



**Inbal Wenger**  
RESILIENCE & LEADERSHIP

# Workshops, Lectures & Consultation Program 2024

# Welcome to my programs!



I am **Inbal Wenger**, an **organizational consultant** with an extensive track record spanning 25 years.

- My expertise lies in **stress** management, coping with **burnout**, **resilience** development, **resilient leadership**, and **senior executive team development**.
- Over the course of my career, I have successfully conducted numerous workshops, benefitted thousands of participants, and provided guidance to countless managers through personalized consulting processes across a diverse array of companies and organizations on a global scale.
- I am the author of two acclaimed books ,namely *Life is Not a Tiger – Personal Resilience Development and Coping with Stress* and *Mika is a Little Less Afraid – Resilience and Coping with Stress for Children*. Both books are available in Hebrew.
- "Colorful Resilience" is the podcast-vlog that I host (available in Hebrew).
- My academic background includes a Bachelor's degree in Psychology and Communication ,a Master of Science degree in Organizational Behavior & Leadership ,and certifications in Stress Management from the prestigious Center for Stress Management in London .Additionally ,I completed the Resilience Skills course at the Center for Positive Psychology, Penn University, USA, and hold esteemed credentials as a certified coach from Achievement Specialists in England. Moreover ,I am a graduate of the three-year program in Mindfulness & Buddhist Psychology at the Institute of Psycho-Dharma in Israel.

In the upcoming year of 2024, most of my activity will take place in **Cyprus**, **Europe** and the **virtual** space (Zoom, Teams, etc.).

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# Table of Contents

05 Personal & Managerial Resilience Development | Adaptable-Mindset

15 Organizational Resilience Development

16 Resilient Leadership

17 Stress Management

22 Effective Task and Time Management



Preventing and Coping with Burnout 24

Job Crafting 30

Ikigai – Finding the Reason for Being at Work 32

Development of Senior Management Teams 33

Executive Coaching and Consulting for Managers 34

# Programs Topics

01

Personal, Managerial,  
and Organizational  
Resilience

02

Resilient Leadership

03

Stress Management

04

Preventing and Coping  
with Burnout

05

Development of Senior  
Management Teams

06

Executive Coaching  
and Consulting for  
Managers



# Flex Your Mind

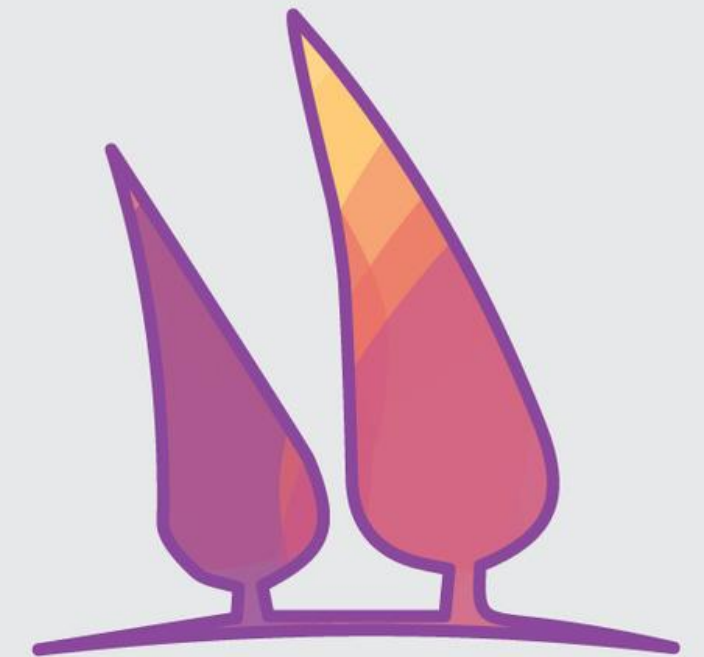
## Mastering the 8 Dimensions of an Adaptable Mindset for Success

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### What will you learn?

- The connection between resilience and adaptability.
- Defining the Adaptable Mindset.
- Exploring and learning the 8 dimensions of the Adaptable Mindset.
- A self-assessment questionnaire on the 8 dimensions of the Adaptable Mindset.
- Creating a personal map of strengths and weaknesses using a template.
- Tools for developing the Adaptable Mindset.
- Building a personal plan to strengthen the Adaptable Mindset.

## Resilience



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Unlocking Your Personal Resilience

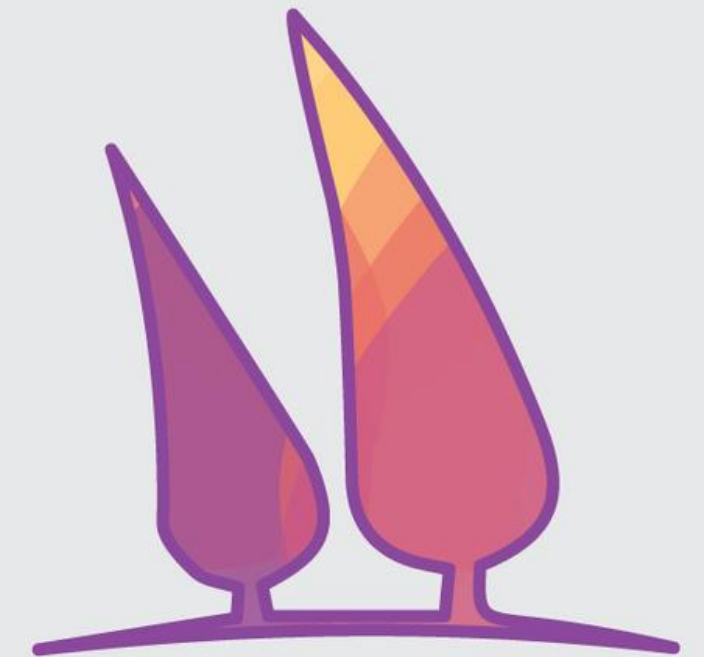
## Elevating Critical Skills for Work and Life

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### What will you learn?

