



Leading with **GRISILIENCE** *(Grit-Resilience)*

Bouncing forward in times of crisis



FACILITATOR
Serely
Alcaraz

LEARNING OBJECTIVES

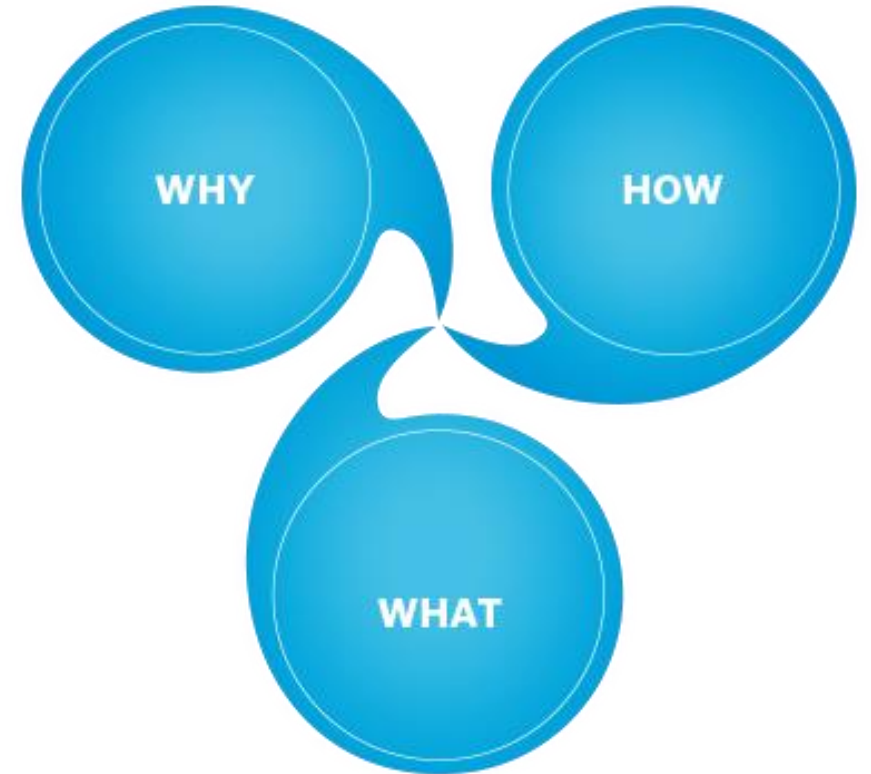
At the end of this one-day workshop, participants will be able to:

- Define what is grit and resilience and why these are important during these times
- Assess their level of grit (Grit Scale) and resilience (Epstein Resilience Inventory)
- Use the ABCDE framework to refocus on goals
- Apply SMART steps to develop grit and resilience
- Create a GRisiliency action plan



PROGRAM CONTENT

- **WHY** Grit and Resilience
- **WHAT** is Grit
 - ❖ Passion and Perseverance
 - ❖ Grit Scale
- **WHAT** is Resilience
 - ❖ Images of Resilience
 - ❖ Epstein Resilience Inventory





HOW to Develop GRisilience

- **ABCDE** Framework

- **SMART** Steps to Become More Grisilient
 - ❖ Sense of Purpose and Meaning
 - ❖ Maintaining Positive Outlook
 - ❖ Agile Solutions Focus
 - ❖ Relationships and Social Support
 - ❖ Taking Care of Yourself

- **GRisiliency Action Plan**

TRAINER PROFILE | SERELY ALCARAZ



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

ITD PENANG (Head Office)

Tel: +604 228 3869

E-mail: itdpg@itdworld.com

ITD KUALA LUMPUR

Tel: +603 6203 3880

E-mail: itdkl@itdworld.com

U.S.A

ITD U.S.A

Tel: +480 545 2878

E-mail: itdusa@itdworld.com

SINGAPORE

ITD INTERNATIONAL PLE LTD

Tel: +65 85 556 001

E-mail: itdsg@itdworld.com

THAILAND

INTERNATIONAL ITD LTD

Tel: +662 116 9336 to 7

E-mail: itdbkk@itdworld.com

VIETNAM

ITD VIETNAM

Tel: +84 28 38 258 487

E-mail: itdhcmc@itdworld.com

PHILIPPINES

ITD CONSULTING GROUP INC

Tel: +632 8887 7428

E-mail: itdmanila@itdworld.com

CAMBODIA

ITD-LDC

Tel: +855-23 555 0505

E-mail:

itdcambodia@itdworld.com

INDONESIA

ITD-GLC

Tel: +6221 2930 8710

E-mail: itdjakarta@itdworld.com

MYANMAR

ITD - BCTC

Tel: +959 765 222 103

E-mail: itdmyanmar@itdworld.com

BANGLADESH

INTERNATIONAL ITD LTD

Tel: +880 173 070 4688

E-mail:

itdbangladesh@itdworld.com

AFRICA

ITD AFRICA

Tel: +224 628 662 152

E-mail: itdafrica@itdworld.com