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# Virtual International Business Week

## Mental Toughness and Resilience in Leadership

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**Wrocław, 29 March - 2 April 2021**

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**WSB University  
in Wrocław**

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Virtual International Business Week 2021 dedicated to “Mental Toughness and Resilience in Leadership” will be an inspiring, practical and exciting event with professional experience in an international environment and “real-life” business cases.



The purpose of this module is to develop the learner’s knowledge and skills related to the essentials of Mental Toughness and Resilience, mental training interventions, stress management techniques and building resilient teams.

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## Mental Toughness and Resilience in Leadership

Mental Toughness and Resilience is becoming a scarce commodity in leadership today. You can practice Mental Toughness and become more resilient yourself to lead others through the VUCA times. Mental Toughness and Resilience on an individual level, first and foremost, requires self-awareness and self-management so managing others and building resilient teams and organizations can happen later. This module was designed to help you assess and build your personal resilience as a Leader. Simply, the more resilient you are, the better you can handle stressful situations and support those around you. We want you to become freer and more independent in your mental and emotional reactions so you can grow stronger and more resilient.

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## Takeaways

With the completion of this module, learners should be able to:

- describe and give examples of VUCA business reality
- describe potential challenges that Leaders face and responsibilities of running a business in a VUCA environment
- identify leadership skills, approaches and behaviors necessary to face the four VUCA threats and build long-term Resilience
- know the difference between Mental Toughness and Mental Sensitivity
- understand how to build Mental Toughness
- identify the connections between your beliefs and emotional consequences in your Leader’s role
- understand why resilience is so important for teams and organizations
- identify good practices of mental health and resilience in teams and organizations.

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## Meet the Facilitators



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Sociologist, MBA Alumnus, Emotional Intelligence Expert, Psycho-social Skills Master Trainer, ICF Coach and Senior Learning & Development Consultant. She works for private cliental as well as public ones: business and academic sector for over 15 years in the field of Positive Psychology, Cognitive – Behavioral Therapy, the Applied Drama Method, Systemic Coaching and Family Constellation in Business and Management – one of the most efficient methods of holistic counseling to help in improving emotional intelligence and well-being in business. Daria creates online systemic education for individuals and teams to support their leadership flow and the whole organizational systems vitality. She benefits from the essentials of Systemic Coaching and Constellations by using a digital version of physical resources that is straightforward and opens the field of information and insights that characterize this method. Her clients build deeper insights into the invisible dynamics that resource or limit individuals, teams and whole organizational systems and explore their complex issues through Constellations online.

**Ms. Daria Lewandowska**  
MBA



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Certified Business Trainer, Accredited ICF Coach, Mental Toughness Consultant (MTQ48). Sociologist by education, legitime professional mediator. Practitioner of direct sales and telesales. Katarzyna holds a Master of sociology degree from the University of Zielona Góra. She is a credentialed Mental Toughness Consultant (MTQ48)- a diagnostic tool for mental toughness measurement. Rational Behavior Therapy Practitioner. Katarzyna brings many years of professional experience in direct sales and telesales. She has over 8 years of cross-sectoral practice in trainings, coaching and an extensive knowledge in the field of sales and management. During her trainings she is equipped in practical tools and sales techniques based on her own experience. She has conducted over 1600 training hours and over 800 hours of commercial and managerial coaching. As a coach and trainer Katarzyna is specialized in growing the effectiveness of sales people and managers. She writes and designs her own training programs based on mental trainings in business, belief trainings, effective habits and behaviors in business. She supports managers and teams in achieving their goals with better results, stopping to procrastinate, dealing easier with difficult situations, barriers and failures, being more effective, building stronger relationships with employees and clients.

**Katarzyna Ujek**  
Business Trainer

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# Participation conditions

**Registration deadline:** 15<sup>th</sup> February 2021

**Cost of participation:** € 40 per student.



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## Specifics, values and organization of remote program work:

- constant contact with facilitators
- virtual Rooms
- great platform – Microsoft Teams
- certificates for participants
- skilled facilitation: two highly engaged and supportive trainers who are experienced in Emotional Intelligence and Mental Toughness
- highly experimental and practical sessions during which you will learn more directly and powerfully from your international peers' experiences
- we are not going to learn how to think outside of the box, we are going to learn that there is no box.



\* The University reserves the right to cancel the program if at least 15 participants are not registered.