- Personal resilience - Defining and understanding the concept.
- What are the building blocks of personal resilience?
- Self-assessment using a questionnaire to measure resilience levels at work and for each of the resilience building blocks.
- Creating a personal map of resilience building blocks, highlighting strengths and weaknesses, including actionable steps for implementation.

## Resilience



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Unlocking Your Personal and Managerial Resilience

## Elevating Critical Skills for Work and Life

### What will you learn?

- Personal resilience - Defining and understanding the concept.
- What are the building blocks of personal resilience?
- Self-assessment using a questionnaire to measure resilience levels at work and for each of the resilience building blocks.
- Creating a personal map of resilience building blocks, highlighting strengths and weaknesses, including actionable steps for implementation.
- How do managers with high resilience behave, and what can we learn from them?
- Connecting the manager's leadership style to their resilience level.
- Developing resilience among the people and teams managed by the participants.
- Creating a team resilience map.
- Building an action plan for team resilience development and the resilience of the managed individuals, including action items for implementation.



<p>Who is it suitable for? Managers at all levels</p>	<p>Virtual (Zoom, Teams etc.) A 2-hour workshop</p>	<p>Classroom workshop A 4-hour workshop</p>	<p>Classroom lecture A 2-hour lecture</p>
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# EmpowerU

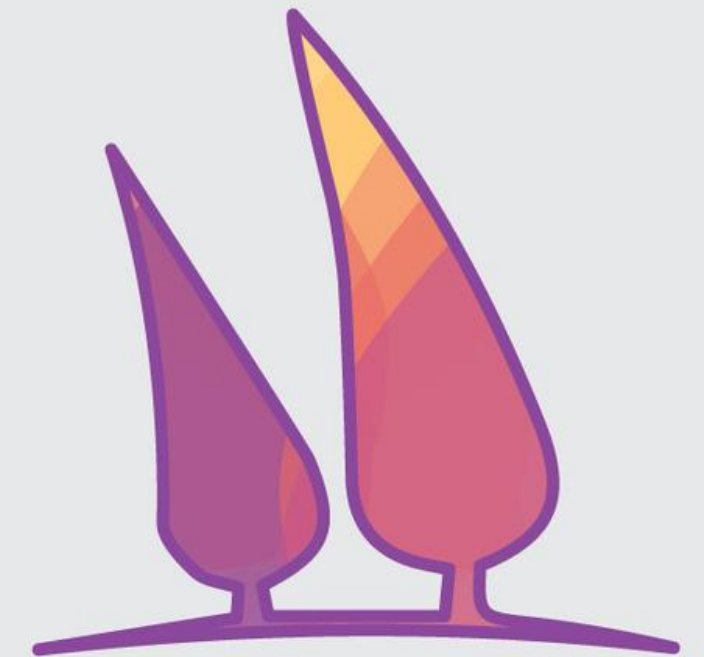
## Developing Personal Resilience Resources

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### What will you learn?

- Personal resilience - Definition and understanding the concept.
- Managing personal energy - A tool from the realm of positive psychology.
- How to design a daily schedule that preserves our personal energy and prevents burnout?
- Mapping the resilience resources in my life.
- Personal assessment with a questionnaire for identifying personal coping styles.
- Familiarization with six coping styles.
- Building a personalized plan for developing personal resilience resources.

## Resilience



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# EmpowerU for Managers

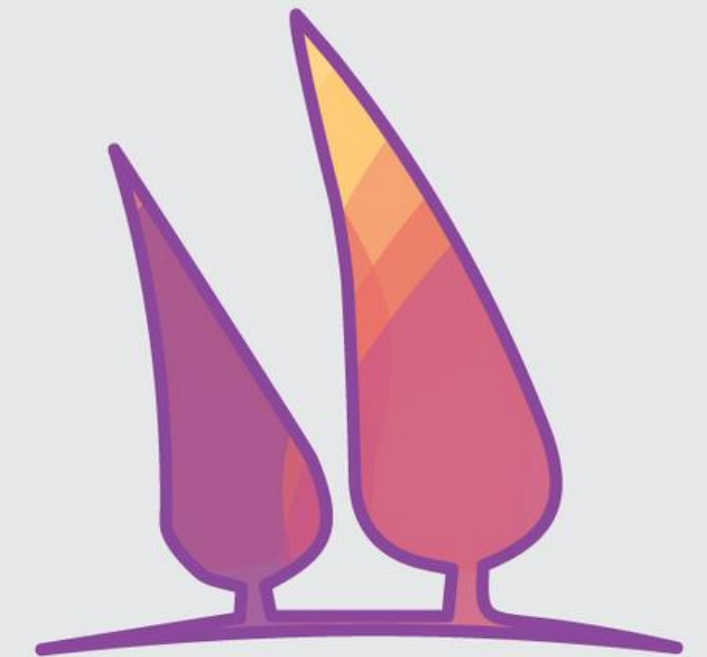
## Developing Personal, Managerial & Team Resilience Resources

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### What will you learn?

