

SYNERGISTIX RESILIENCE TRAINING

SO WHAT?

Most CEOs would pick the following factors as crucial to their organisations sustainability: strong profits, optimal productivity, superior client service, motivated workforce, retention of top performers, increased staff accountability and reduced absenteeism.

Most staff are seeking improved quality of life and meaningful work.

Lack of resilience and ill-health jeopardizes ALL of the above-mentioned needs, irrespective of whether it emanates from a business or a staff members perspective.

OBJECTIVES



SELF-AWARENESS

of the participants stress profile

Their unique stressors, personality characteristics and coping techniques that ultimately will lead to a context specific, action plan to strengthen their development areas.



UNDERSTANDING

of the stress process, physical and psychological implications, stress and burnout indicators

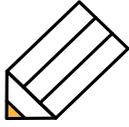


APPLICATION

of the Synergistix Resilience™ approach

and how to apply it in the participants own lives so that they may increase their resilience, performance, quality of life and wellness.

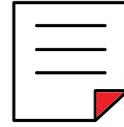
METHODOLOGY



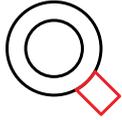
ASSESSMENTS TOOLS



**ROLE-PLAYS AND
DISCUSSIONS**



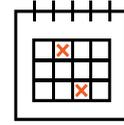
CASE STUDIES



**MULTI-MEDIA INSERTS
AND GUIDED FACILITATION**



**REGULAR
REFLECTION**



**CONCRETE ACTION
PLANNING**

FOUNDATIONS

It is based on a multi-dimensional, proactive coping approach that accommodates participant's unique contexts.

The approach builds on the synergy (hence the name Synergistix resilience) between these quadrants:



MENTAL



PHYSICAL



SOCIO-EMOTIONAL



SPIRITUAL

These quadrants are underpinned by the application of 4 key mindsets and 12 practical behaviours as shown in the diagram that follows. In doing so participants have a variety of resources they can draw on to ensure resilience, which creates flexibility and heightens probability of success.

The aim is to create an integrated life, not necessarily the mythically perfectly balanced life. The key is actually that oscillation needs to occur e.g. exercise and rest; stimulus and

reflection etc. in each of the 4 quadrants.

Fitness is striven for in all four quadrants through sustained effort and repetition. This is NOT a quick fix programme.

Measurement is used to track baseline status and movement over time.

With regards to spiritual fitness, it alludes to your purpose in life, not a specific religious orientation which is a deeply personal choice.

