



# Institute for Professional Excellence

## Power Skills Series:

### Resilience

#### Real-time Control of Your Brain Under Fire

Pressure is no longer occasional; it's the default operating environment. Deadlines accelerate, stakes skyrocket, and entire strategies can collapse in a single quarter.

In this reality, the old-school version of resilience, just grinding harder while your nervous system quietly implodes, is obsolete. Modern resilience is the ability to stay sharp, calm, and strategic even under pressure. The power to redirect your attention and rewrite stories before they spiral is literally contagious to everyone around you.

This is not a pep talk about bouncing back. This is a tactical 3-hour workshop that gives you the tools to remain the most powerful version of yourself when tensions rise.

**After completing this program, participants will be able to:**

- Manually override an Amygdala Hijack the moment it starts—no meditation retreat required
- Spot your personal thinking traps and dismantle them
- Utilize your top strengths like precision tools in a crisis
- Become biologically contagious in that your calm becomes your team's calm

Learn more: [davenport.edu/ipex/management](https://davenport.edu/ipex/management) | 616.233.2589

# Resilience Topics

## Neuroscience

Meet your brain's alarm system vs. your CEO and learn who wins when they fight.

- Master a discreet, office-ready protocol that drops cortisol and restores rational thinking fast
- Treat attention like a flashlight: point it wrong and the threat grows; point it right and the threat shrinks

## Cognitive Reframing

Spot your personal thinking traps and dismantle them with courtroom-level evidence in under a minute.

- Put your automatic thoughts on trial using the ABC Model
- Live practice: take a real recurring stressor and build a new, evidence-based narrative that actually holds up
- Turn "This will ruin everything" into "This is hard, here are three moves I still control"

## Strengths & Mindful Leadership

Deploy your top signature strengths like precision tools the instant a crisis hits.

- Stop fixing weaknesses and start over-indexing on your superpowers (curiosity, perspective, humor)
- Discover why your emotional state is literally contagious to your team
- Build your personal Resilience Protocol, a crisis checklist you can use when everything hits the fan

Resilience isn't enduring stress. It's owning it.

## Who Should Attend

- Leaders, Managers, and team members who are tired of white-knuckling their way through stress
- Professionals who want to leave every firestorm thinking, 'I was the calmest person in the room'

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