- Personal resilience - Definition and understanding the concept.
- Managing personal energy - A tool from the realm of positive psychology.
- How to plan a daily schedule that preserves our personal energy and prevents burnout?
- Mapping the resilience resources in my life.
- Personal assessment with a questionnaire for identifying personal coping style.
- Familiarization with six coping styles.
- Building a personalized plan for developing personal resilience resources.
- How can we use our resilience resources as managers?
- How can we assist employees in developing their personal resilience resources?
- What connects personal resilience resources to a positive team climate, and how can we foster one?

## Resilience



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# Resilience in Uncertain Times

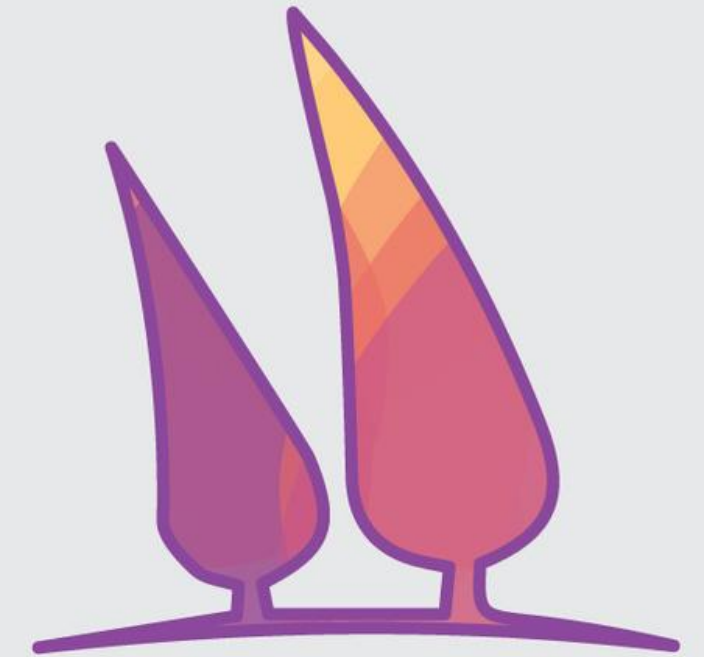
When change is the only constant

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What will you learn?

- What do we prefer over uncertain situations?
- Tolerance to uncertainty - Is it innate or acquired?
- Why can't we tolerate uncertainty?
- What do people do when they can't tolerate uncertainty, and how does it impact all of us?
- 8 effective coping practices to enhance tolerance for uncertainty – Learning and practicing in real-life situations of the participants.
- Building a personal plan for improving effectiveness and adaptability to uncertain situations.

## Resilience



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Resilience in uncertain times for managers

When change is the only constant

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## What will you learn?

- What do we prefer over uncertain situations?
- Tolerance to uncertainty - Is it innate or acquired?
- Why can't we tolerate uncertainty?
- What do people do when they can't tolerate uncertainty, and how does it impact all of us?
- 8 effective coping practices to enhance tolerance for uncertainty - Learning and practicing in real-life situations of the participants.
- Building a personal plan for improving effectiveness and adaptability to uncertain situations.
- How can I help the individuals and teams I manage to better cope with ambiguous situations?
- Managerial behaviors that foster adaptability in the face of uncertainty.



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# Adversity Quotient

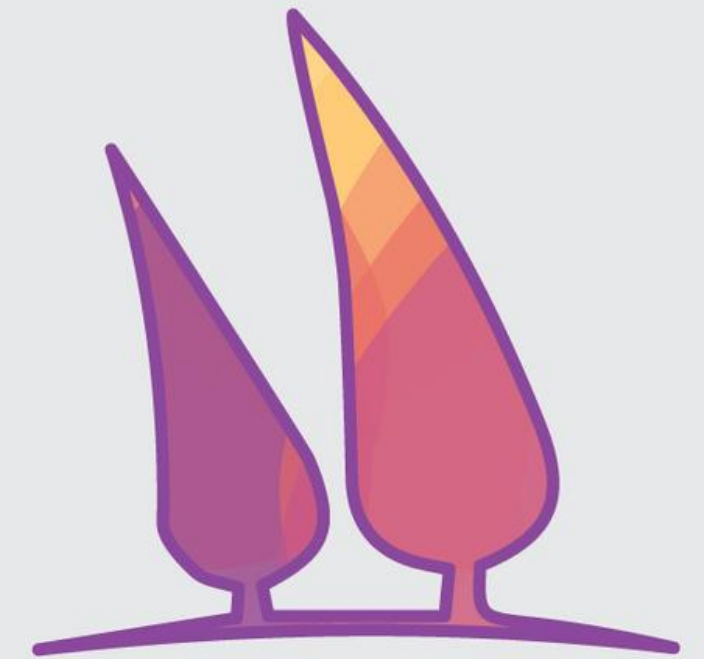
## Resilience Mastery Workshop

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### What will you learn?

