

# Professional Development that Builds Resilience

training, consulting, speaking and coaching that builds capacity, connection and cultures that transform

## The experience.

Volatility, Uncertainty, Complexity, Ambiguity [VUCA], these experiences are not new, not going away and have intensified. How we face them individually, and collectively as an organization, impacts every aspect of the employee experience [recruitment, onboarding, retention, day to day engagement].

"All over the world employers are under stress, and the uncertainty and stress of change has caused burnout. So, a new paradigm has emerged: a corporate focus on resilience."

-Josh Bersin, global research analyst, advisor

Designing an organization culture that is resilient creates work environments that

- offer safety and stability
- link daily work to the mission in practical ways
- build connection to the work and between people

They are better able to face down the disruptions and detours to diminish the problems and not the very people needed to lead in the challenges.

"In overwhelming moments, it's not superpowers that allow people to simultaneously feel large concerns and still apply themselves to their work and daily needs; it's resilience skills".

-Jan Bruce CEO, meQuilibrium

An organization that creates opportunity for their people to develop resilient skills is investing in the team members, their leadership and livability – ripples out to impact those your organization serves, your team member's families, and the communities they live in.

## Where do I start?

Start a conversation with Sandy. No cost, no commitment.

Take a glimpse at the resources listed that your next training, consult or event could be built from, individually and authentically to meet your unique needs.

## It's all connected so let's connect!

"How we lead impacts how people live. -Bob Chapman

"How we live impacts how we lead." -Sandy Anderson

Book your one hour no cost Discovery Consult with Sandy  
<https://calendly.com/sandyandersonconsulting/organization-discovery-consult>

# Trainings. Consults. Speaking.

topics that create collective impact to transform and activate your mission

## RESILIENCE IN THE MIDDLE TRAINING

The challenges can mount both professionally and personally as our capacity can feel depleted. Sometimes we can get stuck and settle into the struggle versus leveraging it to fuel forward. This interactive workshop looks at specific tools and strategies to frame, re-frame and then reset so the middle of a challenge offers valuable perspective and progress towards the desired other-side.

Move from the exhausting strategy of “do more with less” to discovering and focusing on what’s relevant for your organization, what activates the mission. What at we do in the middle matters!

### Format:

- one-hour [keynote-closing speaker format]
- two-hour session [interactive facilitation of topic allowing participant response]. Includes a pdf field guide packet.
- two 2-hour sessions or one 4-hour session [deep exploration of topic leading to discoveries, prompts to practice individually and collectively]. Includes a pdf field guide packet.
- virtual or in person or virtual

## LEADING IN THE MIDDLE TRAINING

For those in leadership positions the current challenges and disruptions can lead to exhaustion, fatigue and apathy both professionally and personally. Often the experience is dismissed and pushed through leaving leaders vulnerable to burnout and leading in ways that sabotage the very progress they desire.

As our capacity feels depleted, resiliency fueling and restorative practices are necessary for sustainability, safety and sanity.

This interactive training focuses on three components to build and restore resiliency. Each component focus includes exploring why the component matters, guided group discussion on experiences and a practical tool that can be experimented with and implemented in the leadership conversations that are occurring every single day.

### Format:

- one-hour [keynote-closing speaker format]
- 2-hour training
- 4-hour leadership retreat format
- virtual or in person

## **BUILDING A RESILIENT ORGANIZATION TRAINING**

emerging collective impact to build a resilient organization

Whether it's a nonprofit board, a department in an organization, or team in a business: resiliency is necessary for authentic engagement that creates long standing success and sustainability. It starts with the board and senior leadership. This interactive training creates space for key leaders to:

- make connection between resilience and return on investment
- determine why leading with both a transactional AND transformational mindset matters
- explore three components to building resilience
- identify how resilience impacts the development of a sustainable strategic plan

Take the step to invest in people, your most valuable asset, to create a resilient organization by doing core work that emerges practical strategies, fueling truly human leadership and impacting how your people lead in your organization and live in their communities.

