

# RESILIENT LEADERSHIP FOR ADAPTIVE CHANGE

## CULTIVATING YOUR INNER RESOURCES

"Enlightenment is  
when a wave realizes  
it is the ocean."

- *Thich Nhat Hahn*

*To quote one recent workshop participant:  
"This is the most connected we've ever felt as a team."*

**Leadership today requires inner work to navigate and thrive in an ever-changing world.**

From workshop to staff retreat, maximize your team's unique skills and strengths to lead positive change with ease and equanimity amidst an unknown future.

The focus is developing leadership capacities for yourself, others, and the organization based on Appreciative Inquiry and other strengths-based and high-engagement practices including awareness training (mindfulness) and breathwork. This highly experiential workshop will provide approaches, tools, and practical first steps for applying these accessible practices to your work and life.

**Improve stress, wellbeing, and resilience for you and your teams.**

The practices strengthen your bodies natural ability to manage change and enable you to connect more deeply to what you care about most.

Our workshop will engage you in new ways of thinking, being and achieving your highest potential. Skill practice and action learning are designed to create a safe and honest space for sharing insights among participants and applying them to work and life. (Custom duration: 2-6 hrs)



**IN-PERSON & REMOTE WORKSHOP BY  
TONY SILBERT & DAMIAN EWENS**

**Tony Silbert, MSOD**

**Facilitator | Coach | Strategy Consultant**

Tony is an innately curious, charismatic thought leader who inspires people to believe in and achieve more. He brings over 25 years of experience in business consulting, organization development, training design, and executive coaching, and is a pioneer in strengths-based and participatory approaches to planning and change.

**Damian Ewens, MA Ed**

**Educator | Mindfulness & Breathwork Teacher**

Damian has a deep background in experiential education, is a certified mindfulness teacher, and an ocean adventurer with a passion for helping all people feel alive. He is the founder of Ocean State of Mind.