

## Transforming Adversity into Opportunity

A Workshop about Building Resilience - Information Sheet

**“Resilience”** is a concept that gets a lot of buzz these days, yet the term is not really well understood and often confused with ideas like “being strong” or “never giving up.” In our increasingly volatile, uncertain, complex, and ambiguous (VUCA) world, resilience is becoming central in developing and sustaining a competitive advantage in business. But how do you build resilience and make it work for you and your team?

During this 90-minute introductory workshop you’ll learn about the concept of resilience and why it matters more than ever. We’ll look at how stressors and our environment influence our performance and how to transform adversity into an opportunity to thrive. We’ll break down personal resilience into its key pillars, and establish a crucial bridge to teamwork for working professionals.

With a shared understanding of resilience in hand, we can now put its concept to the test by immersing your team into a *novel, complex, and challenging* virtual simulation. After this short simulation, we’ll dive into key behaviours of resilient teams *before, during, and after* adversity. Leveraging your team’s shared experience from the simulation, we’ll unpack these behaviours to identify insights your team can use to build resilience and elevate its performance.

To prepare for this workshop, we invite you to listen to a short podcast (7mins) produced by [Trench Leadership](#) where host [Simon Kardynal](#) and [Mike Coyle](#) discuss this topic.

<https://www.buzzsprout.com/1579543/10366479>



Your workshop will be facilitated by Mike Coyle. Mike is the Vice-President and Founding Partner of Reticle Ventures Canada Incorporated, a firm that delivers value to its clients by bringing together cross-functional teams of experts and niche partners to solve ‘wicked’ problems within today’s Volatile, Uncertain, Complex, and Ambiguous (VUCA) environment. A former senior officer in Canada’s Special Operations Forces, Mike has spent his career both in and out of uniform building high performing and resilient teams.