

Resilience for Professional Leadership

Bounce, courage, creativity and connection

In today's complex, disruptive and accelerated business environment, resilience - the ability to possess bounce, courage, creativity and connection - is no longer optional. For businesses to succeed, leaders, team and people have to learn how to cultivate their resilience. If you are an executive, Resilience for Professional Leadership will show you how to build your own resilience and how to cultivate resilience in your teams. The learning content, case studies and group interaction will be customized to ensure that the experience is intellectually and personally challenging with plenty of time for small group dialogue, peer coaching and situation-specific development planning. The objective of this practical workshop is to positively impact your life and career.

How you will benefit

- Gather knowledge of the current science and practice of resilience
- How to recognize resilience failure and how to bounce fast
- What it takes to be calm, focused and connected in critical moments
- How to take care of your physical wellbeing
- How to reframe your emotions and thoughts
- How connection with others delivers resilience and performance

Faculty

Dr Sven Hansen is the founder of The Resilience Institute. With a background in sports medicine, Sven has run corporate resilience programs since 1988. He is a recognized conference presenter and has trained thousands of professionals in many global organizations.

	2 days
	€2500
	Professional Skills
	English
	NEW PROGRAM!
	19 – 20 December 2016

EARLY ENROLLMENT DISCOUNT - Enroll more than 90 days in advance and receive a 10% discount on the program fee

Program Content

Topic	Approach	Outcomes
INSIGHT <i>What we must know about ourselves to lead</i>	Resilience as a key factor in leadership impact Diagnostic & Development Framework Diagnostic Assessment Bounce Back Professional Excellence	Introduces the theory, practice and attitudes of Resilience for aspiring professionals Defining a robust framework guiding self and leadership Understand your Resilience and 360 feedback Learn how to recover & help others Defining what excellence means to you
MASTERY <i>Lifestyle mastery</i>	Lifestyle and vitality Relaxation and rejuvenation Sleep & fatigue management Integral daily practice	Understand critical drivers of wellbeing Master breath, coherence & impact Secure a good night's sleep & stay fresh Working your non-negotiables into life
MASTERY <i>Performance mindset</i>	Emotional literacy Impulse control & positivity Attention control Training the mind Situation mastery	The role of emotion in resilience Professional EQ and emotion regulation Learning how to calm and focus the mind Learning what can be trained and how Reading, reframing and mastering challenge
INFLUENCE <i>Engaging others</i>	Confidence and presence Empathy – reading others Social Intelligence & Altruism Development plan	Managing our impact on others Recognize emotions and thoughts of others Human connection, kindness and social good Defining key practical skills to acquire

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Enrolling & Practical Information

Enrollment requirements

AIF considers each enrollment application carefully to ensure the quality and level of the program is maintained and that participation of candidates is beneficial to both themselves and their companies. The general prerequisite for all AIF programs is the possession of an academic or equivalent degree, as well as proficiency in English and practical experience.

How to enroll

Enrollment applications are available via www.aif.nl. There is no closing date for enrollment although it is advisable to enroll early as places are limited. General Terms & Conditions of enrollment are available via www.aif.nl

Program calendar

Program dates and information about all AIF programs are available at www.aif.nl or by contacting AIF directly.

Accommodation

AIF has special reduced rates available for participants at nearby hotels.

Program location

All AIF programs take place at AIF's premises in the center of Amsterdam. AIF's premises are easily accessible by public transport and car and are a 30-minute drive from Schiphol international airport and a 5-minute walk from Amsterdam's central train station.

Program fees

Program fees include all the comprehensive program materials, books, and software that are required per program, as well as daily luncheons. Accommodation is not included.

As an educational and not-for-profit foundation, AIF is exempt from charging VAT. For clients located within the Netherlands, the AIF program fee is exempt from VAT. For other EU and all non-EU clients, VAT may be due by client to the tax authority.

Certificates

An AIF certificate of attendance is awarded to all participants who successfully complete an AIF Open Enrollment or In-Company program.

About Amsterdam Institute of Finance

AIF is a global financial education and innovation institute headquartered in Amsterdam. Through our programs (open enrollment and in-company) we connect ambitious professionals with the best minds in finance. Taking part in one of our programs or events is a direct investment in your personal future. Joining the AIF alumni network means connecting with the world's leading financial experts, in addition to professionals from more than 1200 organizations. Together with them we endeavor to impact your career and shape the future of finance.

This is what makes AIF and the AIF experience unique:

- We believe in responsible and sustainable finance
- AIF is a not-for-profit foundation which allows us to independently select our faculty from the world's leading business schools (such as INSEAD, NYU Stern, Berkeley, etc.) and other institutions
- Our clients, rather than profits, come first for us
- AIF delivers top quality. Our alumni give our faculty an average rating of 4.6 out of 5.0
- Enrollment in one of our programs means you become part of the AIF network which connects you to professionals in more than 110 countries
- Our programs are applicable to daily practice and prepare you for the future of finance.

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