

The First ChapterSM:

Building Lifelong Resilience For Early Career Professionals

Whether in banking, public accounting, law, or medicine more and more early career professionals (ECPs) are either leaving their chosen professions or paying the emotional and physical price for the stress they work under in the early career years. Employers often encourage reduced hours in an effort to increase their satisfaction and performance. These well intentioned efforts may yield minimal results, because the root cause isn't merely the "100 hour" work week. *It is the lack of resilience to self-manage in a high pressure environment.* Research from leading universities has shown that *in a 12 hour day ECPs work only 3.1 hours efficiently.* Resilience is a set of skills that ECPs can learn to enable them to manage and thrive in high demand environments. *Recapturing lost efficiency.* Now and throughout their careers. *The First ChapterSM* is an evidence-based program to enable ECPs to write and live the first chapter in their professional lives. It builds the resilience and specific skills needed to:

- Create *First ChapterSM* professional and personal goals that *enable ECPs to flourish*
- Orchestrate multiple project and demands
- Remove barriers to performance
- *Sustain optimal performance over time*
- Become stronger emotionally, cognitively, physically and socially
- Build optimism and focus
- Achieve a greater level of well-being
- Increase their career longevity

The First ChapterSM Program

The First ChapterSM program consists of:

- 16 hours of workshops scheduled to meet the requirements of the business
- Specific assignments to practice new skills between workshop sessions
- Two one-on-one sessions to build and reinforce personalized resilience plans
- An assessment of personal strengths
- Podcasts to structure and reinforce skills to increase presence and focus
- A practical plan to achieve a balanced portfolio of personal and professional objectives

The First ChapterSM Foundations

The First ChapterSM program integrates three sets of evidence-based techniques proven to build greater resilience, fulfillment and well-being. These are:

- Mindfulness
- Positive Psychology
- Hardiness

The integrated techniques in *The First ChapterSM* build skills to achieve higher performance and fulfillment while protecting health and well-being.

What are the benefits of learning and practicing *The First ChapterSM* skills?

Research has found the benefits from practicing the components of *The First ChapterSM* include:

- 32% increase in physical well-being
- 29% increase in positive emotions
- 26.5% increase in self-awareness
- *Increased ability to solve complex problems*
- *26% increase in information processing*
- 13% increase in confidence
- Greater optimism
- *Lower error rate*

Dr. Leo F. Flanagan, Jr.

Leo, a licensed psychologist in New York State, has been developing techniques to develop the resilience of executives, attorneys, bankers, consultants, physicians, traders, first responders and trauma survivors since 1981. In addition, Leo has coached hundreds of leaders particularly in finance, law and medicine. *For More Information About The First ChapterSM* contact Dr. Flanagan directly at: Leo@CenterForResilience.com or 203-561-9946