- What is AQ - The leading resilience measure today.
- Self-assessment with a questionnaire for personal AQ level and its components.
- Identification of the 4 dimensions of resilience and their personal expression in me.
- Exploring our response patterns when facing obstacles, difficulties, or challenges.
- Techniques for developing Response-Ability and enhancing personal coping and wellness in difficult and challenging situations.
- Building a personal action plan for implementing the tools and techniques in life in general and at work in particular.

## Resilience



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Adversity Quotient for managers

## Resilience Mastery Workshop

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- What is AQ - The leading resilience measure today.
- Self-assessment with a questionnaire for personal AQ level and its components.
- Identification of the 4 dimensions of resilience and their personal expression in me.
- Exploring our response patterns when facing obstacles, difficulties, or challenges.
- Techniques for developing Response-Ability and enhancing personal coping and wellness in difficult and challenging situations.
- Building a personal action plan for implementing the tools and techniques in life in general and at work in particular.
- How my AQ affect my leadership style?
- How can I assist my employees in developing their AQ?
- How can I develop the Response-Ability of my team?



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# From Adversity to Advancement

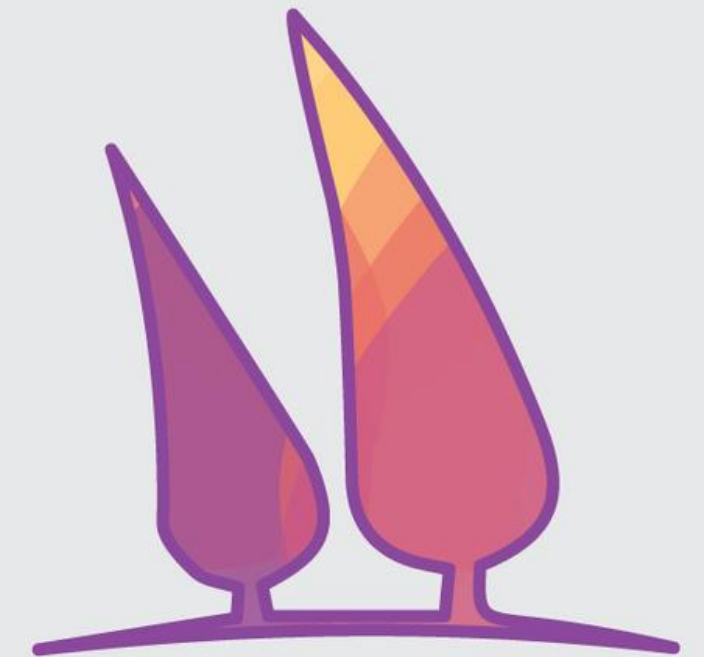
## Unlocking Post-Traumatic Growth

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### What will you learn?

- Gaining insights from prominent personalities who have transformed adversity into Post-Traumatic Growth.
- Understanding the essence of Post-Traumatic Growth.
- Exploring the five pillars of Post-Traumatic Growth.
- Identifying catalysts for Post-Traumatic Growth and strategies for implementation.
- Reflective inquiries to encourage personal development in the five key areas of Post-Traumatic Growth.
- Utilizing a personal blueprint to navigate towards Post-Traumatic Growth.
- Strategizing actionable steps to foster growth amidst crisis.

## Resilience



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Are You Ready?

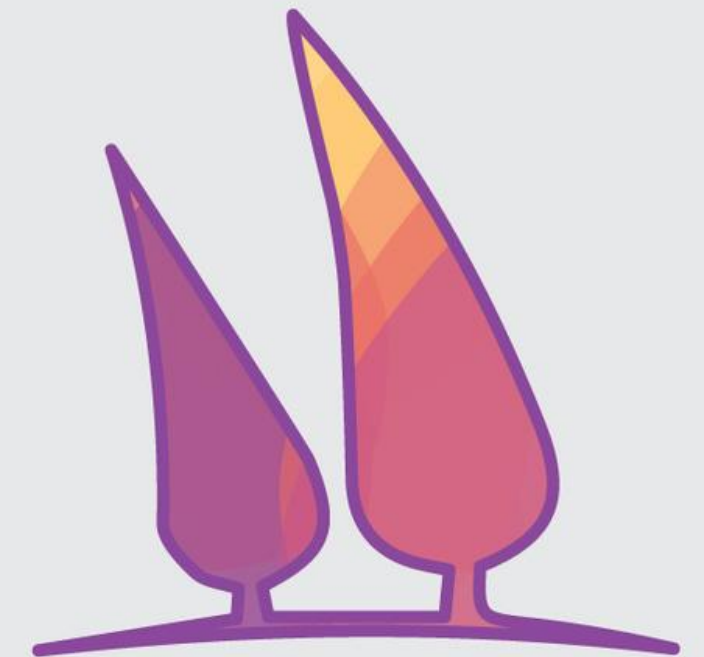
## Organizational Resilience for Leaders

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### What will you learn?

