

Resilience 2.0 ©

Tools to navigate stressful situations, regulate emotional reactions, and transform mental fitness strategies into everyday professional routines.



Have you ever seen performance slide or motivation drop? Without concrete tactics to manage anxiety and psychological triggers, professionals easily fall into dysfunctional team roles, draining energy and losing focus.

Resilience 2.0©© helps participants develop the necessary self-control and self-regulation to handle pressure constructively. By exploring emotional intelligence principles and the mechanics of motivation, this course turns personal coping strategies into impactful everyday routines.

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• Who is it for?

- Managers and team leaders
- Specialists and individual contributors
- Professionals who need to maintain motivation, manage stress, and build high levels of personal emotional fitness without damaging collaboration

• What will you learn?

How to...

- identify personal stress indicators and replace dysfunctional behavioral habits with productive coping strategies
- leverage the principles of emotional intelligence to increase self-awareness, self-regulation, and intrinsic motivation
- apply practical cognitive and psychological techniques to break out of unhelpful, stress-inducing communication traps
- navigate professional crisis environments by exploring the concept of antifragility

• What to expect?

- A deep overview of stress psychology, distinguishing healthy adaptation from unsustainable behavioral patterns.
- Interactive group exercises focusing on the 5 core skills required to build continuous mental and emotional fitness.
- Deep dive into the concept of antifragility and how to integrate it in professional and personal life.
- The creation of an individual resilience action plan backed by immediate facilitator feedback and peer reflection.

• How is it delivered?

FORMAT

In-class or online

DURATION

1.5 days / 9 hours

COHORT

Groups of up to 12 participants