



# RESILIENT

## Leadership Program

Empowering smart, thoughtful  
professionals to gain confidence &  
reach their full potential at work



# About **RESILIENT**

Created and led by award-winning executive coach and 2x best-selling author, Melody Wilding, LMSW...

RESILIENT is a leadership program for driven professionals who think and feel everything more deeply.

Participants gain skills to:

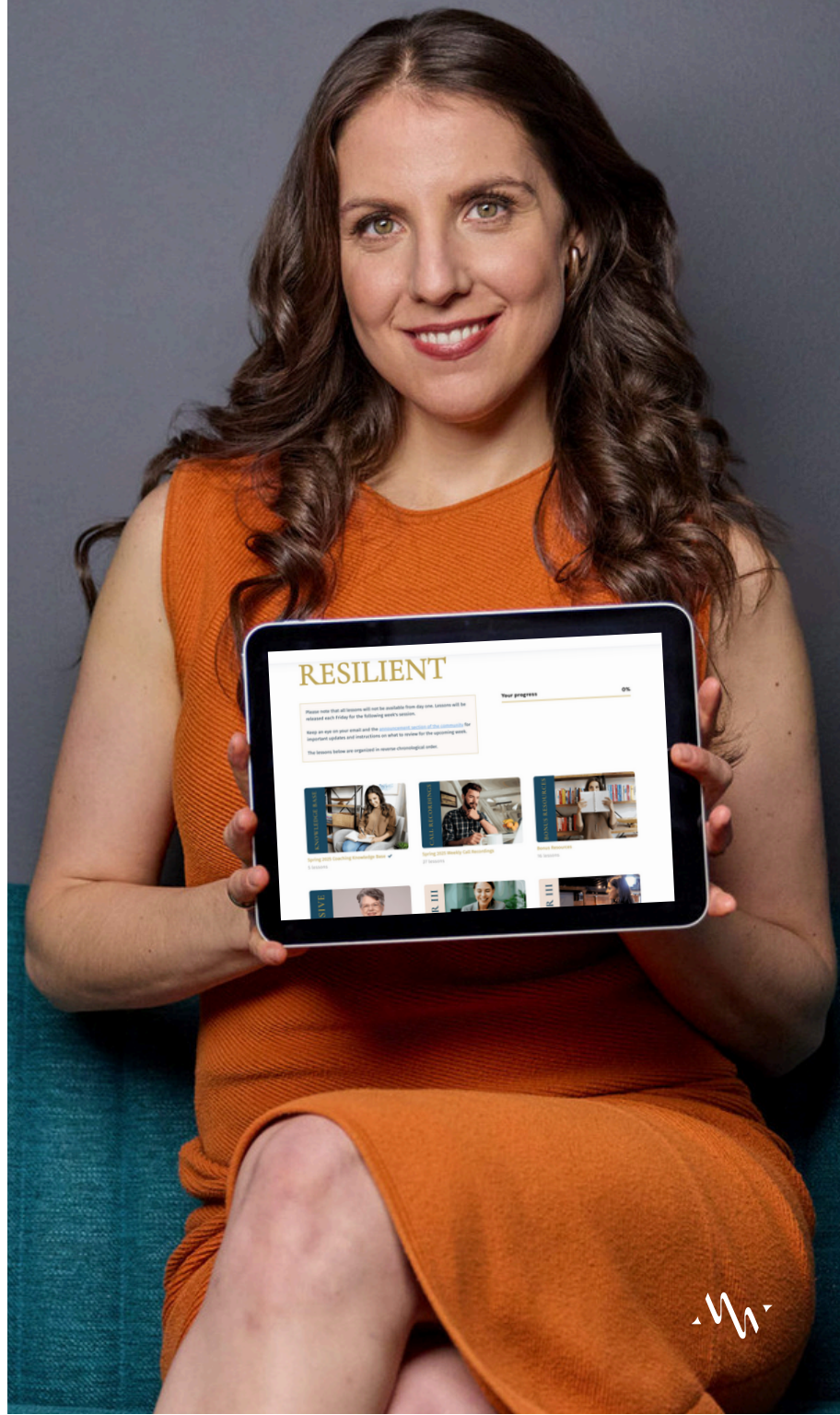
- Achieve confidence and overcome imposter syndrome
- Find their voice to speak and act with assertiveness
- Build resilience and bounce back from setbacks
- Enjoy success without sacrificing their well-being

Details:

**Dates:** September 25<sup>th</sup> - December 18<sup>th</sup>

**Cost:** \$2,900 per registrant

**Website:** <https://melodywilding.com/resilient>







# Proven Outcomes

## FOR ORGANIZATIONS

*Skill-building in areas such as: delegation, decision making, confidence, influence, assertiveness, communication, and effective feedback.*

### ✓ Increased performance

When your team members discover how to manage their fears and doubts, their productivity, communication, and effectiveness improve.

