



RISE ABOVE™ IN TOUGH TIMES

2 Day Course,

CEOs, Senior Managers, Supervisors, Team Leaders, and HR professionals who wish to RISE ABOVE™ the tough economic conditions we are currently facing and beat the recession!



FOR WHOM

THIS 2-DAY COURSE IS DESIGNED FOR CEOS, SENIOR MANAGERS, SUPERVISORS, TEAM LEADERS, AND HR PROFESSIONALS WHO WISH TO RISE ABOVE™ THE TOUGH ECONOMIC CONDITIONS WE ARE CURRENTLY FACING AND BEAT THE RECESSION!

In today's 'on demand' business environments, it's important to rapidly adapt and respond to risks, as well as opportunities, to maintain continuous business operations, be a more trusted partner, and enable growth. This represents a shift from the old paradigm of "experience and react" to a new paradigm of "anticipate and adjust."

Surpass Business Consulting have adapted their own unique model of Resilience. Using the RISE ABOVE™ model, management specialist Claire O'Callaghan, will guide you how to motivate yourself and your people to create an efficient, effective and successful enterprise in these uncertain times.

WHY RESILIENCE IS IMPORTANT

Resilience is commonly described as a person's capacity to cope with changes and challenges and to 'bounce back' during difficult times.

A person who is resilient is likely to :

- Recognise and manage their own feelings and understand the feelings of others
- Have a sense of independence and self-worth
- Form and maintain positive, mutually respectful relationships with others
- Be able to solve problems and make informed decisions
- Have a sense of purpose and goals for the future

More than just a training seminar, this practical program contains resources for changing organisational culture, altering the norms that so often cause obstructive behavior and replacing them with constructive, positive behaviors.

BENEFITS

After this 2-day workshop, you will be able to :

- Learn how to be more resilient
- Increase your support network
- Encourage the development of a positive attitude, self-belief and communication
- Increase staff engagement with learning
- Encourage a sense of fun
- Foster a positive and inclusive ethos
- Understand the importance of innovation and creativity in increasing profits
- Devise your own unique strategic canvas
- Understand the Emotional Intelligent framework
- Gained a better understanding of positive relationships
- Enhanced your personal relationships and interactions
- Reduce costs and 'batten down the hatch'
- Understand the importance of your health and how to become more energetic
- Become more adaptive and flexible – embracing change and the tough times ahead.

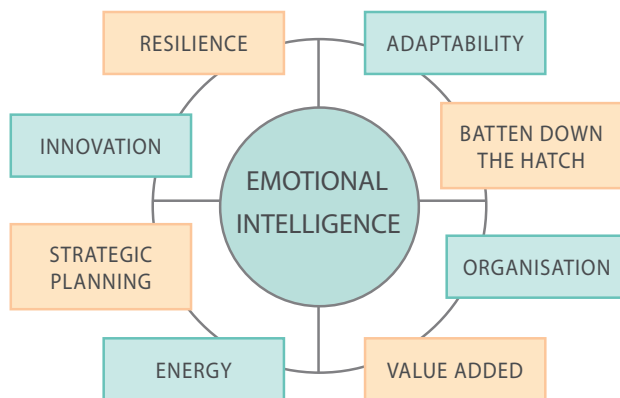
"Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them"

Robert Jarvik



CONTENT

Participants will be introduced to the RISE ABOVE™ Model :



DAY 1

Resilience - People who are resilient are better equipped to resist stress and adversity, to cope with change and uncertainty, and to recover faster and more completely from traumatic events or episodes. On this course, Claire O'Callaghan will uncover the psychology behind being resilience and help you find your inner strength.

Innovation & Creativity - Using creative thinking tools, we will unlock your ability to become innovative and creative and help you think 'outside the box'.

Strategic Planning - Developing an effective strategy is the single most important activity your company will engage in. This practical course will provide a clear focus and establish ground rules for you and your company on where you are going and how you are going to get there.

Emotional Intelligence - Emotional Intelligence, is fast becoming one of the most popular management concepts for today's business leaders and entrepreneurs. Being emotionally intelligent means being smart in how we manage ourselves, how we relate to others and how we cope with the changing environment around us. You will have your Emotional Intelligence assessed and you get your own personalised Leadership report.

DAY 2

Adaptability – Here we will help you become open to new challenges and/or the changing situation in the current environment. Being adaptable can lead to great things; such as career growth, learning new skills, better relationships, and generally being happier when you see what you truly are capable of.

Batten Down The Hatches – The literal definition means "preparing for trouble". This term originated in the navy, where it signified preparing for a storm by fastening down canvas over doorways and hatches with strips of wood called battens. This workshop will review a company's overheads and look at ways to significantly reduce costs.

Organisation - Amid the current economic upheaval, companies need to invest more in their employees in order to help them adapt to changing processes and become more dynamic. We will review the key role that employees play and how they impact on the overall success of the firm.



Value Innovation - Business leaders, CEOs, wonder how and when the current economic turbulence will end. Nobody really knows. At Surpass we do know that redefinition is needed. Innovation means creating things that ordinary people want. It means creating products and services that people understand; that they value. On this course, we will show you how to create "Value Innovation", by raising value to your clients and potential clients by raising and creating key elements of a new offering while lowering costs by eliminating and reducing elements that aren't as valuable.

Energy - Would you like to work more efficiently and have more energy at work? On this workshop, we will show you how to improve your mental productivity and sharpness at work, and at home, in order to become more energetic.

SPECIAL FEATURES

- Good number of participants so active involvement of everyone
- Active planning to help transfer your expanded skills back into your normal environment
- Expertise and vast business experience of trainer in resilience and behavioural psychology
- Beautiful venue to host workshop

CONTACT DETAILS

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FEES

The normal cost of training is €788 for non-SMEs.

For SMEs, this training is funded by the FAS via the SFA National Centre of Excellence / IBEC and is available to SME companies for just €400.

Inclusive of tuition, is the provision of:

- An Emotional Intelligence* report
- Course documentation
- Refreshments and lunch



* Feedback is €150 extra if required on your report

CONTACT DETAILS

For further information or to discuss this course, please contact:

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Winner "Business Woman of the Year",
Best New Business category,
Network Ireland, 2008.