

Resiliency, Agility, Productivity: Practical Actions for Workplace Continuity

Virtual Course Overview

This course guides you to be firm and flexible in response to the accelerating pace of change and unexpected conditions. The virtual workplace is here now and, going forward will be the standard for many employees. We talk about the human-side of responding to life and business. We encourage you to take a whole-person approach in life and work.

Our conversation explores **Future Readiness** and describes a model of Mindfulness, Learning, Adapting, Growing and Transforming. Resilience is not extraordinary or unattainable, everyone can learn how to navigate by re-framing your mindset, shifting your thinking and forming new habits.

Drawing on principles from a positive mindset and managing change, we will focus on responding to change, developing agility and adapting to new circumstances and experiences. The program is delivered in three skills-building mini modules:

- Personal Resiliency & Coping Strategies
- Agility & Adapting to Change
- Productivity & Workplace Continuity

This all-associate topic is a companion course to the manager version called: **Managers Leading Remote Teams to be Resilient, Agile and Productive in a Virtual Culture**. Managers will learn the quick coaching tips to lead virtual teams and work effectively in a virtual culture.

Learning Outcomes

At the end of the course, participants will be able to:

- Build resilience.
- Respond to change effectively, with agility and adaptability.
- Improve productivity with workplace continuity.

Course Format

- Live, Virtual Course
- Interactive learning experience
- No pre-course assignment

Course Length

- 90-Minutes

Course Capacity – Recommended for optimal learning experience

- 8 - 10 participants

GTA's Virtual Training Suite

This course resides in GTA's Growth Mindset Virtual Suite™

Smart People.	Smart Business.	Smart Planet.
GTA's Inclusive Talent Virtual Suite™	GTA's Growth Mindset Virtual Suite™	GTA's Sustainable Future Virtual Suite™

Facilitator Profile

Pam Sammarco, CEO, founded Green Training Associates LLC in 2009. Our Purpose-Driven Mission: We develop people's capabilities to solve the world's challenges and build sustainable organizations. We accelerate business growth through Training, Talent and Coaching Solutions. We prepare leaders and workforce to be capable, competent, and skilled. We identify, assess, develop, coach and mentor your talent pipeline.



Pam is a trusted advisor for our clients' talent development priorities to identify and close performance gaps, helping people and businesses to perform at their highest potential. She has proven success as a strategic leader in complex training strategies, leadership and workforce readiness, organizational effectiveness, culture shift, transformation and sustainability curriculum.

As a performance coach she brings candor, objectivity, confidentiality, fresh perspectives, expertise, humor, and a breadth of experience in different organizational cultures, industries and business environments. With over 30 years of corporate training experience, Pam engages the audience with various learning styles on a path to discovery. As an expert facilitator, she creates a safe learning environment, builds trust easily and open conversation on challenges, personal sharing and comfortable place to experiment with new skills.

She engages with all organizational levels, creating a culture that ensured committed, aligned, and passionate employees. She works across diverse industries and excels in Life Sciences, Sustainability and Technology industries for STEM professional development. She works in diverse industries. Pam's accomplished corporate career includes: Citicorp, American Express, Alcatel-Lucent and Medco Health Solutions. Pam's credentials include:

- M.S. degree, Applied Psychology, HR Management, Stevens Institute of Technology.
- B.A. Industrial/Organizational Psychology, math & statistics minor, Magna Cum Laude, Phi Beta Kappa, Psi Chi Psychology National Honor Society, Douglass College, Rutgers University.
- Certified in Hogan Predictive Leadership Assessment Systems
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