



**LIDER
RYNKU
SZKOLEŃ**

Building Resilience & Confidance in Global Leaders

1 – Day Interactive Instructor-led Training

DESCRIPTION

This comprehensive training program is designed to equip individuals and teams with the knowledge, skills, and strategies needed to cultivate resilience in the workplace. Participants will explore the key components of resilience, learn to recognize thresholds of overwhelm, and develop self-management skills to prevent burnout. Through practical modules on effective time management, healthy boundaries, and stress and crisis management, attendees will gain tools to maintain focus, prioritize tasks, and navigate challenges with confidence. The program also emphasizes building team resilience, enhancing communication, fostering trust, and creating personalized action plans to sustain long-term success. Mindset development, including mindfulness practices and growth-oriented thinking, rounds out the program, empowering participants to thrive in both personal and professional settings.

TARGET GROUP

This program is ideal for professionals, team leaders, and managers seeking to strengthen their personal resilience and enhance the resilience of their teams. It is particularly beneficial for individuals in high-pressure roles, those managing change, or anyone looking to prevent burnout and improve overall well-being. Team leaders and HR professionals will also benefit from learning strategies to assess team dynamics, foster trust, and build a supportive, high-functioning work environment. The program suits both emerging leaders who want to develop foundational resilience skills and experienced professionals aiming to refine their strategies for sustained performance and growth.

TRAINING PROGRAM

1. Understanding Resilience

- Explore the key components of resilience.
- Recognize resilience thresholds and the internal and external factors that can lead to overwhelm.

2. Self-Management

- Take a resilience assessment: Where are you now, and what does success look like for you?
- Identify early signs of overwhelm and burnout in yourself and others.

3. Effective Time Management

- Prioritize tasks and plan your schedule strategically.
- Apply the Eisenhower Matrix to distinguish between urgent and important tasks.

- Practice assertiveness and effective delegation.

4. Healthy Boundaries as a Foundation for Resilience

- Establish and maintain healthy boundaries with team members and clients.
- Harness the power of saying “no” and manage expectations effectively.
- Define and support a sustainable work-life balance.

5. Building Team Resilience

- Assess your team’s resilience at both individual and collective levels.
- Identify strengths and areas for development within the team.
- Enhance communication through open-ended questions.
- Build trust, especially in new or evolving teams.

6. Stress and Crisis Management

- Navigate crises with a calm and focused approach.
- Implement effective change management strategies.
- Recognize when stress can serve as a motivating force rather than a hindrance.

7. Developing Your Personal Action Plan

- Create a tailored resilience action plan for yourself and your team.
- Leverage organizational support and resources.
- Monitor progress, gather feedback, and evaluate the plan’s effectiveness.

8. Cultivating a Success-Oriented Mindset

- Understand your zones of influence: internal vs. external.
- Apply practical mindfulness techniques at work, including breathing exercises and visualization.
- Embrace a Growth Mindset to foster continuous learning and development.

COURSE DETAILS

Start dates

TBC

Course fees

TBC

Training time

9:00am – 4:00pm (CEST Warsaw, UCT+2)

Enrolment

ADN offers a variety of training methods including group, online and in-company training.

Online Training

- Access to the MS Teams audio/video platform

In-company training

Tailored training programs designed to meet an organization's specific goals for maximum effectiveness.

The training typically lasts 1 day but it can also be more advanced and run for several days.

Certification

Upon completion of the course, participants receive certificates validating their competencies, enhancing their professional credibility.

TRAINER PROFILE

Natalia Mank has over two decades of experience in leadership development and coaching. She has worked for top global business schools, such as the London Business School and IESE in Spain. In her varied career, she has also held executive roles in business development, leading international teams across markets and cultures.

As an ICF accredited executive coach, she also holds a Postgraduate Degree in International Trade, Law & Policy Making and a Master's Degree in Indian Linguistics & Philosophy. She has lived and worked in six countries across three continents. A life-long learner, speaks six languages and is keen on economics and global trade as well as on yoga and art.

Natalia's mission is to support leaders in their ambition to align effective business decisions with inner drive for integrity and sustainable transformation. She is passionate about addressing loneliness in executive positions and helping people be more authentic at work.

