



## THE RESILIENT LEADER: PROVEN STRATEGIES TO SUSTAIN ENERGY AND NAVIGATE CHALLENGES

with Josh Allan Dykstra

\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

# THE RESILIENT LEADER: PROVEN STRATEGIES TO SUSTAIN ENERGY AND NAVIGATE CHALLENGES

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This program moves beyond typical "company culture" solutions, focusing on practical, strengths-based strategies to cultivate a more engaged and high-performing workplace. Participants will uncover their top three energizing activities at work and learn how to harness them to enter flow states more often, boost productivity, and minimize tensions with colleagues.

For individual contributors, the program provides tools to amplify personal strengths, build resilience, and find greater purpose in daily tasks. Team leaders will gain valuable insights into fostering team strengths, nurturing a sense of belonging, and managing workloads with flexibility, creating a more cohesive and energized workforce.

Through interactive exercises and collaborative discussions, this program bridges the gap between personal development and operational success. It empowers participants to "reprogram" their approach to work. Attendees will leave with actionable strategies to sustain energy, maximize their strengths, and create meaningful impact in their roles.

# JOSH ALLAN DYKSTRA

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Josh Allan Dykstra is the world's foremost practitioner on the Future Of Work and Human Energy™, helping audiences create the future they want to work in by reimagining the way organizations and people interact. He has served a client list of companies that collectively employ over a million people. Josh is the founder and CEO of The Work Revolution, and his articles and ideas have been featured by Fast Company, Forbes, The Huffington Post, and Business Insider. He holds an MBA in Executive Leadership from the University of Nebraska-Lincoln and his latest book, Igniting the Invisible Tribe: Designing An Organization That Doesn't Suck, is available on Amazon and Audible.

## TOPICS COVERED

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### **IDENTIFYING AND LEVERAGING PERSONAL ENERGIZERS**

DISCOVERING YOUR TOP THREE ENERGIZING ACTIVITIES TO ENHANCE FOCUS AND MOTIVATION  
APPLYING PERSONAL STRENGTHS TO ENTER FLOW STATES AND BOOST PRODUCTIVITY  
ALIGNING DAILY TASKS WITH ENERGIZERS TO INCREASE JOB SATISFACTION AND FULFILLMENT

### **BOOSTING TEAM DYNAMICS THROUGH STRENGTHS**

IDENTIFYING AND LEVERAGING TEAM MEMBERS' ENERGIZERS FOR BETTER COLLABORATION  
CREATING A STRENGTHS-BASED TEAM CULTURE THAT ENHANCES ADAPTABILITY AND ENGAGEMENT  
FOSTERING A SENSE OF BELONGING AND PSYCHOLOGICAL SAFETY TO DRIVE PERFORMANCE

### **SUSTAINING ENERGY AND BUILDING RESILIENCE**

DEVELOPING HABITS THAT SUSTAIN ENERGY LEVELS AND PREVENT BURNOUT  
MANAGING STRESS AND OVERCOMING CHALLENGES THROUGH ENERGY-DRIVEN STRATEGIES  
APPLYING RESILIENCE TECHNIQUES TO MAINTAIN LONG-TERM EFFECTIVENESS AND IMPACT

### **ALIGNING STRENGTHS WITH PURPOSE FOR GREATER IMPACT**

CONNECTING PERSONAL AND TEAM STRENGTHS TO MEANINGFUL WORK AND GOALS  
REFRAMING DAILY TASKS TO ENHANCE MOTIVATION AND PURPOSE-DRIVEN ENGAGEMENT  
CREATING AN ACTION PLAN TO INTEGRATE ENERGIZERS INTO WORK ROUTINES FOR LASTING SUCCESS

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