Classroom Course Description

Lessons in Leadership

These programs, facilitated by Training Services Division staff, feature the best in leadership and management thinking through taped presentations from internationally/nationally recognized experts.

The Adversity Advantage
Presented by Paul Stoltz

It may seem reasonable to say that a leader's obligation is to create an adversity-free environment and to diminish any incoming sources of adversity facing him/her and his/her team. Right? Not necessarily. An increasing body of research underscores that there is such a thing as a "healthy dose" of adversity and that adversity-savvy leaders are equipped not only to navigate adversity, but to leverage it – to harness the unique power of adversity to inspire exceptional clarity, purge any vestiges of lethargy, refocus priorities, hone character, and unleash a person's, team's or organization's full potential.

As a leader, your relationship with adversity characterizes your personal brand and heavily predicts your success when leading teams and organizations. Moreover, your orientation towards adversity encompasses both the personal and professional, making resilience a critical ingredient to happiness and engagement at home and at work.

Years of research on the human brain suggest that our patterns of response to adversity can not only be measured, but can also be permanently improved. Thus, understanding our default response to adversity is the first step to improving it – and emerging as a more resilient leader.

In this session with Dr. Paul Stoltz you will explore how to deepen your resilience, harness the latent power and potential in each adversity you face, and learn"

- What is it that allows those rare individuals and organizations to thrive on even the most difficult of circumstances
- How to become a change agent who responds optimally to tough challenges
- How to measure and permanently rewire the way you respond to adversity
- Practical tools and techniques to increase your optimism, happiness, and engagement levels – at work and at home.