

The Resilience Group



Dr. Beth Weinstock Dr. Jane Shure

Empowering Leaders to Make a Difference

Dr. Jane Shure and **Dr. Beth Weinstock** have PhDs in Group Psychology and Organizational Dynamics, are seasoned psychotherapists and recognize that personal and leadership growth are a never-ending journey. Based in 35 years of experience and a quest to share practical wisdom, their partnership focuses on designing and facilitating programs to boost confidence, fortify courage and sustain resilience.

The Resilience Group works with for-profit and not-for-profit corporations, universities, healthcare systems and individual clients. Dr. Weinstock and Dr. Shure are both published authors and write for The Huffington Post. They are on the faculty of the Athena Leadership Lab at Barnard College, NYC, and the Kripalu Center, Stockbridge, MA.

testimonials

“Dr. Shure & Dr. Weinstock skillfully engaged my staff in a hands-on program that taught them to communicate when work stress and emotions run high.”

~ Garry Maddox, Principal, A. Pomerantz & Co.

“Personally, it was one of the best presentations I have attended in the 12 years I have been regularly attending meetings!”

~ Roz Schaffer, Director of Human Resources
The Barnes Foundation
SEPA SHRM Immediate Past President & VP Legislative Affairs

“Jane and Beth captivated the audience with their teaching tools and everyone was held in rapt attention.”

~ Christie Mills, President of Professional Women's Roundtable (PWR)

“Dr. Jane Shure and Dr. Beth Weinstock have an astute ability to assess and reach their audience via interaction that imparts knowledge while relaxing the participants.”

~ Kathy Brandon, President & CEO
Montgomery County Chamber of Commerce

“They exceeded our expectations by actively engaging our employees, giving us practical and sustainable strategies that are useful to leaders at every level within the firm.”

~ Joanne Szupka, CPA, Assurance Senior Manager BDO, USA, LLP

“An exceptional faculty training day.”

~ Al Rundio, PhD, DNP, APRN-BC Associate Dean
College of Nursing & Health Professions, Drexel University

THE RESILIENCE GROUP

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THE RESILIENCE GROUP

developing
LEADERS
who make a
difference

**STRENGTHEN
YOUR INNER
COACH™
TO BE
STRONGER THAN
YOUR INNER CRITIC**

TheResilienceGroup.com

The Challenge

Exemplary leadership involves advocacy, making decisions, taking risks, being creative and demonstrating resilience. When these core competencies are met with self-doubt, a leader's power is diminished. Negative self-talk, and the worry it generates, is a powerful inhibitor of successful leadership. The Resilience Group teaches skills for positive inner coaching™ that counteract fear, stress and negativity in order to fortify a leader's strength.

Even highly accomplished people too often say to themselves:

- “When I make a mistake, I feel so stupid.”
- “I don't have what it takes; I'm just not leadership material.”
- “They gave me the promotion but I don't think I'm really qualified.”
- “I feel like an impostor.”
- “I'm scared to speak up because they won't like my idea.”

The Resilience Group trains leaders to develop a powerful Inner Coach™ that counteracts negative self-talk, boosts resilience and maximizes productivity.

What is Resilient Leadership?

Resilient Leadership is about the capacity to move forward from adversity, to confidently transition into new roles when circumstances change and to maintain a leadership presence in the face of stress and challenging demands.

Resilient leaders roll with the punches, inspire optimism and motivate their teams to be productive even against hard odds. They impart the confidence needed to effect change and encourage others to persevere through difficult times.

OUR RESILIENT LEADERSHIP MODEL Makes a Difference

While leadership trainings teach people what to do and how to do it, they often fail to attend to the subtle factors that get in the way - the Inner Critic that focuses on insecurities, creates doubt, initiates hesitation, stifles courage and limits productivity. This critic can and must be counteracted.

Developed over 20 years, our Resilient Leadership Model teaches strategies for inner coaching™ that counteract negativity. Inner coaching™ expands emotional intelligence (EI), promotes positive self-talk, decreases stress, promotes strengths, builds productive work environments and increases successful outcomes.

Building Resilient Leadership

Seminars/Forums/Workshops

Full-day, half-day, one hour

Beth and Jane, Principals of The Resilience Group, speak at conferences, facilitate workshops and lead seminars. Topics include:

- Strengthen Resilient Leadership Strategies
- Increase Emotional Intelligence at Work
- Develop Leadership Presence
- Manage Successful Transitions in Leadership
- Calm the Inner Critic
- Strengthen the Voice of Your Inner Coach™

Leadership Coaching

The Resilience Group helps leaders develop greater self-awareness and gain clarity on their strengths and areas of needed development. In our one-on-one coaching sessions we help clients identify current challenges, create a vision and map out the next steps for advancing their leadership.

Leadership Assessments

The Resilience Group offers the following assessments:

- Tilt 365—feedback on strengths and styles of influence
- Myers-Briggs Type Inventory (MBTI)—sheds light on personality style and implications for effective communication
- The Leadership Wheel- a map for understanding and communicating with diverse team members

The Resilience Group will customize programs for leaders at all levels, including programs for women-only events.