



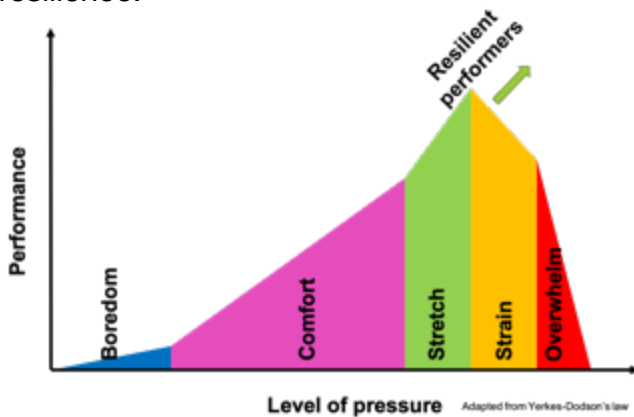
Resilient Performers

Sustainable individual and team performance

Why Resilience matters

How well prepared are you to seize opportunities or deal with setbacks?

The collection of skills that enable consistent high performers to cope with high pressure situations when others may become overwhelmed are collectively known as resilience.



You may have experienced it yourself, witnessed it in friends or indeed top sports people. When it really matters, these people perform.

A 21st Century problem

Resilience has become a hot topic in recent years because many aspects of modern life actively work against our in-built resilience as humans. Remember that we have survived and thrived over many millennia. Humans are inherently resilient!

However, whether it is the impact of technology on social connection and empathy, the 'always on' expectations which compromise our sleep and recovery,

or work cultures which seek to minimise errors and stifle creative problem solving, our resilience has been progressively been eroded in recent years.

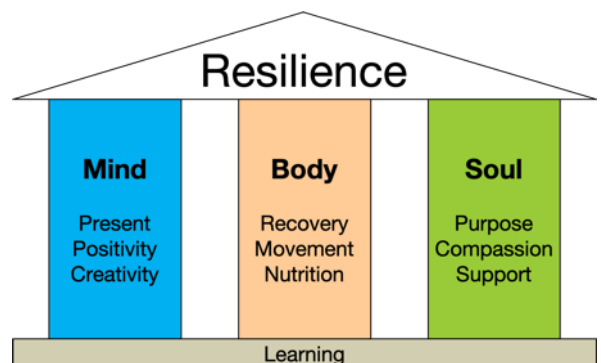
Developing Resilience

It is easy to believe that resilient people are born that way, that they just happen to be 'tough'. Indeed there is plenty of evidence that we are all born resilient but find ourselves in an environment which reduces our resilience by changing our biology.

However the good news is that resilience skills can be re-learned and developed with awareness and intentional practice.

The Masterclass

With this Masterclass we seek to restore the balance which enables all of us to be Resilient Performers. You will explore and get to understand the three Resilience domains of Mind, Body and Soul.



You will build your own resilience profile and learn some practical tools for developing your resilience in each domain.



The Resilience capabilities

Present: Fully present with what we are doing. Aware of chatter in the mind. Make conscious choices about where to direct our energy.

Positivity: Makes a realistic assessment of the situation. Takes confidence from past successes. Understands available strengths. Takes responsibility for making things happen.

Creativity: Looks at problems from different perspectives. Considers new ideas and builds on other people's. Prepared to try it out. Asks 'what would be three different ways of doing this?'

Recovery: Ensures sufficient, regular sleep. Removes sleep disrupters. Takes regular micro breaks during the day. Recharges with holidays and macro breaks.

Movement: Includes endurance and strength based activities in daily life. Takes regular breaks from sitting and goes outside when possible.

Nutrition: Balanced food intake to maintain a smooth blood sugar level and hydration. Eats consciously. Focuses on natural foods with minimum processing.

Purpose: Reminds self of 'why' on a regular basis. Ensures that choices are purposeful. Peak experience as reminder of what is meaningful.

Compassion: Spends time with other people. Walks in others shoes and appreciates their situation. Shows gratitude for the small things each day.

Support: Builds a diverse support network. Prepared to ask for help when required. Balances support for others with own support needs

Learning: prepared to 'fail' first. Open to feedback. Values new experiences. Schedules time to practice and gets into 'The Ugly Zone'.

Outcomes

Participants will gain:

- ✓ A deeper understanding of the 3 domains and how they contribute to resilience
- ✓ Greater self awareness of areas of strength and development potential
- ✓ An appreciation that resilience can be learned and developed over time
- ✓ Actions to develop their resilience

Approach

The session will encourage participants to be active learners through:

- ✓ Use of real life examples, stories and the latest neuro-science
- ✓ Deeper dive into 2-3 of the resilience skills
- ✓ Solo reflection time
- ✓ Small group discussions
- ✓ Learning from fellow participants

Booking your Masterclass

The Resilience Masterclass has been delivered in person and virtually with groups from 8-80 people and different durations. Get in touch and we can agree a solution to meet your needs.



**Talent Developer. Team Coach.
Ideator. Runner. Challenger. Cook.**

Adrian is a talent developer, team and personal coach with an interest in the parallels and differences between sustainable performance in business and sport. He trained as a Co-Active Coach with CTI, holds the Certificate in Systemic Team Coaching from the AoEC and is a member of the International Coach Federation (ICF).

Himself a former Great Britain international athlete who trained with some of the very best in Kenya, Adrian seeks out new ideas and learning strategies that can support the development of the people and organisations that he works with.

Surviving a life threatening illness in 2015 gave Adrian new insight into and appreciation of the skills that contribute to personal and systemic resilience.

He lives near Zürich where he also chairs the British-Swiss Chamber of Commerce and continues to enjoy inspiring people to make running part of their life with his beginners courses, @RunSwitzerland.

Hiring Adrian to coach your team

Team Coaching is the new advantage in business performance. Humans evolved to work together but modern organisational life often gets in the way of true team work.

Team coaching is a powerful process which can help restore the balance and take your collective and individual performance to a new level. Find out more about how it works at www.adrianmarriott.com/teamcoaching

Performance Insights

Thought provoking performance insights from the worlds of business and sport are published regularly on Adrian's blog www.adrianmarriott.com/blog

Seeking improved personal performance?

High performers in all walks of life typically work with a coach to support their growth.

If you want some help to achieve personal fulfilment and balance in your life then individual coaching is available in Zürich & London and also by phone or video.

How to get in touch

For an initial conversation about your needs, please get in touch:

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