



## EXPEDITIONS WITHIN: RESILIENCE

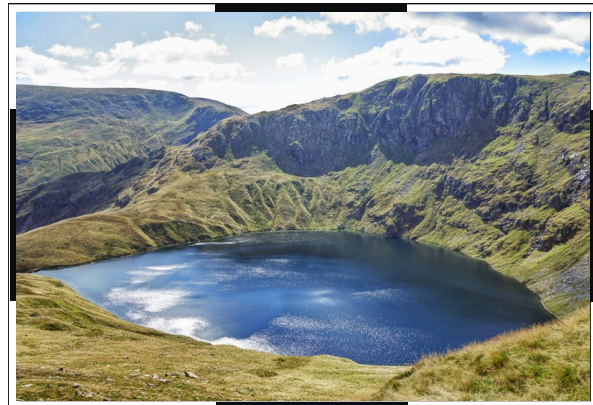
When the pace of change in our lives is accelerated, we need more than the capacity to deal with a change. We need a transformation in our relationship with change.



How? By reframing and building skills that make it possible for us to naturally thrive. In lives that invite overwhelm, we can learn to live wisely. Resilience is well-being that lives independent of circumstances.

Consider this. When your resilience tank is empty, feeling weak or exhausted, it affects everything—your productivity, motivation, judgment, and job satisfaction. When we feel that emptiness or hollowness inside ourselves, we run to change the circumstances: change the money we make, change our life, change our spouse, or change our job. We jump to this conclusion that we have to change something outside ourselves. But the answer isn't there.

Resilience is the practice of doing the inside work that gives the outside less impact over our well-being. The “How” of this inside work is a new approach that creates a new basis for how we handle overwhelm.



### *Tarn*

*"A small mountain lake or pool, especially one formed as a glacier melts, filling with water."*



### A NEW APPROACH TO RESILIENCE

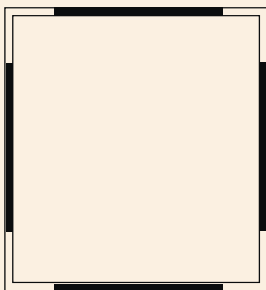
In *Expeditions Within: Resilience*, resilience designer Lorca Smetana and leadership coach Ris Higgins share with you a unique tool for mapping this inside work of building resilience. The Tarn. Lorca designed this amazing tool using systems thinking and the ecological theories of Mother Nature. You'll find this mental model is flexible, accessible, diagnostic, and customized to provide a broad-ranging impact on your choices and well-being.

In addition, you'll learn about tools to identify the specific things that are draining your resilience, like resentment and resignation. When you learn how to eliminate what drains you, you can make the space for what energizes you.



*“When we live without listening to the timing of things—when we live and work in 24-hour shifts without rest—we are on war time, mobilized for battle. Yes, we are strong and capable people, we can work without stopping, faster and faster, electric lights making artificial day so the whole machine can labor without ceasing. But remember: No living thing lives like this.”*

*-Wayne Muller*



## OUTCOMES:

This resilience training is interactive and engaging, personal, and illuminating. The insights that arise from this model develop an understanding of what needs to happen for you to be more effective and energized. What's not to love about that?

When you complete our three sessions, you will be uplifted as you learn how to hold calm and strength in the face of difficult circumstances. In the face of change. In the face of overwhelm.

You'll receive tools to use daily, guiding you in:

- Making choices about the things that really energize you
- Effortlessly understanding the scope and dynamics of your own boundaries
- Designing a daily life that keeps your resilience intact
- Gratefully closing your Resentment Bank Account
- Discovering what is draining your resilience and “plug” it
- Experiencing camaraderie and support from other successful women leaders
- Having breathing room to actually think rather than react

PROGRAM FEE: \$1,500

TO REGISTER:

## SCHEDULE:

**Session #1:** November 2, 2018  
9:00 a.m. - 4:30 p.m.

**Session #2:** November 30, 2018  
1:00 p.m. - 5:00 p.m.

**Session #3:** January 4, 2019  
1:00 p.m. - 5:00 p.m.

1. Call Leadership Outfitters at 406-586-5504, Ext. 3 or
2. E-mail Sarah Schiff: sarah.schiff@leadership-outfitters.com

*The program fee is due and payable at the time of registration. We accept credit cards and personal checks. Group size is limited to 10 people, so register now to save your spot!*

**Lorca Smetana** is a resilience innovator, spreading resilience within companies, universities, agencies and communities. She is an advocate and mentor for survivors of school and wilderness trauma and stands as a personal example of crafting joy in the wake of great tragedy. Her work with individuals and organizations also includes stress-reduction, compassion-building, leadership development, communication and vision expansion. She is a TEDx and keynote speaker and holds a master's degree in International Studies from the University of Washington's Jackson School. At Montana State University she teaches resilience in leadership through the Leadership Fellows Program.

**Ris Higgins** is a leadership coach, change agent, and innovative thought leader who offers more than 45 years of experience working with leaders and their teams. She outfits her clients with the tools, skills, and practices to engage in extraordinary leadership. Ris' coaching focus is based in real applications, not theory. She blends her coaching education with her personal experiences as a corporate leader, government manager, author, entrepreneur, and business owner. Clients appreciate her transforming questions that help them capture insights, achieve breakthroughs, add value, and get results. Bottom line—her personal mission is to make a difference. And she does.