

Interval Training: Building Your Resilience Muscle

Dare to risk, dare to grow.

Without risk, there is no growth. When we develop our ability to take risks, we invite personal and professional growth in immeasurable ways, especially our resilience. And yet, our bodies and our brains are innately designed to avoid risk to keep us safe and alive. To grow, we need to stretch beyond our current limits, which is risky. This interactive program explores risk from both personal and professional perspectives and introduces two principles we can use to practice stretching and strengthening our risk muscles. One 'exercise' at a time, when we build our ability to risk, we build our resilience muscle.

In a supportive, encouraging environment, presenter Wendy Gates Corbett guides you as you:

-  Identify how the anatomy of risk can hold us back from growth
-  Practice two strategies for stretching and strengthening our risk muscles
-  Identify one small personal or professional risk to take

WHO NEEDS THIS WORKSHOP?

Adults and young adults who want to venture outside their personal and professional safety zones to explore new levels of growth. This program is especially relevant for professionals, people not currently in the workforce, and students.

DURATION

1 – 1.5 hours

RESULTS

"This program really opened my eyes to help me see how even tiny risks can help me get more comfortable taking bigger risks and the rewards that can follow."

~Anne H., Director



MEET WENDY GATES CORBETT

Wendy Gates Corbett is President of Refresher Training, LLC. She is a professional speaker and presentation consultant. She is a talent development leader and currently serves on the international board of directors for the Association for Talent Development. She works with professional athletes, speakers, and leaders making their messages more memorable with crisp materials and coaching to confidently deliver dynamic, engaging presentations that influence change.