

RESILIENCE RECODED

Thriving Through AI Disruption

Empowering human resilience, adaptability, emotional strength and critical thinking in AI-enhanced workplaces.



Management to Executive Level
Workshop 01 - Full Day

Date: 18th June

Time: 08h30 - 16h30

Why this Course Matters

This immersive half-day hybrid workshop (in-person & virtual) is designed for South African professionals and graduates seeking to thrive in an AI-driven world of work. With industries transforming rapidly due to automation and artificial intelligence, many face job insecurity, anxiety, and uncertainty. South Africa's high youth unemployment, fragile infrastructure, and underprepared workforce highlight the urgent need for human-centric, skills-based development. This workshop offers a practical and impactful approach, focusing on personal development, resilience, and emotional intelligence. It helps participants shift their mindset, address real-world barriers, and build the soft skills increasingly valued in the modern workplace—such as adaptability, creativity, and empathy. Whether you're starting your career or leading teams, this programme equips you to confidently navigate change and contribute meaningfully.

Key Takeaways

- Build resilience and adapt to rapid change
- Overcome career and AI-related anxiety
- Develop critical soft skills (empathy, ethics, creativity)
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What Makes This Programme Different?

- ✓ Small-group training (max. 12 participants)
- ✓ Interactive activities, role plays, and real-life case studies
- ✓ Anonymous engagement via Mentimeter
- ✓ Digital workbooks and post-workshop toolkits
- ✓ Up to 3-month follow-ups and personal coaching development for sustained growth

Programme Overview

Session 1: Mental Health & Resilience in an AI World

- Understanding workplace stress and uncertainty
- Tools for creating a resilient mindset
- Building self-confidence and managing career-related anxiety

Session 2: AI & The Future of Work

- Demystifying AI: What it is and is not
- How AI is transforming industries and job roles
- Identifying future-proof skills and personal strengths

Session 3: Personal Development & Career Adaptability

- Growth mindset: The one thing no one can take from you
- Soft skills for success in an AI-enhanced environment
- Strategies for continuous, curiosity-led learning

Session 4: Practical Application & Toolkit Building

- Confronting AI-related fears and workplace impacts
- Critical Thinking and problem-solving exercises
- Building a personalised AI-readiness and resilience toolkit
- Open discussion and action mapping

Session 5: Self-Assessment & Goal-Setting

- Guided journaling & group reflection
- SMART goals & accountability partnerships
- Final commitment statements and feedback

Who Should Attend

Entry to Executive level employees
Workshop Relevant to All Industries

Programme Breakdown

Delivery Mode: Virtual

Entry to Mid-Level: 1 Full Day | 9h00-16h30

Senior-Level: 2 Half Days | 9h00-13h30

Flexible Tiered Offering

Tier 1

Cost: R7500

- Mentimeter
- Exclusive Community Platform
- Toolkits / Guide

Tier 2

Cost: R9000

- Mentimeter
- Exclusive Community Platform
- Toolkits / Guide
- Practical Assessment
- Trainer Follow Up/Check in Session

Tier 3

Cost: R11000

- Mentimeter
- Exclusive community Platform
- Toolkits / Guide
- Practical Assessment / Goal Setting
- Trainer Follow Up Session
- Coaching / Mentoring Session
- Feedback & Action Plan