



Resiliency Advantage

During these times of constant change and shrinking resources, Federal leaders face significant challenges. This seminar boosts your ability to lead with flexibility and resiliency, especially in periods of stress and uncertainty.

- Use the science of resiliency psychology to be prepared for any situation.
- Learn how to be flexible and thrive during times of constant change.
- Help your teams become change proficient and maintain attitudes of professionalism in any situation.



Bounce Back From Unexpected Challenges and Become Stronger in the Process

This innovative seminar will guide you through developing the five levels of resiliency to assist you in handling unexpected situations in the workplace and beyond. The seminar encourages participants to share their experiences, making for a lively, interactive classroom environment.

SKILL IMMERSION

COMPETENCIES

- Resilience
- Flexibility
- Conflict Management
- Problem Solving
- Interpersonal Skills

LOCATIONS

Eastern Management Development Center in Shepherdstown, WV

This training facility is 70 miles from Washington, DC in the Blue Ridge Mountains above the Potomac River.

Western Management Development Center in Aurora, CO

This facility offers a campus-style learning environment convenient to both Denver and the majestic Rocky Mountains.

San Antonio, TX

Washington, DC

Check www.leadership.opm.gov for additional location details.

For class schedule, please go to www.leadership.opm.gov



“We are severely short-staffed and the knowledge base of our staff is extremely low. This program will help me to cope with these challenges in a positive manner.”

Register Now for the Resiliency Advantage Seminar

This seminar is designed for decision-makers at all organizational levels including:

- Senior Executives
- Managers
- Team Leaders

Develop Your Resiliency Skills to Keep Your Organization on Track

- Learn ways to bounce back from unexpected difficulties and gain strength from challenging experiences.
- Explore how to manage disruptive change with emotional competence.
- Examine the benefits of managing using questions rather than instructions.
- Understand how to help your teams become adept at handling change and maintaining attitudes of professionalism during any situation.
- Learn strategies for assisting “survivors” of downsized agencies to remain committed to the organization.

“I have several employees who are extremely resistant to change; some of the information I’ve gathered here will help me to work with them more effectively.”

TUITION

\$2,575 MDCs

\$1,850 San Antonio, TX and Washington, DC

Tuition at the MDCs includes materials, meals and lodging. The cost of meals and lodging is not included in tuition for the San Antonio and Washington, DC sessions.

LEAD

This seminar meets the executive and professional track requirements of the LEAD Certificate Program.

Leadership Education & Development Certificate Program—A complete leadership development curriculum for current and aspiring government leaders, providing official recognition of achievement at every level. For more info, go to www.leadership.opm.gov/certificates/LEAD/index.aspx

RECOMMENDED PRIOR COURSES

Executive Development Seminar
Management Development Seminar I

SUGGESTED FOLLOW-ON COURSES

Crisis Leadership Workshop
Coaching and Mentoring for Excellence
Facilitation Skills for Leaders

2 JUL 2012

Three Ways to Register

1. Register Online at www.leadership.opm.gov

Initiate course registration with your Government Purchase Card payment, the fastest way to reserve your space. Use your own agency-specific procurement forms. Once we have received your payment, you will receive confirmation within two business days.

2. Fax a Registration Form found online. This form can be used for courses at the Federal Executive Institute or Management Development Centers.

3. Contact a Representative for the Customer Service Office:

Toll Free: 888-676-9632
Phone: 304-870-8008
Fax: 304-870-8078
TDD/TTY 304-870-8066
Email: register@opm.gov



UNITED STATES OFFICE OF
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