



Australia's
Global
University

Resilience is a critical leadership skill to steer your team and organisation through challenging times, complexity, and ambiguity. As our business landscape becomes increasingly uncertain, robust, resilient leadership may prove the difference between those who cope and those who thrive. This course will help you develop the mindsets, behaviours and techniques to build and maintain your own resilience.

Over approximately 14 hours, delivered across two weeks of live virtual workshops and action learning, you will develop a practical toolkit to become a more mindful leader who can grow and adapt to navigate uncertainty and emerging challenges.

What you will learn

You will take part in a series of online modules, comprised of virtual workshops, action learning and coaching, building your ability to:

- Lead during times of stress, complexity and ambiguity
- Understand the connection between resilient leadership and team success
- Identify and leverage opportunities that lie within challenging times
- Practice mindful leadership techniques to build your resilience
- Distinguish between and respond to different emotions in yourself and others
- Face current and emerging challenges with a sense of purpose and direction
- Manage your own stress and burnout

LEADING WITH RESILIENCE

AGSM @ UNSW Business School

KEY DETAILS

2 CEMD Points
14 hours, over a 2-week
virtual learning journey
\$1,694 (inc. GST)



UNSW | AGSM 
Business School

Who should attend

This course is designed for anyone looking to build and maintain their own resilience as a leader to navigate challenges and realise opportunities.

How you will learn

Led by an occupational psychologist, experienced executive coach and leadership expert, you will take part in live virtual workshops, interspersed with action learning and coaching to develop a better understanding of yourself as a leader and apply techniques to lead with more resilience.



Over two weeks, you will take part in 14 hours of online learning and live workshops.



You will utilise The AGSM Navigator, a custom-built platform designed to work with your existing social and communication tools, like WhatsApp and Zoom.



Virtual workshop sessions bring a real-time, social learning environment to you, where you can share challenges and experiences, learn from your peers and your expert facilitator, and build a community of practice.



In between the workshop sessions, you will take part in a range of supported learning experiences independently and with the group to develop and embed learning.



To maintain the interactivity and ensure participants can achieve their outcomes, each workshop is limited to 25 participants.



Find out more

AGSM Short Courses

E: enquiries@agsm.edu.au

W: www.agsm.edu.au/virtual



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