



Making world-class leadership development available to all.

Our mission at Resilient Leaders Elements



Resilient
Leaders
Elements

RLE REGAINING YOUR MOJO™

This programme is designed to support people refocus, rebalance and reenergise.

Personal focus

About RLE

Motivated by the paralysing affect the London bombings had on the people involved, we began our work on resilience in leadership in the 1990s.

We distilled our experience to identify four essential Resilient Leaders Elements (RLE™): Clarity of Direction, Resilient Decision Making, Awareness and Leadership Presence.

What you gain



A place for individuals to **focus on themselves**



Provides individuals with a **perspective on themselves and the environment** around them



Supports people in **refocusing, rebalancing and reenergising** to a place of equilibrium



Identifies strengths as a resilient leader



Helps to **reignite** personal spark

Course content

Based on the Japanese concept of IKIGAI*

Reflective learning



Meditative practice

Tips and ideas

(*reason for being, direction or purpose in life)

Your commitment

- Participation in **five 1 hour virtual sessions**
- Engaging in **discussions** with other people
- Completion of **work between sessions**

It takes all the sessions to sustainably regain your mojo.


Course structure

	Orientation	Regaining your mojo exploration			Completion
	Week 1	Week 2	Week 3	Week 4	Week 5
Introduction	Resilient response to challenging events	Review your personal Mantra	Review your Relationships	Review of work on presence	Review your IKIGAI <small>(Japanese concept - reason for being, direction or purpose in life)</small>
Core Session Content	How the programme works Who are you at your best? What are your values and beliefs?	Roles in your life Significant relationships	Feeling present Sources of Personal Energy	Work satisfaction Hobbies and Interests Discovering your strengths with Resilient Leaders Elements™	Sources of IKIGAI Building your IKIGAI
Individual learning	Create your own values-based Mantra	Complete the 'Optimising Relationships' exercise	Building presence	Review your IKIGAI Complete RLDP™ Lite	

Find out more and book a consultation on our website:

www.resilientleaderselements.com/programmes

Discover our other programmes



RLE LEAD IN UNCERTAINTY™

Best for building confidence and capability.

RESILIENT LEADERSHIP IN ACTION™

Best for discovering your leadership style.

RLE ACCELERATE™

1:1 coaching best for challenge and support.

RLE OPTIMISE™

Group development best for peer support.

RLE TRANSFORM™

Best for developing team performance.