

# DEVELOPING *BOUNCEBACKABILITY*

*"Did you want to see me broken? Bowed head and lowered eyes? Shoulders falling down like teardrops ..."*  
- Maya Angelou



**VUCA.** The demands of modern work, social and family life too often leaves us overwhelmed and even defeated. A USA military acronym has become popular: VUCA, meaning a Volatile, Uncertain, Complex and Ambiguous world. Building personal agility and resilience to change and adversity in this world is essential.

**What being resilient means.** Resilient people tend to better manage their mind-set, mood, and responses. They know (realistically) where they are going and how they'll get there, feel good about and care for themselves, empathise with and communicate well with others, are positive and proactive, make well-considered adjustments and adaptations. They find contentment more readily, and success (*in that order of course!*). The big question is: How do we build resilience? The answer to that question is the purpose of this workshop.

**Developing the skills needed.** In this workshop we look at various ways of coping and achieving well-being in challenging times. Prior to the workshop each participant is given a confidential interpretation of a short questionnaire that covers all the factors involved in their ability to cope with:

- the challenge of change
- how comfortable they are during transitions
- how much in control of themselves they feel during change.

This "Hardiness" questionnaire was developed by prominent psychologists and has stood the test of time



**Your facilitator.** Your facilitator Graham Williams has worked with the “Hardiness Questionnaire” in numerous countries and settings, both business and private. The retreat offers many ‘aha’ and ‘ha ha’ moments.

**Outcomes.** You will find practical ways of ‘bouncing forward” and engaging with a positive future. And bring about inner and outer changes that are self – enabled, natural and unforced. Participants answer for themselves:

- How do I find and apply the coping mechanisms and skills that I need?
- How do I reinvent and re – story, write a new chapter in my life?

The end result is profoundly hopeful and life affirming. Participants learn not simply how to endure shocks, adversity and change, but how to dialogue with them and benefit from them.

**COST:** R3,275-00 per person. Includes 2 nights’ accommodation, teas, 2 dinners, 2 breakfasts plus the retreat

The first session takes place on Friday evening (17<sup>th</sup> June) and the final session ends before lunch on Sunday (19<sup>th</sup> June).

**Accommodation is offered free of charge on Sunday night.**