### **Format:**

- one-hour [keynote-closing speaker format]
- 3 hour session [virtual or in person]
- 4 hour session OR two 2 hour sessions [virtual or in person]

## **BUILDING RESILIENT TEAMS TRAINING**

creating work environments and experiences rooted in wellness

Resilient teams are better equipped to face challenges in ways that allow for necessary innovation, connection and determination to do work that is relevant, links to the mission and engages the strengths of team members in purpose-filled ways.

This interactive training is rooted in a framework of three components that build and restore resilience. Each component focus: reframing [mindset], relevancy [purpose], and relationship [people], include exploring why the component matters, guided group interaction and tools that offer opportunity for experimentation.

This foundational exploration creates renewed energy, fierce focus and invites a collective impact mindset. The training emerges resilience boosting strategies and workflows that transform how we connect, how decisions are made; with equity and a consistent process that welcomes innovative problem solving necessary during disruptions, uncertainty and inevitable challenges organizations experience.

The outcome? Resilient people engaging collaboratively to create a positive work experience that transforms each other, so that they can better design resilience boosting experiences for themselves, each other and those they serve.

### **Format:**

- one-hour [keynote-closing speaker format]
- 3 hour session [virtual or in person]
- 4 hour session OR two 2 hour sessions [virtual or in person]

## STRATEGIC PROCESSING & PLANNING CONSULT

resilient strategies to design a strategic plan that is transformational and sustainable

Designing a strategic plan that is sustainable requires utilizing tools and strategies that are relevant to your organization's unique mission and are rooted in resilience. Resilience offers the ability to face challenges in a way that invites the necessary discovery, direction and determination for individuals, teams, boards and organizations to lead well, execute the plan, especially during challenge. This strong foundation guides the designing of strategic plans that inspire those people called to activate the plan.

This interactive consult leverages a research-based framework of three components that build resilience to design the plan from. Each component focus: reframing, relevancy, and relationship, include exploring why the component matters to activating the mission, offers guided group interaction and tools that create energy and direction in creating the plan.

Whether you are developing a strategic plan with a leadership team or board, it takes energy and focus. Capacity is low, commitments high and so to design strategic plans that are sustainable, practical and impactful require attention to the people who are planning AND the plan itself. Sandy can facilitate the journey in ways that are authentic to your organization and the people who are impacted by the success of your plan.

For Flow of Consult visit the web [Strategic Processing and Planning \(sandyandersonconsulting.com\)](http://www.sandyandersonconsulting.com)

### Format

- 4-hour Retreat | team/ board development and strategic plan designing
- virtual or in person
- Includes a follow up consult | to assure desired progress forward and offer support/strategies for discoveries made as strategic plan has been activated [time determined with client]
- Ongoing strategic consults | one hour consults as desired to support progress of the strategic plan and the people engaged in making it happen.

## RESILIENT LEADERSHIP CONVERSATIONS TRAINING

topics that build connection and common language on teams

Research-based guided conversations that occur annually on topics relevant to the client and the current needs. This unique ongoing training relationship provides consistency of quality and connection with the ability to focus on what is the greatest challenge or interest related to strategies that elevate resiliency for individual leaders, teams and organizations as a whole.

- topics determined by client and designed by consultant for highest level of relevancy.
- uniquely linked to your organization's mission
- provided cross learning
- surfaces best practices and diminishes silos
- ability to record training for future use in organization
- participants receive pdf tools related to topic

### Format:

- virtual [in person available: for rates contact Sandy]
- one-hour facilitated conversation
- frequency designed with client [monthly, ad hoc or quarterly]
- keynote-closing-breakout workshops speaker formats

## CRUCIAL CONVERSATIONS CONSULTS

guided conversations that create clarity, direction and connection

Unintended conflict and confusion happens, exhaustion and disconnection can develop especially during transition, change and stressful situations. Crucial Conversation consults are facilitated conversations designed with clients so participants learn and leverage resources, strategies and that offer new discoveries that will determine next steps.

