



Center for Leadership Development

Resiliency 2.0

Constant change, shrinking resources, and uncertain landscapes are a constant for federal leaders today. This course helps you understand how to increase your own resiliency and boosts your ability to reduce the stress of your teams.

- Learn how to be flexible and adapt professionally to stressful situations
- Model behaviors to increase resiliency and help your teams become less stressed
- Learn the connection between neuroscience and resiliency



Bounce Back From Unexpected Challenges and Become Stronger in the Process

This innovative course will guide you through an understanding of the foundations of resiliency and specific behaviors to promote it. The course encourages participants to share their experiences, making for a lively, interactive classroom environment.

SKILL IMMERSION

COMPETENCIES

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

TUITION

\$1,790 Non-Residential

DATES

May 12–14, 2015 EMDC–Union Square
 Jul 28–30, 2015 Chicago, IL
 Sep 1–3, 2015 EMDC–Union Square

LOCATIONS

EMDC–Union Square
 999 North Capital Street , NE
 Washington, DC 20002

This training facility is located in Washington DC's thriving NoMa submarket, just blocks from Capital Hill and Union Station.

Chicago, IL

To register, please visit the course page:
[HTTPS://LEADERSHIP.OPM.GOV/PROGRAMS.ASPX?C=48](https://LEADERSHIP.OPM.GOV/PROGRAMS.ASPX?C=48)

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

Register Now for Resiliency 2.0

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

- Senior Executives
- Managers



Develop Your Resiliency Skills to Keep Your Organization on Track

- Learn how to assess and monitor personal levels of resiliency
- Explore specific tools and practices to strengthen personal resiliency
- Increase awareness of your team's resiliency
- Create an action plan to increase personal and team resilience

“All sessions were good and provided excellent tools that were practical and easily implemented.”

LEAD

This course meets the requirements for the Supervisor, Manager, and Professional levels 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 <http://cldcentral.usalearning.net/mod/page/view.php?id=249>

RECOMMENDED PRIOR COURSES

Collaborative Leadership

SUGGESTED FOLLOW-ON COURSES

Crisis Leadership

Facilitation Skills for Leaders

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Three Ways to Register

1. Register Online at <http://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 Customer Service Office:

Toll Free: 888-676-9632
Phone: 202-606-0008
Fax: 478-757-3057
TDD/TTY: 800-877-8339
Email: register@opm.gov



UNITED STATES OFFICE OF
PERSONNEL MANAGEMENT

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