- What is organizational resilience, and why is it important?
- Conducting an organizational resilience assessment in your organization using a digital questionnaire.
- Tools for transforming crisis situations into opportunities for effective functioning in a changing environment.
- Methods and processes related to human capital management, maintaining functional continuity, and reducing the duration of "temporary functional impairment" during crises.
- Organizational resilience SWOT - Identifying strengths and weaknesses, threats and opportunities, regarding aspects of organizational resilience within your organization.
- Human behavior characteristics during times of difficulty and crisis, along with management tools for coping with them.
- A roadmap and action plan ideas to leverage strengths and address weaknesses.
- Management processes and human capital strategies that will assist the organization in developing new and breakthrough capabilities.

## Resilience



Who is it suitable for? Senior Executive Teams	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A full-day workshop	Classroom lecture A 2-hour lecture
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# Resilient Leadership

## Empowering Leaders to Thrive

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### What will you learn?

- Assessment of personal resilience at work .
- Assessment of the frequencies of leadership behaviors.
- Building relationships and resources of support for myself and my team.
- Nurturing productivity, learning, and innovation.
- Strengthening personal adaptability.
- Tools for managing personal and managerial stress levels.
- Leading with curiosity: Agile leadership.
- Navigating times of change through flexibility and adaptability.
- Maintaining functional continuity during crises.
- Fostering a sense of purpose and meaning through inspiration and values.
- Guiding and empowering individuals with confidence, optimism, and a sense of capability.



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) 6 weekly workshops of one-hour and a half each	Classroom workshop 3 workshops of 4-hour each	Classroom lecture A 2-hour lecture
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# StressLess

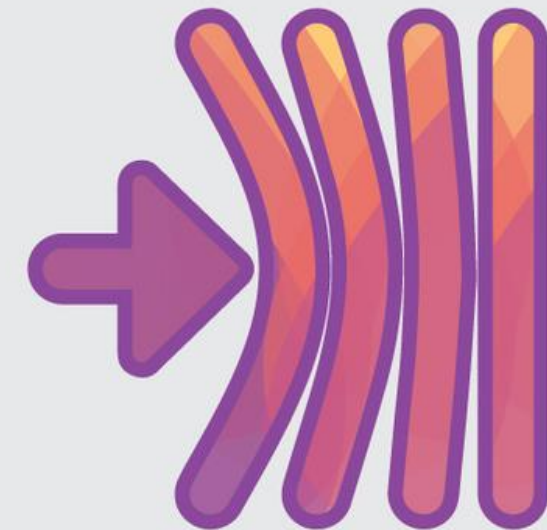
## Manage the Stress Instead of Letting It Manage You

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### What will you learn?

- What is stress? - Understanding the concept.
- Diagnosing personal responses to stress at 4 levels.
- What happens to our body when we are stressed, and why this response is not suitable and even harms us?
- Tools for immediate stress reduction.
- How to maintain a balanced level of stress throughout life?
- How to prevent stress from transferring from one area of life to another?
- Building a personal daily schedule for stress management.
- Working with a checklist of action items to maintain optimal stress levels over time.

## Stress Management



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# StressLess For Managers

Manage the Stress Instead of Letting It Manage You

## What will you learn?

- What is stress? - Understanding the concept.
- Diagnosing personal responses to stress at 4 levels.
- How to recognize when my employee is experiencing harmful stress?
- What to do when my employee is experiencing harmful stress?
- What happens in our bodies when we're under stress, and why this response is not suitable and even detrimental?
- Tools for immediate stress reduction.
- How to maintain a balanced level of stress throughout life?
- How to prevent transferring stress from one area of life to another?
- Creating a personalized daily schedule for stress management.
- Working with a checklist containing action items to maintain balanced stress levels over time.
- How to build a stress management infrastructure within a team I'm leading?
- How to assist team members in managing the stress levels they experience?



<p>Who is it suitable for? Managers at all levels</p>	<p>Virtual (Zoom, Teams etc.) A 2-hour workshop</p>	<p>Classroom workshop A 4-hour workshop</p>	<p>Classroom lecture A 2-hour lecture</p>
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# Stressors Decoded

## Mapping and Addressing Stress Factors in Work and Life

### What will you learn?

- What is stress? - Understanding the concept.
- Stress Map –A tool for mapping and diagnosing stress factors, both at work and in life in general.
- Creating a personal stress map for each participant.
- Peer learning - How to cope with the stress factors identified from the personal map and identifying shared organizational stressors.
- Review of organizational and role-related stress factors.
- Breaking down the equation: Load = Stress.
- How to prioritize coping and finding solutions for stressors.
- Building a personal action plan for dealing with stressors.
- Stressors in life - Acquaintance with the 4 major elements and how to cope with them.



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Stressors Decoded for Managers

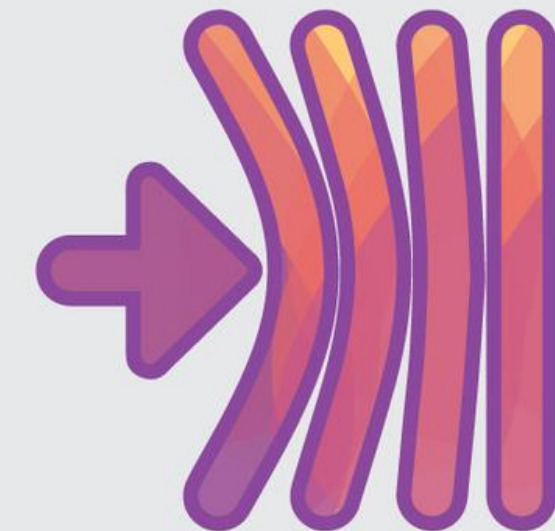
## Mapping and Addressing Stress Factors in Work and Life

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- Review of organizational and role-related stress factors.
- Breaking down the equation: Load = Stress.
- How to prioritize coping and finding solutions for stress factors.
- Building a personal action plan for dealing with stressors.
- Stressors in life - Acquaintance with the 4 major elements and how to cope with them.
- Useful managerial options for working with a stress map.
- Team stress map as a managerial tool.
- Creating a managerial and team action plan for addressing stressors within the team.
- Working with a stress map with my team and with each of my employees.

