



Building Resilience

The changing and complex reality of the new work world requires us to operate in uncertainty and in the face of frequent change. In order to cope optimally with these challenges and changes, we are required to develop personal and organizational resilience.

Resilience is defined as "the ability to cope with difficult situations and grow from them" - encompassing the ability to remain stable and steadfast in the face of challenges, while also being flexible and adapting to the situation.

In the session, we will learn what perceptual and behavioral changes need to be adopted in order to cope better with various challenges and even grow from them.

Among the tools we will learn: internal focus of control, examining our automatic behaviors, and identifying the sources of strength within each of us.

*All lectures can be delivered in Hebrew, English, or Arabic.