

# Adaptive Resilience – Maximising Performance

Managing and Navigating Stress and Change at the Individual and Team Level



## Advanced

For practitioners who can demonstrate an advanced level of knowledge but would like to continually refresh and build on their experience.



## 2 CPD Hours

Working with the latest research and data around the neuroscience associated with resilience, learn not only to survive but thrive personally and at work.

Adaptive Resilience enables people to harness pressure and use it to their advantage, meaning that they can persevere, adapt, grow and learn from any situation or challenge.

Having completed the Neuroscience of Resilience Workshop, develop a deeper understanding of your personal triggers, stress tipping point, coping strategies, building optimism and maximising performance.

By starting to consider how you and your team can manage change, pressure and build resilience you will create a personal resilience plan with measurable goals to take away with you.

- Reconnect with the neuroscience of positive change and stress vs negative change and stress (as viewed from the lens of self and team).
- Resilience Audit.
- Fixed Mindset vs Growth Mindset.
- The chemistry of “Realistic Optimism” – threat vs challenge; overthinking vs connecting; multitask focus vs single task focus.
- Rewiring old patterns.
- Understanding the “Stress Tipping Point”.
- Importance of personal goals and drivers.
- Maximising Performance under pressure.
- Developing “Team Resilience”.

**PRICE = \$3,000 (PLUS GST)**



## Workshop – 2 hours long

Individual, small group then large group work (depending on size of group).  
Incorporates and expands upon concepts from the Neuroscience of Resilience Workshop.



## Presenter – Steven Colligan

Steven is a registered psychotherapist and organisational development specialist with over 20 years' experience. Steven specialises in capability building, business transformation, change leadership, and human resources transformation.

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