

# BOUNCE



*Change is the only constant ~Heraclitus, Greek philosopher*

Most of us have a love-hate relationship with change because it means risks and possibly failures. In today's fast paced world, change is only accelerating with every year and to adapt is the only way

We've seen individuals and organisations that struggle with adapting to change, lose their ground and stagnate. And we've also seen the opposite, people who move from change to change with an amazing capacity to adapt and bounce. What makes these people different?

- Concept of Bounce
- Practical demonstration of our stress absorption
- Identification of chinks in our armour
- Strategising tenacity and resilience

**Format:** Two Days (6hrs/day) Online/ Onsite

**Participants:** Not more than 35 persons

**Requirements:** If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- Laptop with sound and video projection
- White board
- Chart paper
- Writing materials

**Cost:** Rs. 40,000/- +18%G.S.T per day

**Travel & stay** extra at actuals

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