

MASTER RESILIENCE™

with JUDITH BELL, M.S.
& DANIEL ELLENBERG, Ph.D.

AUTHENTIC
LEADERSHIP
INSTITUTE



“Master Resilience is a great opportunity for individuals to become more skillful at leading conscious, accountable and upbeat lives. It is a fun, interactive workshop loaded with tools and experiences that can make an immediate positive difference. I recommend it for anyone seeking to grasp more influence over the unfolding of their lives.”

*Jim Tamm, President
RC Group LLC*

“Brilliant and timely! Daniel and Judith have done it again. Master Resilience is jam-packed with practical tips, useful tools and valuable insights that will prepare you to take immediate action toward living a more rewarding and effective life. Like their other programs, this one is interactive, energizing and fun. It will prepare you to better manage life’s ups and downs with grace and style!”

*Celeste Blackman
Organizational
Consultant & Trainer*

Times are tough. Change abounds. The illusion of security is gone. Many people are having great difficulty handling the high level of uncertainty and the rapid pace of change.

You can transform your ability to navigate disruptive change. Master Resilience!

Fifty years of solid scientific research shows that resilience underlies personal and professional success. Individuals who are more resilient can handle and even thrive while facing uncertainty and disruptive change.

What is resilience? It is the ability to maintain your stability, to adapt and respond flexibly, and to bounce back—even while facing disruptive change.

When you Master Resilience, you will have a set of skills that allow you to think, feel, and behave in ways that support greater resilience at work and at home.

Who Should Attend?

Individual contributors, managers, leaders, consultants, coaches, and facilitators

Benefits

Organizational Benefits:

Learn best practices that promote individual, team, and organizational resilience

Increase individual, team, and organizational ability to:

- solve problems creatively
- increase motivation
- enhance team development
- sharpen project management
- encourage flexible long-term planning

Learn to stay actively engaged with people non-defensively

Develop strategies for long-term success

Personal Benefits:

Reduce stress and experience greater peace, clarity, focus and calm

Be more confident when facing disruptive change

Feel emboldened to chart a course and act decisively

Logistics

Date	October 25-27, 2010
Location	Novato, CA
Fee	\$1200 for individual paying
<i>(includes lunches and all course materials)</i>	\$1095/person for group of 3 or more
	\$1500 for company paying
	\$1395/person for group of 3 or more
Time	9:00 AM- 6:00 PM
Register	www.aleadershipinstitute.com/calendar.htm
Contact	Judith Bell judith@aleadershipinstitute.com
	Daniel Ellenberg daniel@aleadershipinstitute.com
	(415) 883-5600

Certification course in Europe and California in early 2011. Call to inquire.