



RESILIENCE

BOUNCING FORWARD IN TIMES OF CRISIS



LEARN ANYTIME AND ANYWHERE!



SAVE
COST



SAVE
TIME



STAY
SAFE



STAY
AHEAD

COURSE LEADER | **SERELY ALCARAZ**

LEARNING OBJECTIVES



At the end of this Two-hours online session, participants will be able to:

- Define what is resilience and why it is important during these times
- Apply the ABCD framework and 8 steps to become more resilient
- Create a resiliency action plan



PROGRAM CONTENT



Introduction

- Opening Activity
- Program Overview

Resilience

- Defining Resilience
- Examples of Resiliency
- Activity: Results of Resilience Inventory (Pre-Work)
- Resilience Skills

ABCD Framework

- Adversity
- Belief
- Consequence
- Disputation





- **8 Steps to Become More Resilient**
 - Accept Change
 - Learn Continuously
 - Take Charge
 - Define Purpose
 - Create Balance
 - Cultivate Relationships
 - Reflect
 - Reframe Skills
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- **Resiliency Action Plan**

COURSE LEADER: SERELY ALCARAZ



- Executive Director of ITD World Philippines.
- Top Master Trainer of Thomas Crane's The Heart of Coaching TM and certified international coach and facilitator of Jack Canfield's The Success Principles TM; John C. Maxwell's Developing the Leader Within You, Winning with People and Laws of Teamwork; Dr. Leonard Yong's Emotional Excellence TM; and Business Consultants' LIFO (Life Orientation) Method.



- John Maxwell Certified Coach, Trainer and Speaker.
- Certified instructor of The Dale Carnegie Course: Effective Communication and Human Relations, High Impact Presentations, Sales Advantage, and Dale Carnegie Seminars as well as Development Dimensions International's Interaction Management, Techniques for an Empowered Workforce, Targeted Management, Targeted Selection and Service Plus programs.
- Extensive experience in international HRD and has delivered learning and development solutions to many of the world's leading companies

- Master in Management (MBA) from Asian Institute of Management and Bachelor of Science in Psychology and Bachelor of Science in Commerce Major in Human Resource Development from St. Scholastica's College
- Past President of ARTDO International (formerly Asian Regional Training and Development Organization)
- Past President and Chairperson of the Philippine Society for Training and Development (PSTD)
- Past Director & Officer of the People Management Association of the Philippines (PMAP)



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