Resilience – the capability to bounce back from adversity – has always been the main staple of individuals who have persevered. And today, as all of us around the world have skidded into this crisis, and we are all forced to deal with challenges we had never anticipated, we all need to access, release and fortify our existing resilience.

Webinar
Strengthening Resilience

Resilience is the foundation for tackling the challenges you are in. Resilience is like a muscle, best compared with your core muscles: it can be exercised and it will help you keeping it together going forward.

Based on our signature program “7 Habits of Highly Effective People”, we would like to share with you how to develop and use habits to build up and strengthen resilience within ourselves – and the individuals on our teams and within our communities.

Come and join us for this short and inspiring webinar, the first in a series over the next few weeks, that will give you insights you can actually put to work right away, no matter your circumstances.

Date: April 21, 2020
Time: 11:00 AM to 11:45AM CET

Please register at: https://leadershipforhumanitarians.org/events/webinar-resilience