

Executive Education



MELBOURNE
BUSINESS
SCHOOL

Resilient Leadership

Resilient Leadership

PROGRAM SNAPSHOT

Duration

2 days

Program Director

Jill Klein

Location Options

Carlton (VIC)
Sydney (NSW)
Auckland (NZ)

Apply now

mbs.edu/rsi

Please refer to our website for more information.

Note: This program is non-residential. The program fee covers tuition and meals during the workshop.

Learn how to remain a strong leader in the face of global economic uncertainty, frequent setbacks and new challenges. Gain practical tools and strategies needed to guide your organisation through difficult times, including the ability to recognise neurobiological responses to stress. Understand how thoughts affect emotional reactions, and utilise coping strategies for yourself and your team.

You'll emerge from this program with a 'challenge' mindset and the skills necessary to conduct effective appraisals of adverse events, avoid negative attributions and blame, provide support and reduce stress across your team and organisation.

Who should attend

- Leaders who are required to guide their team through difficult circumstances.
- Managers and professionals who are involved with leading others and their organisations.

Learning outcomes

By the end of the program, you will be able to:

- Understand the crucial factors involved in resilience
- Recognise and mitigate the effects of stress
- Respond appropriately and constructively to difficult events
- Model resilient behaviours in leadership
- Adopt a learning mindset
- Face challenges with strength and grace
- Grow in the face of adversity.

Program Journey

You will emerge with new skills and behaviours, aligned with your learning goals.

Pre-program preparation

- Access to program materials and networking through our online-learning platform, CANVAS
- You are encouraged to identify a past, major setback and current, difficult challenge to explore with others during the program.

Program

The program explores the following key themes:

Understand resilience

- What is resilience and why is it important?
- The latest research: strategies and lessons from resilient people
- In practice: resilience in the workplace
- Incorporating resilience strategies into your leadership

Appraising events

- Attribution: the impact on emotional response
- Practical tools: challenge vs threat mindset
- Identifying the cumulative effects of stress on the body and mind
- Emotional intelligence

Mindsets

- Your mindset: fixed or learning?
- The implications of your mindset during setbacks
- A healthier mindset—enhancing leadership capability

Coping with adversity

- Constructively handling setbacks
- Building a toolkit of coping strategies
- Mitigating the effects of stress
- Applying the right tools at the right times
- Enhancing emotional intelligence through coping strategies

Resilient leadership

- Helping your team grow in the face of adversity
- Modelling resilient behaviours
- Leading through adversity
- Coaching: developing resilience and coping strategies in others feedback

Post-program support

- Supplementary readings to consolidate learnings and ensure effective knowledge transfer in the workplace
- Resilience Journey worksheet, to apply to new adverse events, provides additional support back at work
- Continued learning through access to program material, facilitators and networking via our online-learning platform, CANVAS.

Learning methods

- **Interactive workshops**, delivered by world-class faculty, are grounded in academic research to increase your resilience in the face of adversity.
- **Case studies** provide real examples that translate leadership theory and neuroscientific research into applicable skills.
- **Experiential learning** deepens your insights into group dynamics and provides practical opportunities to reinforce new learning.
- **Individual exercises** challenge you to analyse issues more deeply, test your existing and emerging skillsets and ensure practical application of new skills, tools and frameworks.
- **Peer-learning groups** facilitate knowledge sharing and collaboration to ensure you have a powerful and personal experience that drives results.

Program Director

Jill Klein

Jill has delivered executive education programs for more than 15 years. Drawing on her family's experiences during the Holocaust, Jill's insights and teachings on resilience have inspired business leaders from around the world.

She has worked with large international organisations, including Ericsson, AstraZeneca, Toshiba, Syngenta and Adidas. Her research interests are resilience, managerial judgement and corporate social responsibility.



PROGRAM JOURNEY

PRE-PROGRAM ACTIVITIES

(approx. 4 weeks prior to program commencement)

DAY 1	DAY 2
9:00 am Program Start	
 Introduction to Resilience	 Resilience to On-Going Adversity: Combating Stress in the Workplace
 Mental Mindsets	
 Lunch	
 Resilience in the Face of Adversity	 Creating and Leading a Positive, Resilient Organisation
4:30 pm Program Close	

CAMPUS LOCATIONS:

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