Crucial Conversation consults offers an opportunity to explore topics and ideas with guidance and focus. This unique service invites all participants to be present without the pressure of facilitating the processing and designing next steps. Participants are given the opportunity to confidentially contribute to designing the direction and focus on the conversation through key questions answered from their unique perspective.

Clients report facilitated conversations with Sandy as effective, practical and powerful in identification of root issues during points of conflict and stress. Participants discover untapped opportunities and strategies relevant to the topics that move them forward with greater clarity and direction individually and collectively.

A powerful resource whether it's a conversation between two people or a group, work or family. Restoration and connection starts with one conversation.

Let's get started and decrease the exhaustion unresolved issues create. Capacity and resilience will emerge; exactly what we all need more of.

### Format:

- hourly rate [number of participants impacts rate]
- virtual or in person

## TRANSFORMATIONAL CONVERSATIONS TRAINING

identifying and creating conversations that build resilient cultures

How we communicate often reflects what we've learned from our homes of origin, a friend group, coworkers, or others who have had influence in our lives. The learning and habits formed from the observations and exchanges can build or break the organization's work culture, resulting in growth or gaps. The stakes are high - especially in points of disagreement where there is intensity of opinion or high emotion.

This highly interactive training explores:

- stories of how conversations build and bust resiliency
- awareness of how behaviors and habits influence what is communicated
- strategies that equip and empower creating conversations that build resilient teams
- steps to practice out real time challenges with conversation tools

Trainings include transformational conversations tools:

- Components of Trust
- Feedback that Fuels
- Processing a Problem
- Disagreements that Diversify not Destroy
- Decision Making: the next right step
- Challenge Reset

### Format:

- 3-hour session for the individual organizations to explore integration into their teams.
- virtual or in person

## the table principles™ TRAINING

ten behaviors to build and sustain connection and capacity

Designing an organizational culture where recruitment, retention and engagement flourish needs a clear pathway to elevating resilience. A pathway to inspire authentic conversations that lead to sustainable solutions and connection. To achieve that, we need to guide and guard the tables we sit at and influence.

The table principles™ tool invites restorative practices, offering protective factors to the stressors and uncertainty faced by most teams. Stabilizing the table. Developing a strength-focus and emerging sustainable solutions even in the midst of change or challenge.

During the training participants explore:

- each principle from different viewpoints and how the norm can build resilience
- the risk of ignoring a specific principle
- how principles and the mission can create transformative employee feedback/reviews
- the potential areas vulnerabilities and strengths [collectively and individually]
- next steps with real time experimenting and discovery
- a list of opportunities unique to the organization/team developed during the training/consult

Clients report the table principles™ offer a practical guide that welcomes culture-shifting conversations and self-awareness of the impact participants have on the tables they influence.

### Format:

- options: two 2-hours or one 4-hour session
- each participant receives pdf resilient leadership guide, the table principle™ deck and convo card
- keynote-closing-breakout workshops speaker formats
- virtual or in person

## TABLE CHATS TRAINING

culture boosting conversations based on the table principles™

Building resilient cultures and work environments takes on-going conversations and intention. The one and done trainings don't result in the sustainable changes and shifts to the behaviors that are at the core of every organization's culture. The policies, processes and practices need attention to assure they are relevant in ways that fuel the organization's mission and inspire people to join the team, stay and engage for the common good. This unique format can offer the layering and learning that leads to sustained transformation!

