



## **CII's Webinar Series on Safety**

Session on

### **Making Resilience a Way of Life**

22 July 2022: 3.30 p.m. – 5.30 p.m.

#### **Context**

The environment today is rapidly changing and many of us are not able to keep pace with this change. There is also a lot of uncertainty which results in symptoms like anxiety, and stress which may affect the mental health and well-being of leaders as well as their teams. If organizations are not able to recognize this and take steps to improve the mental fitness, emotional strength & well-being of their employees, in due course of time, employees may develop health-related problems and the organization may not be able to progress successfully towards the goals which they may have set for themselves.

In other words, Resilience is the ability to deal with the small day-to-day challenges like a missed bus, a non-cooperative team member, or a delay in a project and big challenges like a financial setback, failure of a large project, or the loss of a dear one and advance despite adversity.

This webinar will touch upon the importance of building the Resilience of leaders and teams in a proactive manner to enable them to advance despite adversity.

#### **Faculty**

Dr. Rajesh Parekh has an L & OD experience of over 30 years. He has led the Training & Talent Development for Bayer Group for over a decade. Prior to this, he had been associated with organizations like Mahindra & Mahindra, Tata Steel, Excel Industries, Excel Crop Care & Dale Carnegie Training.

Currently, he heads Resilient Leadership which is an organisation offering services in the areas of Resilience, leadership development, coaching, assessments, organizational development & change management

By qualification, Dr. Parekh is an MBBS from Topiwala National Medical College, Mumbai. He is a Certified Resilience Coach from Driven, Australia & a Certified Resilience Coach from the Global Institute of Resilience and Wellbeing, USA, and is certified to administer the PR6 Psychometric Assessment to assess the current resilience level of individuals & organizations

Click [here](#) to register. Registrations close on 21 July 2022.