

# Empowering Leadership Resilience Within

Developed and Facilitated by  
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- ***How can we minimize negative outcomes?***
  - ***How can we stay centered while achieving our goals?***
- ***How can we come out stronger through challenges while maintaining our centered presence?***
- ***How can we move into action from a place of being in contact with our internal resources and inner potential in times of change and challenge?***

The answer to these questions are hidden in our ability to use our Resilience in the moment.

Being in contact with our Resilience and using it more effectively enables us to deal with challenges more competently. The changes taking place in the world, in our workplace, and at home are testing us by constantly challenging us to be individuals with strong flexibility and adaptability skills. These are the situations where our connection to our internal resources and to our Resilience supports us in our leadership presence; empowering us to recognize and use our strengths, and to connect with others to develop efficient solutions to common challenges.

## ***What is Empowering Leadership Resilience Within Program?***

Empowering Leadership Resilience Within Program provides an opportunity and ability for the participants to understand the nature of change and the 7 Resilience muscles, and to connect to their own power and resources. During this 8-module online workshop series, through practical and experiential work, we will tap into each muscle to deepen our understanding of how we form, maintain and use them purposefully to create impact towards becoming an inspirational leader in our personal and professional lives.

This online program is designed with a holistic and experiential approach, which ignites curiosity and excitement for the participants, combines the theoretical content with practicality, and aims to achieve applicable life learning.

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## Empowering Leadership Resilience Within Program Content



**Module 1** In this module we will explore the Four Energies, the What is Resilience Three Strategies, and the Seven Muscles, and will do an experimental work to gain a new perspective about them. Through this work we will gain an awareness to connect with our internal resources.

**Module 2** In the second module we will experience how to identify opportunities in challenging situations, and to move from fear and scarcity to hope and abundance



**Module 3** In this module, recognizing and use your skills, abilities and internal resources, we will embark on a journey to connect with our confidence in order to utilize it in times of change and challenge with a centered presence. We will explore the impact of our confidence on self, others, and the system.

**Module 4** In this module where we focus on our priorities in life, we will identify and pay attention to the most important things for us, and understand how we can use them to generate the change we desire. We will evaluate the balance of a life that we live with aligned values, purpose and vision supporting our decisions and choices as leaders in order to best utilize the energy.



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**Module 5 Creativity** In fifth module, we meet with our creative potential that's hidden beneath, and we will do a joyful work moving from comfort zone to growth zone, allowing trial for ideas while nourishing alternative perspectives. We will sail off into welcoming new opportunities into our lives through generating a range of possibilities and options in times of change and challenge.

**Module 6 Connection** In this module where we will dive into an exploration expanding our relationships with others, we will study the resources in our life supporting us, and our default way of connecting with ourselves and others. Build relationships with others and draw on them for support. Gaining clarity in our purpose, we will gain a new perspective of our choices in using our energy towards the actions we want.



**Module 7 Structure** Having a solid foundation, and being aware of our existing system, resources, boundaries support us in our decision making process in difficult times. We will look into polarities of no structure/rigidity and chaos/too much structure, and explore the stand that serves us in times of unknown and change. We will do an experiential process to "see beyond".

**Module 8 Experimenting** In this last module, we will explore risk taking and connecting to our courage in trying new and different approaches. Investigating our hold-backs, we will do an experiential process enabling us to move into action to look beyond the obvious, understanding the obstacles and dynamics *giving permission to trial and error.*





## How Does the Program Work?

### OVERALL STRUCTURE OF THE MODULES

All modules will be facilitated live and through Zoom platform.

- Lecturettes
- Experiential Processes
- Large Group Engagements
- Small Group Sharings in Zoom Breakout Rooms
- Videos
- Polls
- Weekly Practices

In between modules supplementary content and exercises will be relayed through follow-up emails.

### TIME AND FREQUENCY

2-hour modules  
delivered once a week

### GROUP CAPACITY

Max. 14 participants preferred

Empowering  
Leadership  
Resilience  
Within



## Developing and Facilitating Team

### Gila Ancel Şeritçioğlu, MA, REAT, CSC, MCC



is an ICF-accredited Master Certified Coach in Turkey, and the founder of **Increa Creative Coaching and Consulting**. She offers a unique combination of 29 years' extensive experience in developing the human potential and performance of leaders and people of various walks as a Gestalt and certified Somatic coach, facilitator, expressive arts therapist, educationalist, and trainer. She works locally and internationally, specializing in coaching top-level executives, teams, leaders, groups, and organizations. She has extensive experience designing and implementing tailor-made experiential trainings and workshops for organizations using creative techniques. Gila established **KIDS preschool** in 1991, and has been working with children and families to create greater impact as an educationalist, psychologist, supervisor, and leader. She co-founded the **Gestalt Center for Coaching**, whose flagship offering is the ACTP Gestalt Coaching Program, which she serves as co-chair and faculty. She is a founder and trainer of the “**Coming Back to Center**” workshop series, held in Italy and South Africa, which aims to create awareness and an impactful leadership presence in individuals through a variety of experiential practices in nature.

### Selin Istanbulu Ozcagli, Assoc CIPD



is a certified Gestalt Coach and certified Jungian Coach and is the Company Director of Soan Consulting Ltd operating based out of the UK. She is an established HR professional with extensive experience working with individuals and groups particularly in changing and challenging dynamics in many parts of the world, coaching, training, and consulting with a strong belief in human potential, diversity, inclusion, and authenticity in workplace. A Certified Personal Resilience Profile© Practitioner and Deep Democracy Practitioner, Selin develops and facilitates customized virtual and in-person programs for organizations and companies, particularly supporting the needs around resilience building, conflict / adversity / change management, diversity & inclusion. Selin is in the process of becoming a Certified Intuitive Eating Counselor, a rare profile in that group of professionals as a Chef/Coach. Selin has worked with companies of different sizes and industries in the UK, Switzerland, Turkey, UAE and Qatar delivering customized resilience themed programs, and presently in the process of developing more solutions for companies in the US and Hong Kong. Selin has collaboratively developed and is delivering the bespoke “Empowering Leadership Resilience Within” program with her partner Gila Seritcioglu for multi-national and remote teams within matrix organizations, and "You've Got This Resilience Programme" with her partner Teresa Klasener, which is a public offering for independent individuals to have the best kind of learning and growth opportunity and professional support towards a more resilient and empowered life. Selin incorporates her professional chef background to her services and performance within Soan Consulting, particularly with her unique “Food Independence” programs, “Change Your Relationship With Food”, "Bite Size Workshops" and “Kitchen Confidence” initiatives. Selin also proudly and devotedly runs support group programs as a service to community.