

toughness from the core, ease with the others

Outcomes

Access to emotional resilience for personal and inter-personal effectiveness

Developing Empathy and emotional resilience as core leadership competencies

Enhanced awareness of self and others

New outlook for motivating & working with others

Rooted in

Advanced insights from neurosciences, and cognitive science

Body-Mind connections, movement and activities

Holistic wellness principles

Duration

Workshop: 5 Weekly/
Fortnightly Sessions

Followed with Advanced Version



[#EmotionalFreedom](#) [#MentalToughness](#) [#Triggers](#)
[#Authenticity](#) [#LegitimateSuffering](#)

The world that we knew has changed overnight. With a volatile ecosystem, uncertain economies and collapsed structures, it is familiar and unfamiliar at the same time. No surprise that Emotional triggers fly with ever more frequency, and meltdowns are striking without announcement. Stress responses are spiralling up in workspaces.

Emotional resilience now, more than ever, will be the foundation on which productivity and business continuity sustain. By acknowledging the fundamental principles and practices aligning with them, awareness and management of emotions can be taken to the next level.

Coresilience brings best-in-class insights and techniques for our challenging times. It changes you in a way that leaves you more productive and empowered. And you are the source of spreading the goodness of it all as a leader and a *multiplier*.

Designed and Delivered by KoeN MetaConsulting
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