## Stress Management



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# Navigating the Thought Jungle

## How to Cope with Too Many Thoughts

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### What will you learn?

- What is stress? - Understanding the concept.
- Familiarity with thinking errors that lead to stress.
- Identifying thinking errors in real-life events of the participants.
- Proactively cultivating adaptive thinking to foster optimism, creativity, and action.
- What is rumination? - Repetitive thoughts, and how do they harm our lives?
- What to do when we can't fall asleep due to excessive thinking?
- Mindfulness technique for stopping rumination.
- A three-arrow exercise to reduce stress and change perspective.



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Efficiency Mastery: Navigating Time & Tasks

## Tools for Effective Self-Management

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### What will you learn?

- Why plan ahead and how is it related to coping with stress?
- Tools for effective daily and weekly planning.
- Prepare for unplanned surprises - A practical technique for effective coping with unplanned obstacles.
- Planning and handling deadlines with the Salami Technique.
- Maintaining personal energy throughout the workday.
- The Pomodoro Technique for effective work.
- Practical methods for effective workday management.
- The illusion of multitasking and how to cope with it.



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Efficiency Mastery for Managers

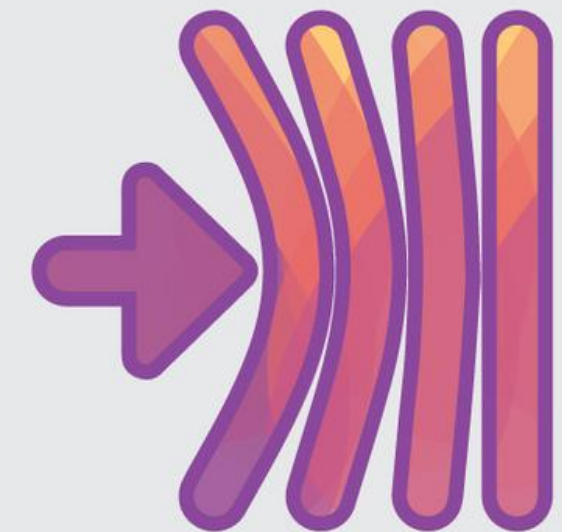
## Tools for Effective Self-Management

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### What will you learn?

- Why plan ahead and how is it related to coping with stress?
- Tools for effective daily and weekly planning.
- Prepare for unplanned surprises - A practical technique for effective coping with unplanned obstacles.
- Planning and handling deadlines with the Salami Technique.
- Maintaining personal energy throughout the workday.
- The Pomodoro Technique for effective work.
- Practical methods for effective workday management.
- The illusion of multitasking and how to cope with it.
- How to use the tools learned in the workshop with my employees?
- How to help my employees work efficiently and effectively?
- How to enhance the team's efficiency and effectiveness?

## Stress Management



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# Revive & Thrive

## Coping with Burnout

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### What will you learn?

- What is burnout? Understanding the concept.
- Self-assessment for burnout – Working with a questionnaire.
- 4 red flags and signs of burnout.
- What causes burnout?
- Diagnosing burnout factors in a personal map.
- What are burnout inhibitors?
- 9 excellent tools for reducing and preventing burnout – Practical work and implementation of tools during the session.
- Creating a personal plan for coping with burnout.

### Coping with and Preventing Burnout



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Revive & Thrive for Managers

## Coping with Burnout

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### What will you learn?

- What is burnout? Understanding the concept.
- Self-assessment for burnout - Working with a questionnaire.
- 4 red flags and signs of burnout.
- How can I identify burnout among my employees?
- What causes burnout?
- Diagnosis of burnout factors in a personal map.
- Identifying burnout factors in the team I lead.
- What are burnout inhibitors?
- 9 excellent tools for reducing and preventing burnout - Practical work and implementation of the tools during the session.
- Building a personal plan for coping with burnout.
- How to use the techniques to help my team members cope with burnout?
- Building a team plan for coping with burnout.

## Coping with and Preventing Burnout



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# Balancing Act

## The Art of Living Right

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### What will you learn?

- What is burnout? Understanding the concept.
- What causes burnout?
- What are the anti-burnout factors?
- Familiarity with the D3B model – A tool for balanced living.
- Integrating anti-burnout factors into life - Practical application of the D3B model for maintaining balance in all areas of life.
- What is flow and how can we achieve it?
- What can we learn from happy individuals about balanced living?

