

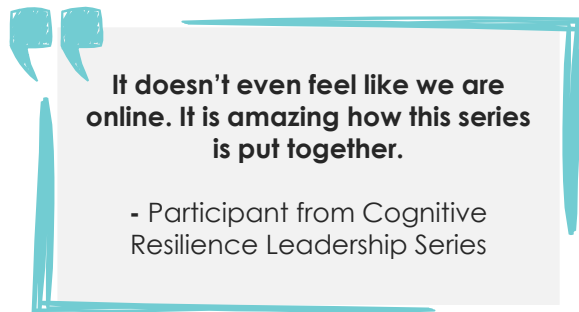
Leadership Learning Series: Cognitive Resilience

Do you feel alone during these challenging times? Not sure how to recharge after the past 18 months? This is the time to learn, connect and engage with other like-minded members in our

Cognitive Resilience Leadership Series. Learn *how* to be adaptive, enhance the sense of psychological safety on your team, use coaching skills and curate your own team and culture – from the comfort of your home or workplace with this highly interactive learning experience.

Why should you invest in this leadership series?

The undercurrents and impacts of the pandemic are showing up within and across teams like never before. As we emerge out of the pandemic, it is clear that a different set of skills are needed for our system and our teams to heal and become stronger. What worked in the past cannot be relied on for success in the future. The pandemic has shown us where we struggle. We need to find new ways of working that nurture a feeling of connectedness.



**Thoughts lead to feelings. Feelings lead to actions.
Action leads to results.**
T. Harv Eker

Here is what you need to know about this series:

- It will provide you with alternative perspectives and ideas to support you in understanding and developing your personal leadership approach.
- The target audience is formal managers, organizational leaders, project managers or change leaders.
- Includes **21 instructional hours** with **six 3-hour seminars**, plus a **kickoff** and **wrap up** session. Topics are sequenced to optimize learning and progress over the series (see table page 2).
- There are **four 1:1 coaching sessions** between learning seminars, which provide you with the opportunity to consciously consider and analyze your own beliefs and actions for more purposeful learning.
- The series starts at the end of September and runs through to mid-February. There is a pause in December to allow for some valued rest and relaxation over the winter holiday period.



By the end of this series, you will develop:

- A greater understanding of yourself and your personal leadership philosophy,
- An enhanced versatility and skills to influence and lead teams through uncertainty and strategic change, and
- A deeper ability to curate and positively shape teams and organizational culture.

**Cost:**

- \$3800 for the full series, which includes seminars and independent coaching sessions. ASCHA members get 15% off. Contact ASCHA for details.
- This series is eligible for the [Canada-Alberta Jobs Grant](#) which will fund up to 66% of the costs. Click on the link for more details about the expanded eligibility to help businesses access the training they need.
- If you are unable to commit to the full series, we do have a limited number of spots for select seminar sessions for \$375 each.

Scheduling:

Seminar	Date	Time
Kick-Off	September 28, 2021	12-1:30 pm MT
Adaptive Leadership*	October 5, 2021	12-3 pm MT
1:1 Coaching Session 1 – Leadership DNA & personal goals**		
Psychological Safety*	October 26, 2021	12-3 pm MT
1:1 Coaching Session 2 – Reflection and application of learning**		
Coaching – Part 1	November 16, 2021	12-3 pm MT
Coaching – Part 2	November 30, 2021	12-3 pm MT
1:1 Coaching Session 3 – Integration of coaching**		
Team Effectiveness*	January 11, 2022	12-3 pm MT
1:1 Coaching Session 4 – Application to practice and ongoing development plan**		
Strengthening Culture*	January 25, 2022	12-3 pm MT
Wrap-Up	February 15, 2022	12-1:30 pm MT

* Limited spots available for individual seminar registration

** 1:1 coaching sessions will be coordinated by coach with individual participants

Seminar Details:**Adaptive Leadership**

You will gain an understanding of Adaptive Leadership and Organizations, including key elements, why it is important and tangible strategies to foster adaptive systems.

Psychological Safety

Provides an understanding of the components of psychological safety and its importance. You will enhance application of psychologically safe approaches, including listening and responding skills.

Coaching Skills

You will deepen your understanding of how coaching skills are linked to adaptivity and psychological safety, and build your repertoire of coaching skills to include the use of silence and questions.

Team Effectiveness

You will identify characteristics and qualities of high and low performing teams, share connections between organizational culture and team effectiveness, and apply strategies for team effectiveness.

Strengthening Culture

You will gain an understanding of organizational culture and tools to increase your team's capacity to assess, generate and sustain a positive, purposeful, professional and productive work culture.

Sign up now at

www.thoughtarchitects.ca/calendar-of-events