

## **RESILIENCE KEYNOTES**

### **Dr Sven Hansen**

RESILIENCE KEYNOTES are tailored to professional and executive audiences seeking practical and evidence-based solutions to health, happiness, performance and meaning. Resilience is the learned capability to bounce back, thrive on challenge, reach potential and have a positive impact on others.

Resilience supports people, leadership and organizations. We use an integral, evidence-based methodology to enable the biological resources of body, heart, mind and spirit. Embracing physical vitality, stress mastery, emotional intelligence and cognitive training, Resilience builds practical competencies to integrate one's life. Dr Hansen helps to make health and lifestyle management clear and simple. Participants will learn practical tips to make a meaningful difference to their lives and their work.



Sven, a medical practitioner with an MBA, has pioneered preventative medicine, stress mastery, emotional intelligence and cognitive training. As a regular conference presenter in the Asia-Pacific region, he challenges you to build and integrate physical, emotional, cognitive and moral resilience into life and leadership.

With a background in Sports Medicine, Sven has run corporate wellness programmes since 1988. As Founder of the Resilience Institute, he leads a team who design and deliver training courses to help leaders and organizations embed Resilience into their Human Capital Strategy.

See: [www.resiliencei.com](http://www.resiliencei.com)

### **MAINTAINING OUR RESILIENCE – an oft forgotten key to good practice**

- ◆ What is Resilience? Frameworks and Assessment
- ◆ Death Spirals and Bounce Back
- ◆ Get your life sorted: exercise, sleep, nutrition & daily practice
- ◆ Presence: how to be a calm, effective professional
- ◆ Empathy & Engagement: building constructive EQ
- ◆ Resonance: how great leaders inspire performance

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