### ✓ Creative problem-solving

Your most thoughtful contributors will harness their mental depth to generate better ideas and solutions more frequently and more boldly.

### ✓ A high-potential talent pipeline

Participants who take RESILIENT are eager for and capable of increased responsibility and have greater confidence in their leadership skills.

### ✓ Higher retention

Keep team members happy and engaged because they're utilizing their strengths and feel their work is more satisfying and meaningful.



# What RESILIENT Graduates Say....

“

Impactful! This program increased my confidence and improved my working dynamics to manage stress better. It's a great mix of community, support, and practical tools. Perfect for highly sensitive professionals who want to be more comfortable and empowered.

- M.G., ATTORNEY

“

It's inspiring and motivating to be in an encouraging community trying to make the most of our deep thinking personalities. The tools and support from RESILIENT helped me have a great annual assessment at work, with lots of positive feedback.

- N.S. SENIOR PRODUCT MANAGER

“

I'm a completely different person. I learned to hear and trust my own voice. I can silence the inner critic, set boundaries with confidence, and speak up and assert myself (even with difficult people!) I've fully embraced the title of leader and I've become the type of manager I always aspired to be. (And that my team needs!)

- M.H., EXECUTIVE DIRECTOR



# How It Works

*Here's what members receive as part of their enrollment in the program...*



## Custom Curriculum

This program is specially designed for the deep thinking and feeling professional who is ready to have composure under pressure so they can lead with clarity and greater presence.



## Proprietary STRIVE Diagnostic

The proprietary STRIVE Diagnostic helps participants identify their personal opportunities for growth, prioritize their energy, and craft a custom path toward transformation.



## Expert Guidance

Throughout the program, participants learn from Melody Wilding, LMSW – professor, executive coach, author, and licensed social worker, with over a decade of experience helping leaders at companies like Google and Amazon reach their potential.



## Actionable Lessons

RESILIENT features a comprehensive curriculum with practical, easy-to-implement lessons that are directly applicable to participants' daily work-life. Lessons serve as a jumping-off point for group coaching calls, live office hours, community discussions, and personal action steps.





# More of what's included...



## Group Coaching Calls

On the 90-minute calls every Thursday we'll dig deeper into the curriculum lessons and discuss your insights, key takeaways, and action steps.



## Live Office Hours

Every Tuesday participants get real-time coaching and direct feedback on challenges they are facing.



## Comprehensive Workbook

Take action on discoveries and put learnings into action. Participants can use the workbook to document takeaways from the program.



## Library of Tools

A collection of concrete, actionable strategies, and exercises to stop overthinking, overcome imposter syndrome, and speak and act with more assertiveness.



## On-Demand Workshops

Topics range from impostor syndrome, managing emotions, and concise communication, along with never-before-shared fireside chats with Melody.



## Curated Reading & Listening List

Melody has done the work of curating best-in-class leadership content, including my favorite books and podcasts, so participants can continue their learning.



## Private Podcast & Transcripts

Participants can listen to content on the go with the private podcast feed. If they prefer to read, they can access transcripts of each lesson.



## 6-Months Access to Materials

Participants can revisit and refresh themselves on the program content after the program ends.





# ***RESILIENT*** Curriculum

The program starts by helping participants build a strong inner foundation of confidence and self-management, then advances to focus on cultivating additional leadership skills.

## **Pillar 1: Foundations for Resilience**

Participants gain control over unhelpful thoughts affecting their confidence and learn techniques to manage their energy and emotions effectively to make their maximum contribution at work.

### **MODULE 1** You & Your Thoughts

- ✓ Gaining Control Over Your Thoughts
- ✓ Deep Thinking vs. Overthinking & Your Tendencies
- ✓ Stop a Negative Thought Spiral

### **MODULE 2** You & Your Emotions

- ✓ Changing Your Relationship With Your Emotions
- ✓ Techniques for Managing Emotions
- ✓ Building Emotional Strength

### **MODULE 3** You & Your Energy

- ✓ People Energy
- ✓ Physical Energy
- ✓ Mental Energy
- ✓ Self-Connection Energy



# ***RESILIENT*** Curriculum

## Pillar 2: Cultivating Confidence

Participants discover how to act on their capabilities and provide greater value. They learn to make better, faster decisions and regain work-life balance to improve their energy and focus.