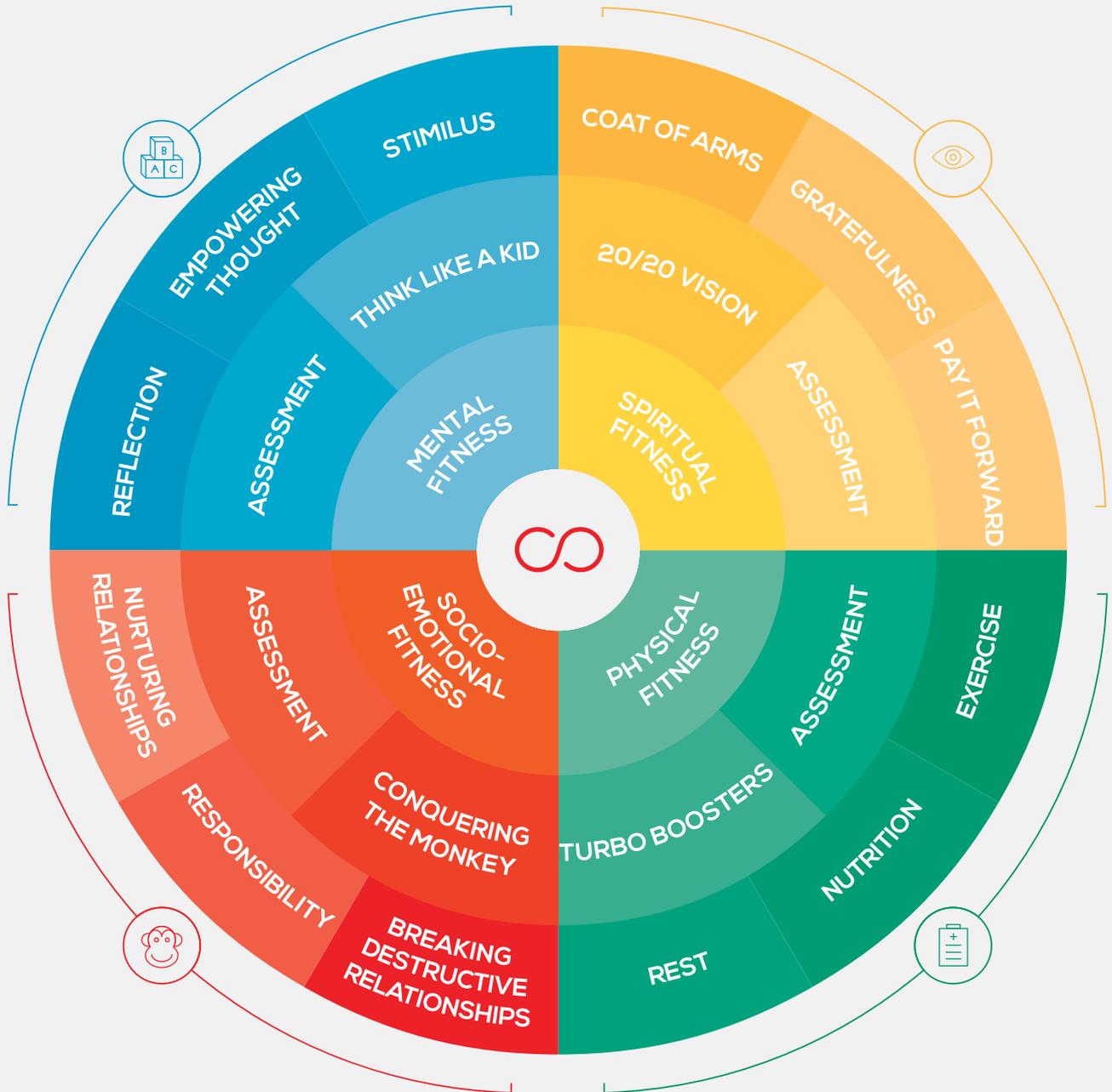
THE 4 QUADRANTS

THINK LIKE A KID

- 5 WHYS •
- DREAM BIG, START SMALL •
- SIMPLIFY •
- HAVE FUN •

20/20 VISION

- GAIN PERSPECTIVE
- CLARITY VALUES
- REALISTIC OPTIMISM
- MEDITATION



CONQUERING THE MONKEY

- FORGIVE SELF/OTHERS •
- FOCUS ON CONTROLLABLES •
- PAST/PRESENT/FUTURE •
- RELATIONSHIPS FULLY PRESENT •

TURBO-BOOSTERS

- STATE OF FLOW
- CIRCADIAN RHYTHM
- EMBRACE PASSIONS
- INSPIRATIONAL ENVIRONMENTS

OUTCOMES



**ENHANCED
RESILIENCE**



**SUSTAINABLE
PRODUCTIVITY**



**PRACTICAL
APPROACH TO AN
INTEGRATED LIFE**



**SUPERIOR
QUALITY OF LIFE**

UNIQUE SELLING POINTS

- 1 Resilience tools provided based on my Doctoral research and 14 years' worth of experience.
- 2 50% refund if no behavioral change (*T&C's apply).
- 3 Multi-dimensional, flexible pro-active coping approach.
- 4 Multiple reinforcement loops post the workshop.
- 5 In 2017 will have a behaviour modification app to support the programme.

FACILITATOR



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“ THE GREATEST GLORY IN LIVING LIES NOT IN NEVER FALLING, BUT IN RISING EVERY TIME WE FALL. ”
NELSON MANDELA

Dr. Mark Orpen-Lyall completed a PhD in Industrial Psychology, focusing on Synergistix resilience. He is a Registered Psychologist with HPCSA, since 2000. In addition, he is a qualified personal trainer and lifestyle counselor (ETA).

He has worked for the last 18 years at Allan Gray, Harrods London, Unilever and Old Mutual. He has designed and run resilience interventions for the last 14 years.