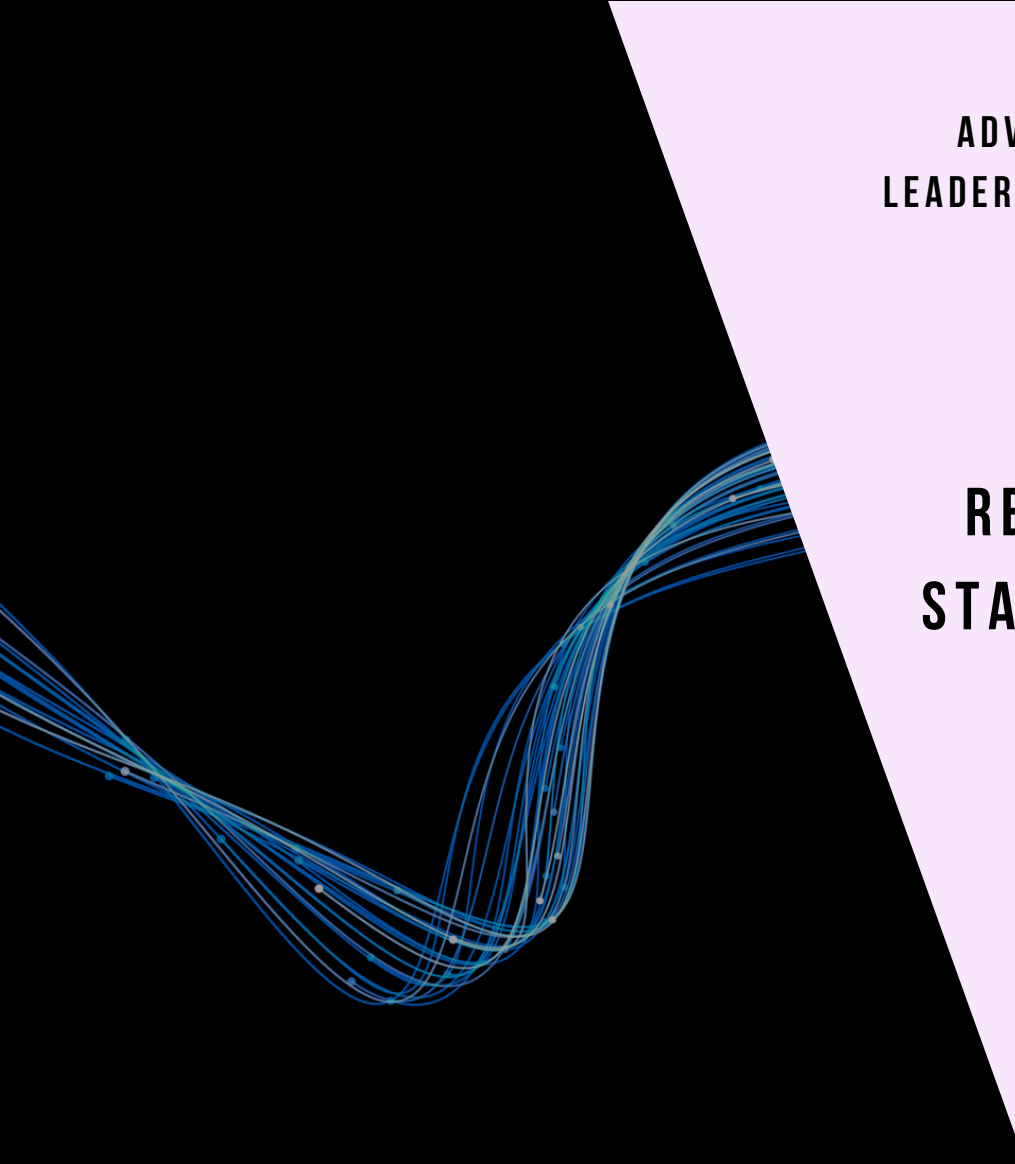


**ADVANCED RESILIENT
LEADERSHIP CERTIFICATE**



**LEADING WITH
RESILIENCE & FLOW
STATES FOR OPTIMAL
PERFORMANCE**

SYLLABUS



HOW TO

DEVELOP RESILIENCE & GROWTH MINDSET



- Tap into the actions and awareness which has helped you in past situations.
- Develop the ongoing resilience using Joanna Macy's "Spiral that reconnects."
- Deepen the growth mindset to see the failures as learning and growth opportunities.

HOW TO

NURTURE FLOW STATES



- Understand the evidence of flow states and the conditions required to be in flow states.
- Recognize flow states and the resulting change in the output.
- Generate flow states by reducing barriers and adapting to changing situations.

HOW TO

CULTIVATE PRACTICES FOR RESILIENT ACTIONS



- Embrace the change and need to innovate with changing times & situations
- Develop an action plan for integrating resilience into daily operations and long-term planning.
- Implement personal practices that encourage resilient actions.

HOW TO

EMBRACE CONSTANT SELF-AWARENESS



- Be aware of your state of being in every decision, action, and interaction.
- Reflect on personal practices and the measures required to generate the flow states.
- Implement your practices and embrace the constant shift.