Monthly rotation of virtual conversations that:

- explore one principle each session
- invites participants to consider a prompting question on why the principle matters
- challenges a practice to experiment with individually and potentially as a team
- connect to stories that inspire to preserve during challenge

### Format:

- rotation of ten principles: 1-hour conversation
- virtual [for in person rates contact Sandy]

# Professional Coaching

pursuing resilient leadership on conversation at a time

## STRENGTHS & STRATEGIES LEADERSHIP COACHING

emerging strengths & engaging strategies to lead yourself and others well

Greater confidence, understanding of others and self are central to coaching conversations that leverage Clifton Strengths™ Assessment and research-based strategies to fuel leaders. Each session has a guided process that connects the participant's specific strengths to practical tools that will build confidence, clarity and the truly human leaders organizations need to build resilient cultures.

### Formats:

- six one-hour sessions package
- participants receive a pdf resilient leadership guide of tools, the table principle deck and tabletop convo card
- an additional coaching conversation with Sandy, the coaching client and their direct supervisor to share out discoveries from the six coaching conversations is optional to integrate into professional goals and outcomes
- virtual or in person
- Once the six sessions are completed, often participants reach out for coaching conversations to continue the momentum forward. A personal resource to leading and living with less regret and more intention!

## LIFE COACHING

Life is fluid. It brings moments of loss, uncertainty, overwhelm or maybe feeling stuck. Sometimes it's experiencing a challenge with:

- a change or transition
- making a decision
- processing a loss
- creating or maintaining healthy boundaries
- shifting a behavior or habit
- marriage
- parenting
- a friendship
- school
- work
- approaching retirement
- an unexpected health diagnosis

Situations can leave us feeling depleted, exhausted, anxious, unsure, and discouraged, maybe even paralyzed on what to do next. This open-ended format [client's determine amount and frequency of conversations], invites pausing to reflect, catching your breath so you can better identify what you want, why it matters, and discovering strategies to move forward.

This can bring: focus, hope, connection, renewed energy, rediscovered joy to daily living, confidence

Clients have access to utilizing the Clifton Strengths® Assessment Tools™ and personalized consult with Sandy to discover their top strengths that can build confidence, clarity, and give practical tools to use when facing challenges or new opportunities in life.

# Tools to Continue the Culture Building Conversations

## the *table* eChat [no cost-high impact email conversation]

A resilient inspiring chat sent to your team's email. A tool for the individual leader and teams to collectively grow in their resilient leadership. Relevant topics, practical tips and a commitment to creating conversations that nudge us to live and lead with less regret and more intention!

For past convos and to subscribe [The Table eChat – Sandy Anderson Consulting & Coaching](#)

## the *table* store | TOOLS FOR THE TRADE

Beautifully designed products to prompt the culture influencing conversations and behaviors that design the workplace environments and impact how we do the work!

[Home](#) | [Sandy Anderson Consulting \(square.site\)](#)



### *Sandy Anderson, MS*

Sandy Anderson Consulting & Coaching

Sandy is known for her transformative work with clients that is rooted in wellbeing: increasing resiliency, relevancy and authentic connection in work and life. Over thirty years of extensive experience partnering with organizations and individuals and her degrees in Community Health and Organizational Leadership have inspired the development of practical pathways and strategies to strengthen organizational cultures.

Clients of Sandy's, both for- and non-profit organizations, regularly report sustainable improvement in the areas of recruitment, retention and engagement as they simply become aware and give intention to individual and collective habits. Habits that influence by inspiring or diminishing environments and level of team engagement.

Through consulting, training, speaking, writing and coaching, Sandy is best known for her ability to create transparent conversations. Conversations that clarify needs, identify desired outcomes and support the implementation of positive research-based strategies that move the work forward in ways that align with the organization's mission. Her work with Appreciative Inquiry and Clifton Strengths™ offer her clients a unique opportunity to pause and discover not only what could be, but how to get there and then expand the work.

[www.sandyandersonconsulting.com](http://www.sandyandersonconsulting.com)

*training and topics that transform exhaustion, lack of clarity and busywork  
to re-energized hope, fierce focus and meaningful work  
through soul-filled strategies!*