### MODULE 1 Navigating Imposter Syndrome

- ✓ Imposter Syndrome & Sensitive Strivers
- ✓ Breaking the Imposter Syndrome Cycle
- ✓ Internalizing Your Success
- ✓ Playing Bigger in Your Career

### MODULE 2 Trusting Your Judgment

- ✓ Building Your Intuitive Muscle
- ✓ Making Better, Faster Decisions
- ✓ Overcoming Worry & Fear

### MODULE 3 Setting Boundaries & Saying No

- ✓ Setting Boundaries Without Guilt
- ✓ The 4D Model: Detect & Define
- ✓ The 4D Model: Deliver & Defend
- ✓ Setting Boundaries in Special Situations







# ***RESILIENT*** Curriculum

## Pillar 3: Self & Team Leadership

Participants step up as leaders at work to increase their level of influence and impact with communication skills and by amplifying their executive presence.

### MODULE 1 Communicating Effectively

- ✓ The Communication Trifecta
- ✓ Taking Feedback Seriously, Not Personally
- ✓ Navigating Difficult Conversations with Ease

### MODULE 2 Speaking Up & Being Seen

- ✓ Overcoming Fear of Visibility
- ✓ Getting Your Voice Heard in Meetings
- ✓ Thinking on Your Feet

### MODULE 3 Stepping into Your Power

- ✓ Executive Presence & Influence
- ✓ Mastering the Art of Authentic Self-Promotion
- ✓ Making Your Workload More Sustainable



# Registration Options

1

The employee can sign up for the program directly on our website.

We can provide a receipt for reimbursement purposes upon request.

2

The company may pay tuition for the employee via credit card or ACH.

For assistance completing payment, please contact [hello@melodywilding.com](mailto:hello@melodywilding.com)

*Certificates of completion available upon request. Group discounts available.*





## *Past Clients Include...*



*Melody's coaching work & approach have garnered attention at...*



# The Impact of RESILIENT...

“

RESILIENT is transformational. This is the best investment I could have possibly made in my life. I've gained confidence, found community, and have new tools to keep me from falling into an emotional spiral.

- A.M., EDUCATOR

“

I found my voice and now trust myself. I learned that my sensitivities are a strength. Do it! Don't question if it's for you. Just sign up!

- T.S., CLIENT SERVICES ADMINISTRATOR

“

I don't spend nearly as much time worrying about what people think of me at work. I am believing in my abilities more than I ever have. I can take a step back to look at a situation before overthinking it. I cannot thank Melody enough for this program. It's instilled a self-worth in my professional life I haven't had in a long time.

- B.H., SENIOR MANAGER

“

Until I participated in RESILIENT, I was not aware of Sensitive Strivers and their characteristics. Now I know I am not alone and better manage my tendencies. RESILIENT is for driven, high achievers who struggle with self-confidence despite externally seeming to have it all together and want to believe in themselves.

- D.S., PHARMACEUTICAL DIRECTOR

“

I feel more secure about my own thought processes. I stood up for myself in difficult situations. I find it easier to be at ease with myself. This program is perfect for Sensitive Strivers who question themselves more than they should.

- M.H., RESEARCHER





# About Melody

Melody Wilding, LMSW is the author of *Managing Up: How to Get What You Need From the People in Charge* and *Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work*.

Her clients include CEOs, C-level executives, and managers at top Fortune 500 companies such as Google, HP, Facebook, Twitter, IBM, Citibank, Cerner, and others. Her work has been featured in The New York Times, The Oprah Magazine, NBC News, and dozens of other high-profile publications.

Through her transformative RESILIENT coaching program, talks, small-group workshops, and articles, she's here to help you break free from self-doubt and overwhelm, master your emotions, and use your sensitivity as the superpower that it is.

Melody is a licensed social worker with a Masters degree from Columbia University, and a former researcher at Rutgers University. She teaches Human Behavior at Hunter College and is a contributor to Harvard Business Review, Fast Company, Forbes, Business Insider, and CNBC.

Learn more at [melodywilding.com](http://melodywilding.com)

