORGANIZATION:

Stress and burnout are top issues at workplaces, but they are rarely discussed in actionable, productive ways. AoR builds individual awareness, promotes best practice sharing among teams, and drives behavior change that fosters organizational engagement over time.

### At a Glance



#### AUDIENCE

Any leaders facing unprecedented changes and pressures



#### COMMITMENT

35-minute assessment and debrief with personalized report (self-serve or group)



#### LEARNING OPTIONS

Self-serve  
90 min. digital debrief  
End to end digital debrief, action planning, and reflection on a leaders' own time.



Group workshop  
90 min. facilitated session and 20 min. digital action planning  
Live or virtual experience to promote individual reflection, capture the diversity of insights and experiences across the team, and plan actions.

\*Group pricing is available

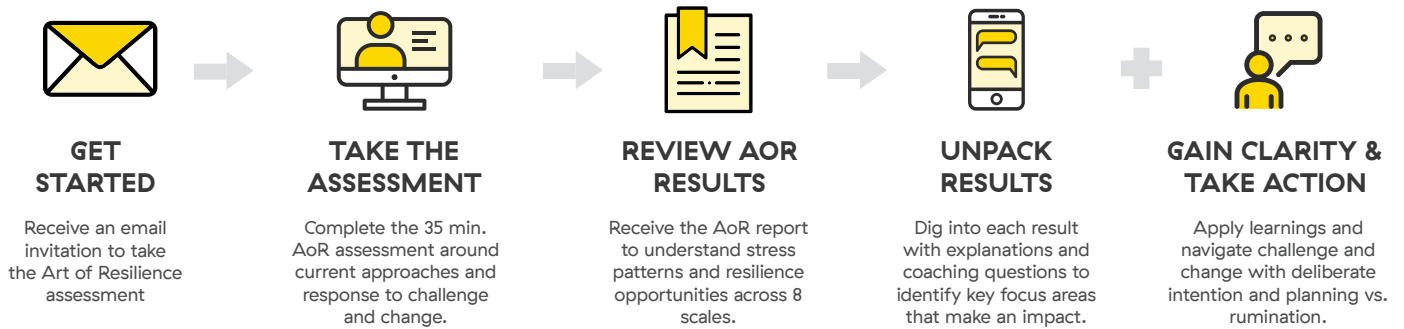
### RESEARCH BACKING

The Art of Resilience program brings 30 years of widely-recognized published research from Dr. Derek Roger, world-leading expert on stress management and resilience, and years of teaching and application by Nick Petrie, global leadership development expert. They are co-authors of the book [Work Without Stress](#).

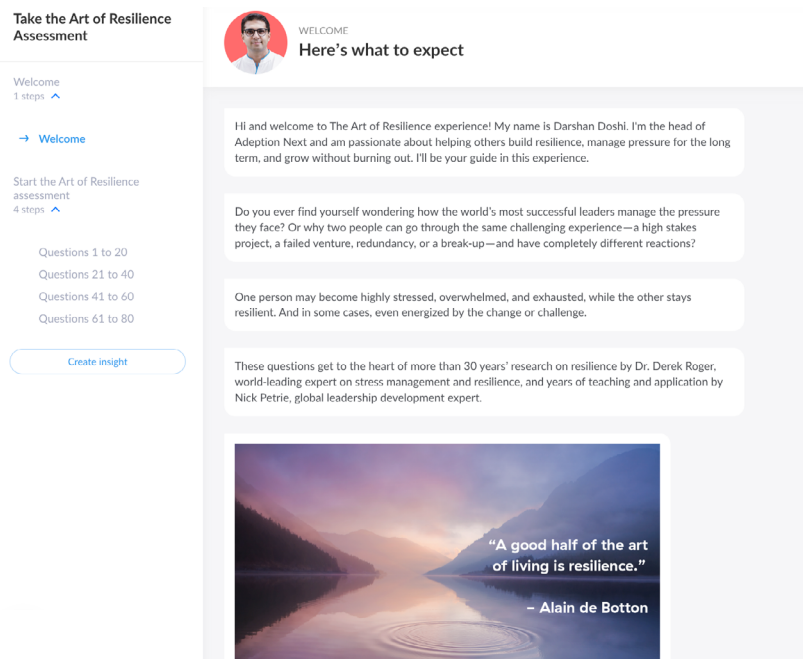
With greater awareness and best-in-class tools, AoR will help you and your leaders be more intentional about how you approach and respond to life's inevitable challenges.

The Art of Resilience is based on the Challenge of Change Training © developed by The Work Skills Centre Ltd.

## The Participant Experience – How Does It Work?



## The Adeption Platform



## The 8 Scales Impacting Resilience

- Rumination
- Emotional Inhibition
- Toxic Achieving
- Avoidance
- Control
- Sensitivity
- Flexibility
- Detached Coping

“People tend to think that coping is managing to keep your head above water. Resilient people are presumably those who can hold their breath longer when the flood rises, but this is just surviving.

Real resilience is knowing there's no water to keep your head above.”

– Dr. Derek Roger, Creator of The Challenge of Change Resilience Training Program

## The Roadmap to Grow Resilience

- Step 1: Reflect. Don't ruminate.
- Step 2: Wake up!
- Step 3: Focus on what you can Control.
- Step 4: Put things in perspective.

You'll focus on challenges that are relevant in your life right now and design actions that drive the behavior change you most need to grow your resilience, amplify your impact, and enjoy your life.



Connect with us to learn more about how to scale your leadership offering.

[adeption.io](https://adeption.io) | [hello@adeption.io](mailto:hello@adeption.io)