### Coping with and Preventing Burnout



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A one-hour and a half workshop	Classroom workshop A 4-hour workshop	Classroom lecture A one-hour and a half lecture
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# Balancing Act for Managers

## The Art of Living Right

### What will you learn?

- What is burnout? Understanding the concept.
- What causes burnout?
- What are the anti-burnout factors?
- Familiarity with the D3B model – A tool for balanced living.
- Integrating anti-burnout factors into life – Practical application of the D3B model for maintaining balance in all areas of life.
- How can I integrate the anti-burnout elements into the daily routines of my employees and team?
- What is Flow and how can we achieve it?
- Creating an action plan to maintain balance within the team I manage.
- What can we learn from happy individuals about balanced living?

### Coping with and Preventing Burnout



<p>Who is it suitable for? Managers at all levels</p>	<p>Virtual (Zoom, Teams etc.) A 2-hour workshop</p>	<p>Classroom workshop A 4-hour workshop</p>	<p>Classroom lecture A 2-hour lecture</p>
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# Energize Your Life

## Rising Above Responsibility Fatigue

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### What will you learn?

- What is burnout? Understanding the concept.
- What causes burnout?
- What is responsibility fatigue?
- Why is responsibility fatigue an early warning sign before burnout occurs?
- What are the symptoms of responsibility fatigue?
- 4 practical tools for dealing with responsibility fatigue - Hands-on work during the session.
- Building a personal action plan to prevent burnout and cope with responsibility fatigue.

### Coping with and Preventing Burnout



<b>Who is it suitable for?</b> All members of the organization	<b>Virtual</b> (Zoom, Teams etc.) A one-hour and a half workshop	<b>Classroom workshop</b> A 4-hour workshop	<b>Classroom lecture</b> A one-hour and a half lecture
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# Tackling Burnout from the Top

## Building Organizational Infrastructure

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### What will you learn?

- What is burnout? Understanding the concept.
- 4 red flags and signs of burnout.
- What causes burnout?
- What are burnout inhibitors?
- How much does it cost us? The organizational prices of burnout.
- Why is burnout an organizational problem rather than a personal one?
- Benchmarking - How do other organizations address burnout?
- Tools for building organizational infrastructure to prevent and cope with burnout.
- Framework for creating an implementation plan.

### Coping with and Preventing Burnout



Who is it suitable for? Top management teams	Virtual (Zoom, Teams etc.) 3 workshops of 2-hour each	Classroom workshop A full-day workshop	Classroom lecture A 2-hour lecture
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# Craft Your Career Path

## Job Crafting Workshop

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### What will you learn?

- What is job crafting and how do we all do it all the time?
- Job crafting, proactivity and the influence cycle.
- Step-by-step job crafting methodology - Hands-on experience.
- Generating a present status map of my position and deriving insights.
- Familiarity with crafting the building blocks of the role.
- Constructing a job crafting map including action steps and ideas.
- Building an action plan for implementing the methods and ideas.

## Coping with and Preventing Burnout



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 4-hour workshop	Classroom lecture A 2-hour lecture
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# Craft Your Career Path for Managers

## Job Crafting Workshop

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### What will you learn?

- What is job crafting and how do we all do it all the time?
- Job crafting, proactivity and the influence cycle.
- Step-by-step job crafting methodology - Hands-on experience.
- Generating a present status map of my position and deriving insights.
- Familiarity with crafting the building blocks of the role.
- Constructing a job crafting map including action steps and ideas.
- Building an action plan for implementing the methods and ideas.
- How can I assist my employees tailor their roles to suit them and maximize their abilities and skills, utilizing the job crafting technique?
- Utilizing job crafting in assessment and feedback processes, goal setting, and performance enhancement.

### Coping with and Preventing Burnout



Who is it suitable for? Managers at all levels	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A full-day workshop	Classroom lecture A 2-hour lecture
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# IKIGAI

## Finding the Reason for Being

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### What will you learn?

- The importance and power of meaning at work.
- Discovering the meaning at work through focused questions.
- What is Ikigai? Understanding the concept.
- Where did the concept come from? A short flight to Okinawa.
- Ikigai as a life philosophy.
- 9 steps to find personal Ikigai - Individual guided process with a workbook for each participant on finding Ikigai at work in general and in their current role specifically.
- Insights and creating an action plan for implementing the personal steps.

## Coping with and Preventing Burnout



Who is it suitable for? All members of the organization	Virtual (Zoom, Teams etc.) A 2-hour workshop	Classroom workshop A 3-hour workshop	Classroom lecture A one-hour and a half lecture
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# C-level Management Team Development Process

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- Team building and development processes for the top management teams are crafted uniquely, tailored specifically to each management team, based on the team's and organization's needs within a given timeframe.
- The emphasis in developing the management team lies in the process. Additionally, elements from the realms of leadership and management can be incorporated, along with content focused on organizational resilience, personal and managerial resilience, stress management, and coping with burnout – all according to the specific needs of the executive team and the organization.

