

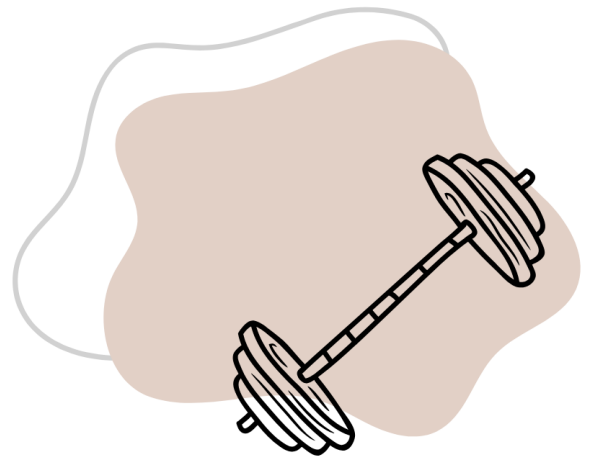
# Open Program Resilience Skills

## Building a resilient mindset

- ✿ Utilize pressuring situations
- ✿ Regain control
- ✿ Achieve your goals

How often do you feel overburdened by constant demands, struggling to stay focused and accomplish your objectives?

**Our “Resilience Skills” Open Seminar** provides practical strategies to navigate pressure and regain control. This interactive program will empower you to transform challenges into opportunities and build the resilient muscle that – nowadays more than ever – is required for success.



## Is This Program For You?

**‘Resilience Skills’** is designed for individuals seeking to enhance their pliability and effectiveness in demanding environments. It is particularly relevant for:

- **Individual Contributors:** Professionals at all levels who wish to optimize their performance and manage workplace stress.
- **Managers & Team Leaders:** Those responsible for guiding and motivating teams, who seek to develop their leadership resilience and foster a supportive environment for their team members to thrive under pressure.
- **Individuals navigating challenging situations:** Anyone facing professional transitions, personal challenges, or simply seeking to develop greater fortitude and achieve a more balanced and fulfilling life.

“Resilience is turn[ing] disruptive changes and conflicts from potential disasters into growth opportunities” by **Maddi and Khoshaba, 2005**



1 Group



1 Classroom Training



Greek  
Language

## About the Program

- What are the main sources of stress and how to manage them
- Reframing and resourcefulness as an alternative way to handle stressful situations
- How life choices determine the challenges that we face – conscious decision-making and discipline
- How to manage time in order to avoid stress
- Characteristics of a Resilient Leader

## Key Program Questions & Answers

### How do I manage my time and avoid stress?

With better time management: Learn to strategically prioritize tasks, eliminate distractions, and structure your schedule for peak performance and sustainable work-life integration.



### How can I regain control?

Through keeping your composure and focus in stressful situations. You will see new approaches to managing challenges, navigating difficult conversations, and making sound decisions amid competing demands.



### How can I translate challenges into opportunities?

Developing a resilient mindset will enable you to learn from setbacks, adapt to change, and leverage obstacles as opportunities for advancement. You will gain the tools to reframe your perspective and emerge stronger from demanding situations.



### How do I ensure I have the skills and mindset necessary to achieve my aspirations?

By gaining clarity and developing actionable strategies to achieve your goals. We will equip you with proven methods for planning, executing, and adapting to change, ensuring consistent progress toward your desired outcomes.



### How can I intentionally create conditions for both joy and high performance?

By having a constructive attitude through stress management techniques and self-awareness to foster fulfillment in all aspects of life.



**Our Dates:**

Tuesday, April 8 09:00 – 17:00

**Our Venue:**

New Hotel Athens Filellinon 16, Athina 105 57

**Our Coach:**

Aristodimos Tsilivakos <https://www.linkedin.com/in/atstilivakos>

## Resilience Skills

First Name

Last Name

Job Title

Organization

Address

Town / Country

Zip Code

Phone Number

Email

LinkedIn Profile  
URL (optional)

**Investment:** € 650-per person, excl. VAT

Register and deposit 50% of the total cost in advance and 50% upon programme completion

Date: \_\_\_\_\_

Signature &  
Stamp

Please return your registration form to: [rmavrelou@theflow.gr](mailto:rmavrelou@theflow.gr)

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