

## What Our Past Participants Say

Joumana



Such a good program meeting wonderful leaders from different sorts of life, with very inspirational stories.

Sydney Community Connect



It's an honour to learn from the queen who's better than Rawaa El Ayoubi to be inspired by ?

Hafida



A great step to take and never regret ..you gain valuable insights and new knowledge to move on into leadership journey .. thank you Rawaa El Ayoubi for all the efforts.

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Training based on proven theories & practices

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# BUILDING YOUR RESILIENCE

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## Quality, Flexible, and Affordable training

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## About the training

This training, which lasts approximately three hours, covers five key themes as detailed on the "Themes" page of this brochure. It commences with an individual assessment of participants to gauge their level of resilience and culminates in resilience building amidst uncertainties.

The training is well-suited for individuals and groups in leadership or non-leadership positions within companies and organisations.

We understand the demands faced by business professionals, and therefore, we offer online options and allow participants to select flexible timings based on their availability.

At Aspire Leadership Network, we take pride in embracing research and critical thinking. That's why our trainers bring extensive academic and professional expertise to our seminars, employing the latest proven approaches to problem-solving. Additionally, you will receive excellent materials and have the opportunity to ask questions and participate in interactive group activities.

# THEMES



1

## Self-awareness

This module will allow you to gain a greater understanding of yourself and the impact they have on others. The module will walk you through techniques to become aware of yourself.



2

## Assessing your resilience

This module applies an innovative approach to determine your state of resilience at work and in your personal life and helps you adopt measures for becoming resilient.



3

## Coping with pressure

In our everyday life and work, many of us face challenges that can be stressful and overwhelming. The module equips participants with the best approaches to handling pressure.



4

## Developing a great attitude

This module applies an innovative approach to determine your state of resilience at work and in your personal life and helps you adopt measures for becoming resilient.



5

## Techniques to become a realist optimist

This module will give you the techniques on how to engage with life positively and constructively and how to practice a problem-solving approach to difficulty and looking for a solution in an optimistic way.

# Why we're the super choice

### INTERACTIVE WORKSHOPS

We allow participants to implement theories on the spot and dive into a truly engaging experience.



### WORLD-CLASS FACILITATORS

Backed by robust academic expertise, our facilitators are fully committed to propelling participants towards their goals by swiftly initiating actionable steps.



### QUALITY MATERIALS

We use materials that are based on academic research and proven theories.



### NETWORKING OPPORTUNITIES

We offer a valuable platform for you to connect with fellow like-minded leaders and propel your initiatives to new heights.



### CONTINUOUS SUPPORT

We provide ongoing support throughout your leadership journey.



### YOU CHOOSE YOUR TIME

We tailor our workshops to accommodate your availability.



## Your Investment

Make the best decision by investing in this training. Our services are affordable, but let's discuss this together. The cost of our services reduce even significantly when you choose to subscribe as a group. Email us now for your tailored quote.



## People we have served



WE LOOK FORWARD TO  
**SERVING YOU!**