

Synergistix Resilience™ Training Programme

I am an accredited facilitator of the Synergistix Resilience™ Training Programme

Developed by Dr. Mark Orpen-Lyall (www.synenergy.world)

Program Outline

SO WHAT?

Most CEOs would pick the following factors as crucial to their organisation's sustainability: strong profits, optimal productivity, superior client service, motivated workforce, retention of top performers, increased staff accountability and reduced absenteeism. Most staff are seeking improved quality of life and meaningful work. Lack of resilience and ill-health jeopardizes ALL of the above-mentioned needs, irrespective of whether it emanates from a business or a staff members perspective.

OBJECTIVES:

SELF-AWARENESS of the participants stress profile. Their unique stressors, personality characteristics and coping techniques that ultimately will lead to a context specific, action plan to strengthen their development areas.

UNDERSTANDING of the stress process, physical and psychological implications, stress, and burnout indicators.

APPLICATION of the Synergistix Resilience™ approach and how to apply it in the participants own lives so that they may increase their resilience, performance, quality of life and wellness.

METHODOLOGY:

Assessments tools / Multi-media inserts and guided facilitation / Role-plays and discussions / Regular reflection / Case studies / Concrete action planning

FOUNDATION:

It is based on a multi-dimensional, proactive coping approach that accommodates participant's unique contexts. The approach builds on the synergy (hence the name Synergistix resilience) between these quadrants:

MENTAL | PHYSICAL | SOCIO-EMOTIONAL | SPIRITUAL

These quadrants are underpinned by the application of 4 key mindsets and 12 practical behaviours as shown in the diagram that follows. In doing so participants have a variety of resources they can draw on to ensure resilience, which creates flexibility and heightens probability of success.

The aim is to create an integrated life, not necessarily the mythically perfectly balanced life. The key is actually that oscillation needs to occur e.g. exercise and rest; stimulus and reflection etc. in each of the 4 quadrants.

Fitness is striven for in all four quadrants through sustained effort and repetition. This is NOT a quick fix programme. Measurement is used to track baseline status and movement over time. With regards to spiritual fitness, it alludes to your purpose in life, not a specific religious orientation which is a deeply personal choice.

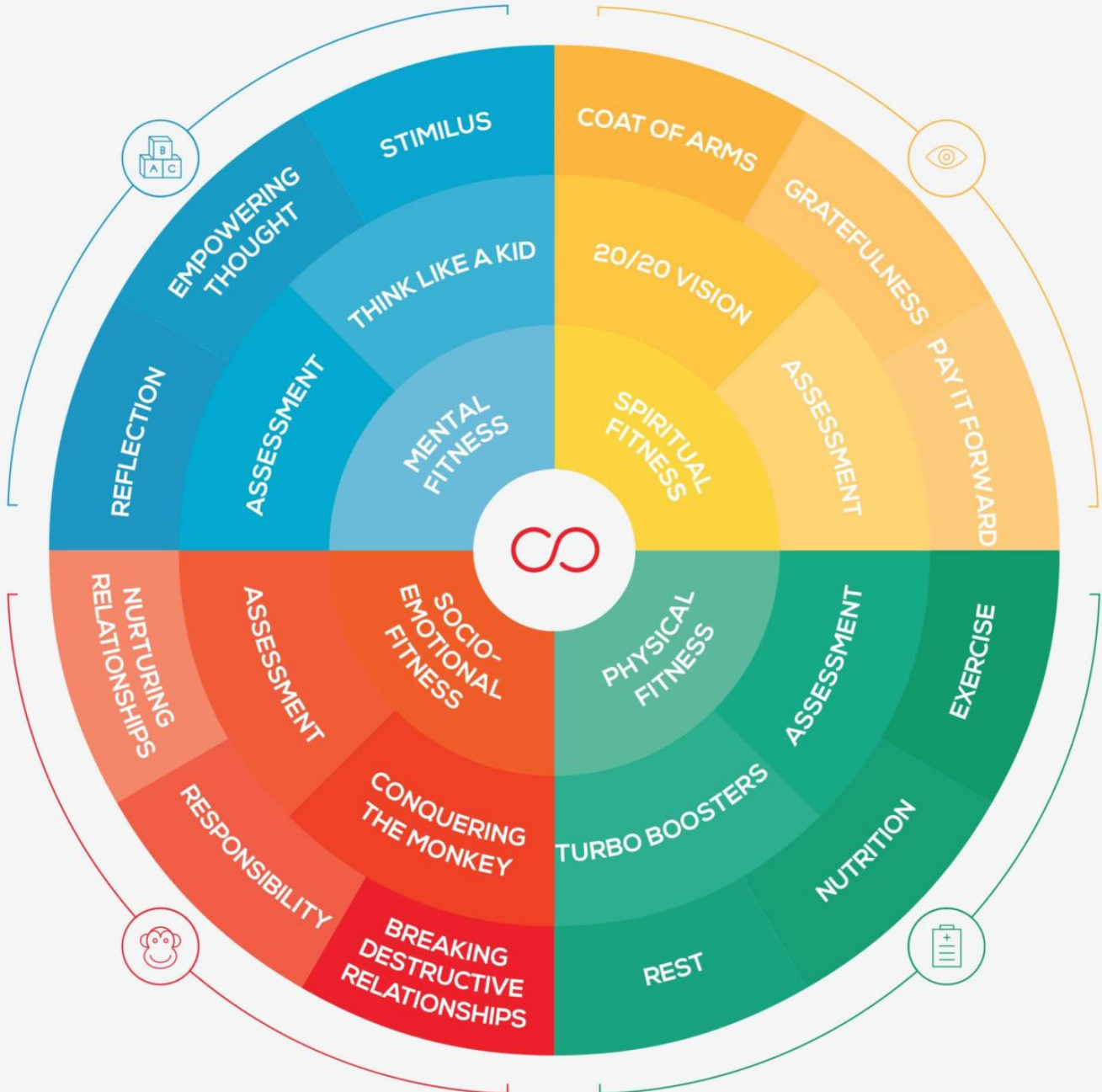
THE 4 QUADRANTS

THINK LIKE A KID

- 5 WHYS •
- DREAM BIG, START SMALL •
- SIMPLIFY •
- HAVE FUN •

20/20 VISION

- GAIN PERSPECTIVE
- CLARITY VALUES
- REALISTIC OPTIMISM
- MEDITATION



CONQUERING THE MONKEY

- FORGIVE SELF/OTHERS •
- FOCUS ON CONTROLLABLES •
- PAST/PRESENT/FUTURE •
- RELATIONSHIPS
- FULLY PRESENT •

TURBO-BOOSTERS

- STATE OF FLOW
- CIRCADIAN RHYTHM
- EMBRACE PASSIONS
- INSPIRATIONAL ENVIRONMENTS

OUTCOMES:

- Enhanced resilience
- Sustainable productivity
- Practical approach to an integrated life
- Superior quality of life

UNIQUE SELLING POINT:

- Resilience tools provided based on Dr. Orpen-Lyall's Doctoral research and 14 years' worth of experience.

PROGRAMME DURATION:

- Two Day Programme – Max 10-12 people per session
- Four 4hour Sessions – Max 10-12 people per session



Synergistix
Resilience Programme

Accredited Trainer