



SEARCH 4 EXCELLENCE

AGILITY AND RESILIENCE

Key Takeaways

- **Develop an agile and resilient mindset to adapt to an ever-changing environment**
- **Display self-confidence and self-belief to excel even in adversity**

Target Audience

ENTRY LEVEL TO MID-LEVEL MANAGEMENT



8 HOURS

Training Duration

Passion to Excel

- **Passion Triangle:**
 - Dynamism
 - Optimism
 - 100% Efforts

Be more passionate and aim higher

Significance of resilient attitude

- **Stephen Covey's Locus of Control**
- **Controlling attitude by changing perspective**

Understand to not dwell on things that are out of our control

Building self belief

- **Building self confidence**
- **Betari Box**
- **ABCDE Model**
(Activating event, Belief, Consequence, Discard, Effect)

Be more confident, understand the impact of your attitude and behaviour and have emotional self-awareness

KEY CONCEPTS COVERED

EXPECTED OUTCOME



THANK YOU

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