

The Resilient Leader:

Empowering Teams with Empathy and Strategy



Workshop Overview:

This intensive one-day workshop distills the core principles of resilience and empathy-driven leadership inspired by the legendary Ted Lasso. Leaders will gain tools to motivate teams, foster collaboration, and maintain positivity in the face of challenges. Through practical exercises and reflection, participants will leave with actionable strategies for building trust, leading with purpose, and navigating complexity with resilience.

Key Takeaways:

- Enhance empathy-driven communication to strengthen team morale.
- Learn fast-acting resilience techniques for self and team.
- Develop a clear vision for team growth that aligns with organizational goals.

In **The Resilient Leader**, we go beyond traditional leadership training by embedding empathy, adaptability, and strategic vision at the core of effective leadership. Inspired by the authentic, resilient qualities seen in Ted Lasso's leadership style, this one or 3-day workshop equips leaders with tools to build trust, inspire growth, and foster a resilient team culture that thrives in the face of challenges. With a blend of evidence-based strategies and interactive exercises, participants gain insight into what it takes to lead with both heart and strategy. Leaders will walk away with practical techniques to communicate more effectively, inspire through action, and create a team environment that empowers everyone to contribute at their highest level. **The Resilient Leader** is more than a session; it's a transformative experience designed to elevate leaders and teams alike.

Ideal for leaders seeking to create a motivating, inclusive team culture in a dynamic work environment, this workshop equips you with the mindset and strategies needed to lead with both heart and purpose.

Single day and 3-day on-site workshops available.

Contact Dr. Jolene Church 951-492-9497 or drjolene@drjolenechurch.com for more information.