

THE UNSHAKABLE RESILIENCE (UR) PROGRAMME

BY KRISHNA RUPARELIA



UNSHAKABLE RESILIENCE

TRANSFORM INTO A BETTER YOU

A 4-module programme that teaches people the tools to:

- Tackle stress & build resilience
- Learn Emotional Intelligence Strategies
- Develop trust in teams
- Improve Leadership Effectiveness

1

LEADING YOURSELF
"MINDSET RESET"

2

YOUR SELF-CARE
TOOLKIT

3

NURTURING
MEANINGFUL
RELATIONSHIPS

4

DISCOVERING
YOUR PURPOSE
DRIVEN GOALS

The COVID-19 pandemic has disrupted the lives of billions of people around the world. Factors such as social disconnect, juggling home and work commitments, alongside the pressures of childcare, have placed enormous pressures on employees and the businesses they work for. In the changing face of our professional lives, the resilience of individuals, teams and organisations is paramount to ensuring a successful and thriving business.



increase in mental health
challenges due to the
COVID-19 climate ¹



of people are currently
experiencing
depression ²



of managers fear staff
are burning out
because of COVID-19 ³

- Are you a leader concerned about your teams' wellbeing and resilience?
- Is your team lacking trust and engagement and is this impacting on your business productivity?
- Do you want to create a thriving team who can adapt to change and uncertainty and improve your business results?

¹ CIPD Wellbeing report 2021

² mentalhealth.org.uk

³ People Management



PROGRAMME MODULES

1

LEADING YOURSELF "MINDSET RESET"

You will:

- ✓ Examine your self-limiting beliefs. Break barriers and be limitless.
- ✓ Learn how the brain responds to stress. Take control by discovering powerful mental habits that transform the way you respond.
- ✓ Learn why Emotional Intelligence matter using the "Agile EQ" behavioural tool in developing great relationships in the workplace.

2

YOUR SELF-CARE TOOLKIT

You will:

- ✓ Learn the importance of self-care and why it is instrumental in your wellbeing
- ✓ Learn how to be resourceful in developing resilience by tapping into the available resources.

3

NURTURING MEANINGFUL RELATIONSHIPS

You will:

- ✓ Learn how to create trust and develop deeper connections in your team .
- ✓ Learn how to adapt your communication style and develop greater influence and engagement at work using "DISC."

4

DISCOVERING YOUR PURPOSE DRIVEN GOALS

You will:

- ✓ Discover your top 4 values that determine your behaviour endorsed by leading Behavioural Specialist, Dr John Demartini.
- ✓ Identify your unique strengths using "DISC" to manifest your career goals and improve productivity.

The programme utilises a range of learning methods combining theory, experiential learning and practical application.

IN COLLABORATION WITH





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1ST - 7TH NOVEMBER

ORIENTATION

**Know your DISC style,
Discovery Coaching Call**



8TH NOVEMBER

MODULE 1

**Leading Yourself
Mindset Reset**



9TH - 14TH NOVEMBER

CULTIVATING MINDSET HABITS

**7x15 minutes of Group
Coaching Sessions**



15TH NOVEMBER

MODULE 2

Your Self-Care Toolkit



16TH - 21ST NOVEMBER

CUSTOMISING YOUR SELF-CARE

Boundary Setting Challenge



22ND NOVEMBER

MODULE 3

**Nurturing Meaningful
Relationships**



23RD - 28TH NOVEMBER

DEVELOPING MEANINGFUL CONNECTIONS

Using DISC Tools



29TH NOVEMBER

MODULE 4

**Discovering Your Purpose
Driven Goals**



Four Modules (one module facilitated each week) to jumpstart your journey into transformation. Each module incorporates, Psychology, Emotional Intelligence and Neuroscience to support your learning.



Micro-Learning sessions - to help you cultivate healthy mindset habits.



A support network and Accountability group - to help you create momentum and change.

THE UNSHAKABLE RESILIENCE PROGRAMME PROMISES-

YOU WILL:

- ✓ **Identify and destroy the invisible enemy of stress** by cultivating mindset habits backed by science.
- ✓ **Improve your communication** - improve team effectiveness & productivity.
- ✓ **Increase unlimited natural energy in your body** so you can thrive in the workplace.

Transform into a BETTER YOU



ABOUT UNSHAKABLE RESILIENCE

After spending over 15 years working in HR/Learning and Development working for blue chips organisations such as Santander, Jaguar Land Rover, HSBC, Beiersdorf (Nivea) and Warwick Business School, I recognised one factor that separates the performers from the non-performers was their ability to adapt to change. I believe that life is about thriving and when we gain self-awareness, transformation take place. My mission is to empower others to unleash their own potential. When we armour ourselves with the tools that develop resilience, we can handle uncertainty & change in a more responsive way. I recently launched this company Unshakable Resilience - a consultancy that delivers bespoke Wellbeing Programmes to help optimise the wellness for busy professionals.

Transform to become a better YOU!

**BOOK A DISCOVERY CALL TODAY
FOR MORE INFORMATION:**



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