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# Wroclaw the meeting place



Wroclaw is the capital city of Lower Silesia, thought of as the centre of student life in the south-eastern Poland. Dubbed 'the Meeting Place' of Poland, Wroclaw can certainly claim to be one of the nation's most forward looking cities. As a vibrant, historic city on the forefront of change in New Europe is rapidly catching the attention of tourists and businessmen. It is a strong academic center, while the total population of the city is over 650 000 people, there are about 140 000 students studying at 22 institutions of higher education.

Wroclaw's main attractions are: Market Square with original gothic Town Hall, Ostrów Tumski island (the oldest part of the city) with the Cathedral, Japanese Garden, Multimedia Fountain, ZOO with new modern Afrykarium, plenty of museums, parks and monuments.

Wroclaw is also called the city of dwarfs. They became symbol of Wroclaw in commemoration of alternative counter-culture, performers group Orange Alternative which prepared a plenty actions against the communist regime in Wroclaw.

There are more than one hundred small figurines of dwarfs hidden in the city center. Come and try to find them all!



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# WSB University in Wrocław



WSB University in Wrocław is a higher education institution founded in 1998. Together with 10 other Banking Schools we create the biggest business schools group in Poland. Already at WSB University in Wrocław study almost 17 000 students. The main characteristics of our brand are friendliness and practical approach. It means that studies are pleasure on one hand and give our students competitive market position on the other. According to that we offer huge number of International activities: International Business Weeks, Erasmus+, Summer Schools, Youth in Action, etc.

Furthermore our student have a chance to study in English and have a Bachelor Degree in Business Administration or Software Development and Master Degree in International Management. Thanks to this, Erasmus students study together with Polish ones widening their cultural and educational horizons.



# Tentative programme



## Monday, 29 March

**Day 1:** This module defines what the term VUCA means and what is its antidote that you, as a Leader, can do to mitigate the destabilizing effect of working in a VUCA environment. You will find practical and evidence-based ways to steer yourself, your teams and organizations through constant change and build long-term Resilience.

- 09:30 – Official Welcome Session
- 10:00 – 11:30 – Lecture
- 11:45 – 13:00 – Practical classes
- 13:30 – 14:30 – Countries Presentation

## Tuesday, 30 March

**Day 2:** The world in which we live and work is full of pressures and stressors. Researchers question why in the face of the same circumstances, some people can cope better with difficulties while others start to worry and even panic. Where does the difference lie? Research conducted in business, education and sport shows that the key factor is Mental Toughness. This module will define typical behaviors of high and low levels of Mental Toughness.

- 09:40 – 10:00 – Morning integration coffee
- 10:00 – 11:30 – Lecture
- 11:45 – 13:00 – Practical classes
- 13:30 – 14:15 – Inspiring guest lecture
- 14:30 – 16:30 – Lunch combined with specialities of national cuisine

## Wednesday, 31 March

**Day 3:** This Module has a key message for you as a Leader: while environmental factors can undoubtedly harm your life, you do have some control over how you react and respond to those factors. For the most part, the more positively you respond, the more positive your outcomes will be. This does not mean that no harm can come to someone with a positive attitude but it also means that a positive attitude can get someone through rough times quicker and more effectively.

- 09:40 – 10:00 – Morning integration coffee
- 10:00 – 11:30 – Lecture
- 11:45 – 13:00 – Practical classes

## Thursday, 1 April

**Day 4:** You can't stop the waves, but you can learn how to surf. There will always be a certain amount of stress in your life but you can choose to respond in skillful ways that give you the best chance of being happy, healthy, better performing and more resilient. There are lots of positive things that you can do that will give you the strength and wisdom to deal with challenges that come up. In this Module, I will equip you with suggestions that will make you feel stronger and more in control of your daily life so that you are prepared to face the stress in your life.

- 09:40 – 10:00 – Morning integration coffee
- 10:00 – 11:30 – Lecture
- 11:45 – 13:00 – Practical classes

## Friday, 2 April

**Day 5:** Leaders think a lot about the economic impact on their business, a health risk to their teams and related business implications but the mental health, another risk that is often omitted, should also be considered and taken into account while offering solutions to the team and the people you are responsible for. Being a Resilient Leader implies finding ways to be resilient mentally and emotionally because one of the worst things leaders can do is to affect other people's emotional states or experiences. This module will give you some insights on leadership behaviors promoting resilience and mental health for teams and organizations.

- 10:00-11:30 Lecture
- 11:45-13:00 Practical classes



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## CONTACT DETAILS

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