## Senior Executive Team Development



Who is it suitable for?	Classroom workshop
Senior Executive Teams	One or more full-day workshop

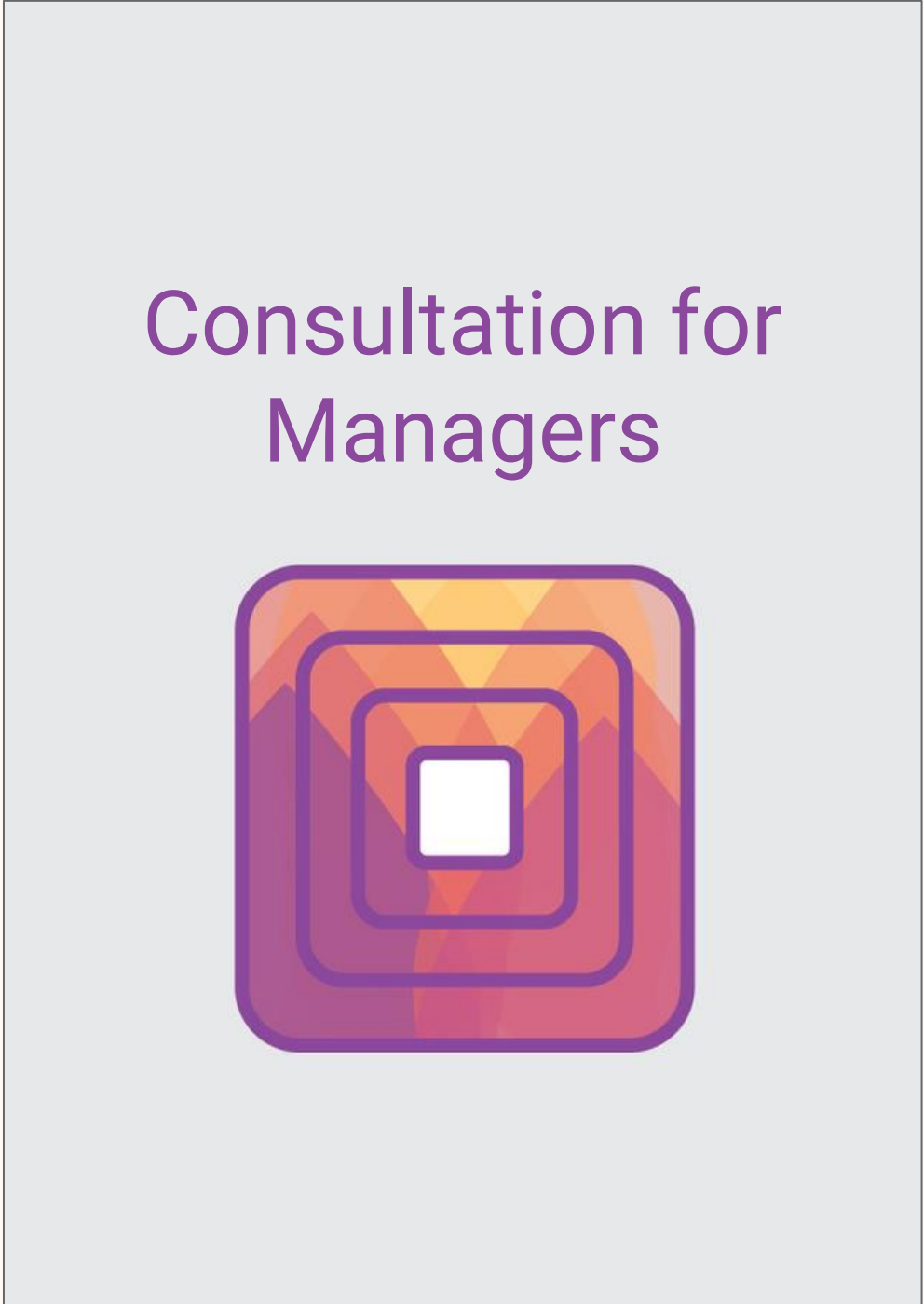
# One-on-One

## Personalized Executive Coaching

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- Managerial consulting sessions with managers occur based on their needs, either weekly, bi-weekly, or as required.
- The content of each session is tailored to the specific requirements of the manager and the organization at that time.
- The initial phase of the process establishes the primary goals.
- Between sessions, managers will implement the tools and decisions discussed, practicing them using structured exercises and templates.
- The consulting process is accompanied by a comprehensive set of management tools, including PDF files with templates, integrated tools, questions and answers, and valuable management resources.
- The consulting process draws on models from the leadership and resilience domains, encompassing essential skills and competencies for managers to excel in today's environment.

Who is it suitable for?	Format
Managers at all levels	A one-hour session on Zoom / Teams



# Organizational Consultation

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- **Customized Solutions:** Tailor services to each company's unique needs, providing practical solutions for maximum impact.
- **Organizational Culture:** Assess and shape the company's culture to promote productivity, employee engagement, and a positive work environment.
- **Performance Improvement:** Identify areas for enhancement, streamline processes, and implement performance metrics for continuous improvement.
- **Change Management:** Help navigate transitions and changes within the company, ensuring smooth adaptation by employees and minimizing disruption.
- **Team Building:** Foster strong, cohesive teams through workshops, activities, and tailored interventions that improve collaboration and communication.
- **Conflict Resolution:** Mediate conflicts and provide strategies to manage interpersonal issues, leading to better workplace harmony (For example, interface management).
- **Employee Engagement:** Enhance employee morale, job satisfaction, and overall engagement, leading to increased productivity and retention.
- **Workplace Wellness:** Develop wellness programs to support employee well-being, reduce stress, and create a healthier work-life balance.

## Organizational Consultation



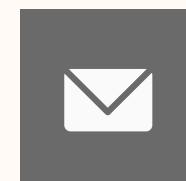
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