Elevora
Global Training

COURSE BROCHURE

# Resilient Leadership and Wellbeing

Leadership & Management

Rising demand 2028

| Code | Duration | Formats | Language | Certificate |
|---|---|---|---|---|
| LM-111 | 5 or 10 days | Classroom, live online, in-house, blended | English or Arabic | Certificate of completion |

A practical leadership and management course covering understanding stress, pressure and burnout, resilience habits for leaders and leading teams through uncertainty. Run as a 5-day core or 10-day extended programme, in 16 cities, live online or in-house, and fully customisable for your team.

## About this course

Resilient Leadership and Wellbeing gives delegates a structured, practical understanding of understanding stress, pressure and burnout and resilience habits for leaders, then builds the skills to apply leading teams through uncertainty, designing wellbeing into work and personal resilience plan in real work. Sessions are led by practitioners with at least 15 years in the field.

## What you will learn

- Understanding stress, pressure and burnout
- Resilience habits for leaders
- Leading teams through uncertainty
- Designing wellbeing into work
- Personal resilience plan

## Who should attend

Managers, heads of department, team leaders and high-potential staff preparing for broader leadership roles.

## 5-day course outline

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|---|---|---|
| Day 1 | **Understanding stress, pressure and burnout** | Concepts, standards and terminology, with a diagnostic exercise to baseline the group. |
| Day 2 | **Resilience habits for leaders** | Methods and tools explained step by step, with worked examples from real operations. |
| Day 3 | **Leading teams through uncertainty** | Hands-on practice in small groups using realistic data, cases and templates. |
| Day 4 | **Designing wellbeing into work** | Case studies of successes and failures, and how to apply the lessons in your organisation. |
| Day 5 | **Personal resilience plan** | Integration exercise, final knowledge check and a personal action plan. |

## 10-day extended programme

Includes the full 5-day outline, plus a second week of applied work:

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| **Day 6** | **Applied workshop: Understanding stress, pressure and burnout** — Deeper practice with your own data or site examples. |
| **Day 7** | **Applied workshop: Resilience habits for leaders and leading teams through uncertainty** — Group exercises that combine methods from week one. |
| **Day 8** | **Field case study: Designing wellbeing into work** — A detailed industry case worked through from start to finish. |
| **Day 9** | **Advanced practice: Personal resilience plan** — Tools, templates and checklists to take back to work. |
| **Day 10** | **Assessed project and presentation** — Each delegate presents an improvement plan and completes the final assessment. |

## Upcoming classroom dates

More dates, cities and live online sessions on request.

| Dates | City | Length | Fee per delegate |
|---|---|---|---|
| 15 Nov 2026 to 26 Nov 2026 | Cairo | 10 days | **$4,450** |
| 7 Dec 2026 to 11 Dec 2026 | Istanbul | 5 days | **$2,450** |
| 10 Jan 2027 to 21 Jan 2027 | Cairo | 10 days | **$4,450** |
| 7 Feb 2027 to 11 Feb 2027 | Cairo | 5 days | **$2,450** |
| 15 Mar 2027 to 19 Mar 2027 | Kuala Lumpur | 5 days | **$2,450** |

## Fees per delegate (2026 to 2027)

| Format | 5 days | 10 days |
|---|---|---|
| Classroom: Dubai, Istanbul, Cairo, Kuala Lumpur | **$2,450** | **$4,450** |
| Classroom: London, Europe, Singapore | **$3,450** | **$6,250** |
| Live online | **$1,450** | **$2,650** |
| In-house, group of up to 15 | **From $12,900** | **From $23,500** |

Classroom fees include tuition, materials, lunch and refreshments, and a certificate. 10% group saving for 3 delegates, 15% for 5 or more.

### Tailored to your team

Change the level, language, length (1 to 20 days) and format, add topics from other courses or entirely new topics, and include your own case studies, site visits or exam preparation. Build it online for an instant indicative fee.

## Register or request an in-house proposal


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