



Resilience Trainings



Your organization has gone through a series of changes, and now each person does the work of 3. Engagement is low... Projects are delayed... Even high performers have change fatigue.

This, while your people are tyrannized by their 'to do' lists; interrupted 7x/hour; and too wound up to sleep through many nights.

How can your people stay calm, focused, and accountable? How can you retain high potentials?

Horizon Point's actionable trainings **Increase Engagement, Retention,** and **Productivity:**

SUCCESS UNDER STRESS

- Focus on priorities all day
- Have 30% more energy at 5pm
- Get back to sleep in 3 min. when awoken at 2 am
- Shift with agility: tactical work and strategic thinking
- Get 1 hour/day more uninterrupted time to think
- Be present at home and at work
- Stay calm - not react (for fact based decisions)

RESILIENCE DURING CHANGE

- Stay motivated, positive, and calm despite fear of uncertain future
- Adapt quickly to change and upskill; increase sense of control
- Display an opportunity-seeking, "growth" mindset; deliver value during Change
- Re-energize and regain passion for the work

FEEDBACK

"**Engaging, invigorating,** and a truly **fresh look at common challenges.** Our team gave **rave reviews** on how her material has been **helpful in immediate and practical ways.** Her energy is contagious. Most highly recommended."

-Nora Cashion, Director of Market Research, Merck

"Your real-world advice showed me how to be an **even more effective leader of our organization.**"

-Mike Kochenour, Chairman & CEO, York Traditions Bank



AUDIENCES:

Teams; leadership off-sites; women's leadership networks/ERGs



FORMATS:

Live training; Webinars; E-learning

Contact us **TODAY:**

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