

# Heading Through Flexibility and Agility

Creating Innovative and Flexible Resilience Techniques for Effective Leadership

## Introduction

Our world is changing very quickly. The COVID-19 epidemic has demonstrated to us all how quickly and unexpectedly things may change. But pandemics are not the only thing. Geopolitics, shifts in the social and environmental spheres, new rules governing industry, and much, much more. As such, it is imperative that today's leaders possess both resilience and agility. People turn to their leaders during unexpected changes, and if the leader falters, the group will implode shortly after.

You will be better equipped to face the difficulties the world will provide us with in the future by strengthening and growing your resilience and agility with this 'Leading with Resilience and Agility' training course. You'll discover how to develop your own resilience, which will give you the self-assurance and swift situational flexibility you need to handle the demands of leadership in the VUCA era. Having the flexibility to take on new tasks and provide guidance and clarity as needed.

**This training program on Heading Through Flexibility and Agility will emphasize:**

- Boost your degree of personal adaptability
- Recognize how to maximize your inherent abilities
- Learn how to maintain composure in stressful situations.
- Acquire the necessary resources to enable prompt deployment of your team.
- Become more agile and capable of making fast adjustments.
- Recognize how people behave differently when there is a rapid shift.

## Objectives

**Upon completion of this training program, you will be able to:**

- Possess a profound comprehension of personal resilience
- Own a variety of really useful abilities and tactics that allow you to quickly adjust.
- The capacity to assess, plan, and get ready for change with effectiveness
- Have developed into a more assured and successful leader
- Possess improved capacity to win people's confidence

## Training Methodology

The Course N Carry training program, "Heading Through Flexibility and Agility," is a certified, highly interactive training program that combines group discussions, formal lectures, case studies, role-playing exercises, self-assessments, and presentations. The training course's instructional strategies provide participants the chance to acquire, hone, and apply the skills they've learned through a range of interactive activities that emphasize engagement and complement the extensive course materials offered.

## Organizational impacts

**The following will be advantageous to the organization:**

- Assist in enhancing the resilience of the organization
- Facilitate enhanced comprehension of the dynamic environment we live in.
- Boost capacity to interact with people both within and outside
- Improve your capacity to handle pressure with composure and professionalism
- Improved evaluation of your teams' advantages and disadvantages
- Develop your capacity for change management with agile leadership.

## Personal Impact

**After completing this training program on Heading Through Flexibility and Agility, participants will:**

- Gain understanding of their own innate characteristics while under duress
- Possess the ability to reason strategically and logically during a crisis
- Discover your actual strengths and values.
- Gain the flexibility and self-assurance to make choices under duress.
- Acquire an insightful knowledge of human behaviour patterns.
- Possess improved essential managerial, leadership, and interpersonal abilities as well as the self-assurance to guide people through challenging situations.

## Who should attend?

**Although a wide range of professionals can benefit from this training, the following will particularly benefit:**

- Managers
- Heads of Teams
- Supervisors
- Every Professional

## Course Outline

# Day 1

## Overview of Individual Resilience

- What is resilience?
- Why resiliency is crucial for today's leaders
- Learn how to strengthen your own resilience.
- Being aware of your inner virtues and strengths
- Accepting accountability for your thoughts and demeanour
- The psychology of behavioural patterns during abrupt transitions
- Keeping your cool when those around you start to panic.
- Being aware of your surroundings and having the strength to leave a situation

# Day 2

## Recognizing Stress-Related Behaviour Patterns

- Being aware of and cognizant of your own behavioural style
- Evaluation of Negotiation Style
- Methods for handling various behavioural types
- For quick deployment, use team mapping
- Gaining the favour of people in authority
- How to Communicate in a Way That Gains Trust
- Giving others guidance with assertiveness
- Developing your key strengths

# Day 3

## Gaining Quickness

- What agility is defined as
- Recognizing the value of adaptability for contemporary leaders
- Find out what makes agile leaders agile.
- Develop the self-assurance to make choices under duress.
- Managing under pressure
- Adjusting swiftly to unanticipated difficulties
- Understanding and Preserving Your Inner Power Sources
- The capacity to quickly weigh results against risk

## Day 4

### Creating Agile and Resilient Teams

- The Function of Emotional Intelligence in Creating Agile Teams
- Establishing a flexible team atmosphere
- Granting team members more freedom
- Using mindfulness training to build team resilience
- How to have candid conversations about emotions in meetings
- Creating efficient feedback loops
- Rewarding those who exhibit tenacity and dexterity

## Day 5

### Handling Stress, Worry, and Overthinking

- Understand the distinctions between stress, worry, and concern.
- Living in little, day-to-day enclosures
- Find out what typical symptoms of stress you and others may exhibit.
- Knowing the worry loop and how to break out from it
- Realistic strategies for overcoming anxiety
- Managing severe stress