

The Next ChapterSM: Building Your Resilience To Have A Fulfilling Career

You entered your chosen profession decades ago. Paying your dues along the way, you are an accomplished leader in your profession. Yet, with years to go before you retire, the fulfillment you once enjoyed has become elusive. Day after day seems to be full of stress rather than a true feeling of accomplishment. How do you regain the sense of fulfillment that once energized you and fueled your aspirations? *The Next ChapterSM* can give you the perspectives and skills to enable you to thrive amid today's unprecedented levels of stress. *The Next ChapterSM* is based on leading edge research from universities in areas such as positive psychology and neuroplasticity. Tactics learned will help you identify new opportunities and maximize your fulfillment and well-being. You will have the frameworks and tactics to enable you *to write and live your Next ChapterSM*.

The Next ChapterSM is an evidence-based process to enable you to write and live the next chapter in your professional and personal life. It can build your resilience and specific skills needed to:

- Create your *Next ChapterSM* of professional and personal goals so you can *flourish*
- Navigate change and opportunity
- Remove barriers to achieving your top goals
- Become stronger emotionally, cognitively, physically and socially
- Build optimism and focus
- Achieve a greater level of well-being

The Next ChapterSM Process

The Next 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

What Are The Benefits Of Learning And Practicing *The Next ChapterSM* Skills?

The benefits you achieve will result from a combination of your personal profile and the effort and discipline you put into performing the skills taught. Scientific research has found the following benefits from practicing the components of *The Next ChapterSM*:

- 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 information processing
- 13% increase in self-efficacy
- Greater optimism
- Sustained increase in happiness

Dr. Leo F. Flanagan, Jr., a licensed psychologist in New York State, has created techniques to build the resilience of leaders in financial services, public accounting, law, and medicine as well as first responders and survivors of trauma since 1981.

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