PACE
INSTITUTE OF MANAGEMENT

SIY vietnam

ADAPTIVE RESILIENCE

KIÊN CƯỜNG THÍCH ỨNG

Adaptive Resilience program will help leaders and employees of enterprises maintain calmness, concentration, clarity, and connection to overcome all adversities together.



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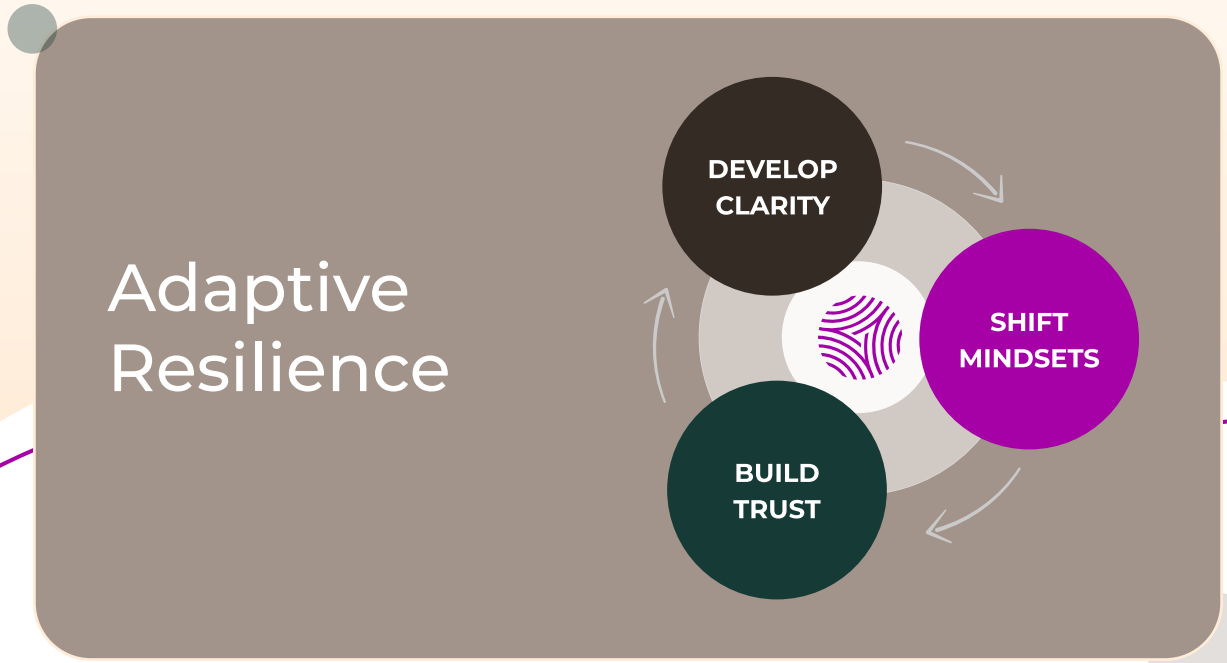
The VUCA world (Volatility, Uncertainty, Complexity, Ambiguity) has created numerous difficulties in all aspects and is really a "big test" for enterprises. Whether enterprises decline or can survive and thrive from this period of volatility and uncertainty depends entirely on the internal strength, resilience, and adaptability of their leadership team and employees.

Based on the latest neuroscience and behavioral research, the training program "Adaptive Resilience", designed by SIY Global and launched in Vietnam by SIY Vietnam, a member of PACE Institute of Management, will help leaders and employees of enterprises maintain calmness, concentration, clarity and connection to overcome all adversities together.



PROGRAM OBJECTIVE

After successfully participating in the program, participants will be able to:

- Maintain calmness, concentration and clarity during periods of volatility and uncertainty
- Cultivate positive, optimistic and creative mindsets in complex and ambiguous times
- Develop empathy and connection to overcome all adversities together

TARGET PARTICIPANTS

The program is implemented for leaders and employees of enterprises

DELIVERY OPTIONS

The "Adaptive Resilience" training program is delivered as an in-house workshop:

- **Standard Program:** Exclusive training for your organization with standard content.
- **Customized Program:** Exclusive training for your organization with tailored content to fit your needs and expectations.

PROGRAM OUTLINE

MODULE 1

DEVELOP CLARITY

Introduction:

- The neurobiology of stress
- Emotional response to change

Developing clarity:

- Understanding the neuro model of emotion regulation
- The role of Mindfulness in mitigating stress
- Practices to maintain calmness and clarity in difficult times

Practice & Discussion

MODULE 2

SHIFT MINDSETS

Introduction:

- Understanding mindsets
- Negativity bias and its impact

Shifting mindsets:

- Positive and negative mental states: above the line and below the line
- From Fixing to Learning: Reframing Practice
- From Resistance to Acceptance: Self-Compassion Practice
- From 'Not-enough' to Gratitude: The role of gratitude in building resilience

Practice & Discussion

MODULE 3

BUILD TRUST

Introduction:

- The importance of trust in difficult times
- The Trust Equation - building connection as a source of trust

Building Trust:

- Empathy and its importance in relationships
- Psychological safety and its importance in teams
- Team practices to develop safety, empathy and connection

Practice & Discussion

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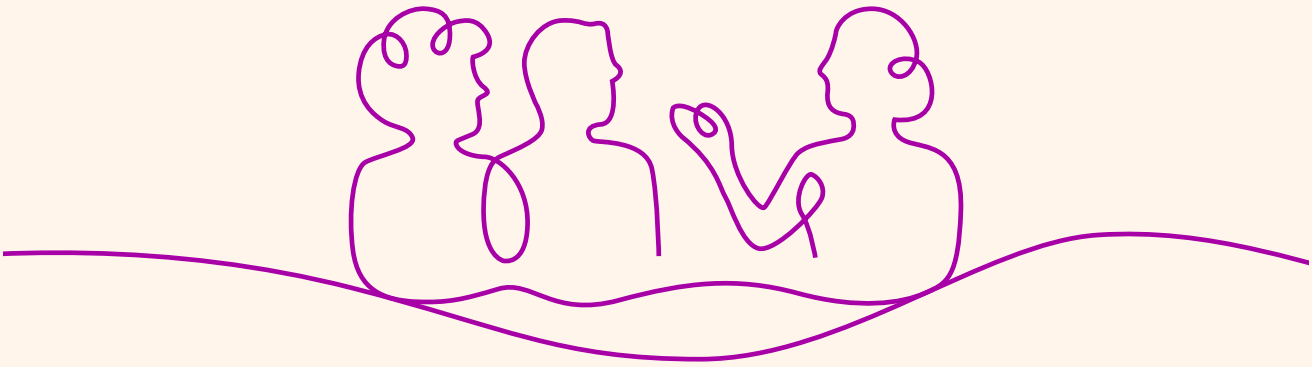
SIY Vietnam - a member of PACE Institute of Management, focuses on delivering programs and activities related to mindfulness and mindful leadership to help develop leadership, performance, and quality of life for individuals and organizations in Vietnam.

SIY Global is the pioneering and leading organization in the world in considering "mindfulness" as a science and using "mindfulness" to develop leadership.



SIY Vietnam là đối tác độc quyền của SIY Global tại Việt Nam.
SIY Vietnam is the exclusive partner of SIY Global in Vietnam.

SIY VIETNAM

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