

BUILDING RESILIENCE - A journey to thriving in adversity

27 November 2018 - Château de Bossey, near Geneva

- Are you able to cope when things look bleak?
- Can you respond positively to difficult situations?
- How able are you to transform unfavourable situations and bounce back?
- What if adversity were to make you stronger and better able to adapt?

- *Join us for this 1-day workshop to deepen your understanding of resilience.*
- *Assess your own level of capability and design your personalized roadmap to resilience.*

The journey is a one-day experiential & interactive workshop, where you will learn to:

Deepen understanding:	Assess capability:	Design and action your roadmap:
<ul style="list-style-type: none"> • what is resilience? • explore ‘zones of tolerance’ and their application • anti-fragility - what it is and how to cultivate it 	<ul style="list-style-type: none"> • assess your own level of resilience • identify areas of growth and development • work in small groups to build accountability 	<ul style="list-style-type: none"> • understand the importance of self-observation and practice • design a personalized programme • build your first steps towards action

Target audience	Course leaders	Course details
<ul style="list-style-type: none"> • Leaders & managers of organisations • Entrepreneurs & independents • All those who are interested in development and growth 	<ul style="list-style-type: none"> • Daniel Ahlers, Director, Centre for Coaching Switzerland • Dr Mecky McNeil, Associate, Centre for Coaching Switzerland 	<ul style="list-style-type: none"> • Date: 27 November 2018 • Times: 09h00 to 18h00 • Venue: Château de Bossey, near Geneva • Price: CHF 700 • Early-bird rate: CHF 350 (<i>before 12 October</i>)

For more information / registration: info@centreforcoaching.ch or call: +41 79 615 57 51

Number of participants is limited

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1-day experiential & interactive workshop



Dr Mecky McNeil (MBBS BSc MRCGP) is a certified associate integral coach and a medical doctor with 15 years' experience in treating patients with serious and preventable diseases.

Her working knowledge of the physiology and pathology of the human body allows her to work with clients to design specific lifestyle changes. Her work is supported by the wealth of research that has led to evidence-based practices in health and wellbeing. This allows her to work together with clients to explore the many possibilities to lead a full, healthy and balanced life.

Mecky has coached both at individual and organisational levels. She works with clients to identify and understand the issues that are draining them of their motivation, confidence or positive energy, then redress the balance towards greater resilience with a healthier and happier lifestyle through raised awareness of self-care and self-management.



Daniel Ahlers is a Certified Professional Integral Coach®, and Director of both the Centre for Coaching Switzerland and CfC Consulting Europe. He is also a member of faculty and mentor on the coach training programmes run by the Centre since 2014.

Previously, Daniel spent 15 years with Edipresse in Lausanne and as Director and Exco member with Naville in Geneva, where he headed up cross-functional taskforces, including major Innovation projects.

Daniel has since accumulated over 800 hours of 1-on-1 and team coaching, working with senior managers and executives within large multinationals, SMEs and NGOs.

He is an accredited Professional Certified Coach (PCC) through the International Coach Federation (ICF). His clients include Philip Morris International, Eaton, European Broadcasting Union, JT International and AON Hewitt.