

Woe to Wow— Solutions for Resilience

helping your audience thrive and succeed at work and home

Survivability® - How to Cope in Turbulent Times

A career and workplace oriented **workshop (90 minutes to 6 hours)**

Based on Janis Foord Kirk's book, *Survivability: Career Strategies for the New World of Work* this workshop offers a way to examine and develop the skills and attitudes needed to cope and thrive in changing workplaces.

Survivability® is designed to help workers become more aware and better survive in their careers and to help employers better manage in chaotic times and increase their staff's productivity. It provides key strategies for strengthening workplace resilience.

You and your group will:

- Assess ten essential skills:
 - Technical literacy
 - Positive thinking
 - Self-Marketing/promotion
 - Communication
 - Information gathering and management
 - Active learning
 - Creativity/Applied Resourcefulness
 - Consultative problem solving
 - Entrepreneurial initiative
 - Self management
- Put a Survivability® plan in place

"People who need help transitioning are in fear. Your humor makes it a comfortable environment."
Ann-Maree Bissett, Virtual Assistant

Note: Survivability® is the registered trademark of Kirkford Communications Inc.

Tailored to Meet Your Needs

Programs can be adapted to support your event's objectives. Ask for Customized Self Mastery and Workplace Resilience with modules enabling you to build a *good fit* workshop.

If you want your participants to have longer-lasting results ask about bulk discount rates for pre-purchased books for each participant.

Select Survivability® or another program by calling Patricia Morgan at 403-242-7796 or emailing patricia@solutionsforresilience.com

P a t r i c i a M o r g a n

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