Natalia is also certified in Systemic Team Coaching, supports multi-cultural teams to align on values, feedback culture, conflict resolution and stake holder management. Her methodology focuses on well-researched frameworks, engaging workshops, effective leadership development programmes and bespoke coaching.

Natalia's current & past clients:

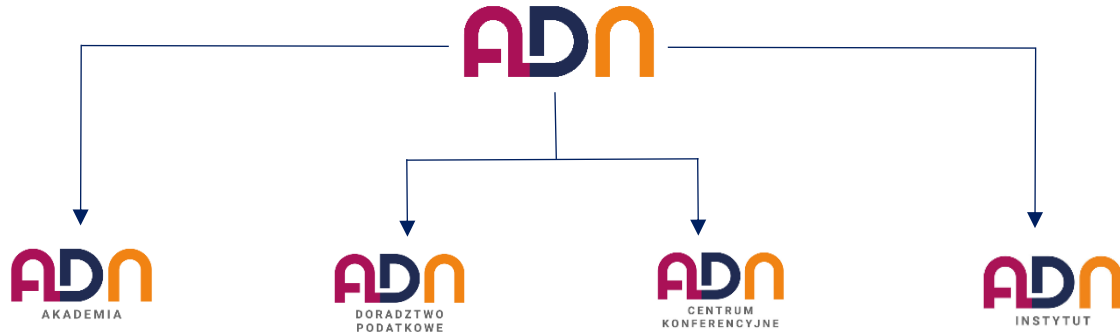
AFRICAN DEVELOPMENT BANK, AMC NETWORKS, BMW, CENTRICA, CREDIT AGRICOLE -CENTRAL INVESTMENT BANK, CREDIT SUISSE, DENTONSFLADGATE LLP, GENERALI, GOODWOOD GROUP, IRIS GLOBAL, TELEFONICA, TOTAL, SONNEDIX

Natalia's Recent Projects:

- Empowered Manager Programme design, delivery and coaching for Centrica (British Gas) Directors, Senior Managers and People Managers (2023-2024) to c.a.1000 participants (UK, Ireland and the Netherlands)
- Team Building Intensives design and delivery for IRIS International Team + Individual Executive Coaching (Global, 2021-2024)
- Goodwood Group Senior Management Leadership Programme Design and Delivery + Individual Executive Coaching (United Kingdom, 2024)
- Becoming an Effective Leader & Effective Feedback Conversations, Dentons Global Law Firm, 2024)
- Better Together Leadership Programme Design for Credit Agricole Central Investment Bank Division (London 2024-ongoing)
- *How to Be an Effective Coach* -programme design and delivery for Shared Services Directors at Accenture, Poland 2025
- *Conversations For Growth* –structured coaching programme to support growth and transition for global managers at Fremantle, (Global – South America, Australia & Spain, 2025)

ABOUT ADN ACADEMY

OUR BUSINESS STRUCTURE



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1 mln people



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WE OFFER A BROAD RANGE OF TRAINING PROGRAMS

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BUSINESS

IT and AI

HR

PACKAGE OF ADDITIONAL BENEFITS

As part of purchasing in-house training at ADN Academy, you will receive the following complimentary bonuses:

ACCESS TO POST-TRAINING CONSULTATIONS

For 1 month from the date of the in-house training, we offer the opportunity to submit questions to the trainer at: pytania@adnakademia.pl.

Estimated value of the bonus: *A few hundred PLN.*



ADN ACADEMY TRAINING PLATFORM

Each participant will receive six months of free access to the ADN Akademia educational platform. It provides access to over 300 video materials, incl. trainings, workshops, expert debates, and podcasts covering key areas of professional knowledge.

Bonus value: *1.499 PLN net.*



50% DISCOUNT VOUCHER

Your company will receive a voucher entitling you to a 50% discount on a selected 1- or 2-day open training course offered by ADN Akademia (taxes, accounting, finance, industry-specific topics).

Estimated value: *350–900 PLN net.*



THE TOTAL VALUE OF ADDITIONAL BENEFITS IS approx.: 2.500-3.000 PLN net





Feel free to contact us

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