



# Walking the talk



RESILIENCE INSTITUTE GLOBAL  
COMPANY UPDATE, FEBRUARY 2023







## A MESSAGE FROM OUR CEO

### Our Vision for 2023

The first commitment of the Resilience Institute team for 2023 is to further develop our experts' resilience skills. Walk the talk. This means: living and working with body, heart, mind and spirit. We need to engage all of these human dimensions to cope with the challenges of today's world. Ignoring our integral reality — or our need to balance and align our different dimensions — restricts how we see and understand the world. Resilience is the key skill we must cultivate to transform current challenges into opportunities and shape the solutions that the world needs. This is why, in 2023, we are launching our Resilience Institute Academy to ensure that we are continuously developing the resilience of our team, to inspire and serve our clients even better.

Our second commitment is to continue to invest in research internally and with external academic partners, to better demonstrate the positive impact of resilience on business performance. We want to demonstrate that our programs increase resilience of individuals and teams by more than 20% in less than one year.

Our third commitment is to pursue our growth (for good) and reach out to more leaders, people and organizations. This will help us in achieving our 101 vision. By integrating independent licensees and recruiting experts in new geographies, we operate as ONE FIRM globally, serving our clients with a common and consistent value proposition on the 5 continents. The development of our activities in the North American market will be a priority in 2023. We were awarded large and strategic projects in that market in 2022.

Lastly, we have increased our investments in developing our digital platform. Our ability to measure and track resilience is vital. You can't manage what you don't track! Our data-proven approach helps our clients to develop training programs with more precision. The Resilience Institute's digital strategy and our blended solutions contribute to reaching out to and training many people efficiently, quickly and at an affordable cost.

**Benoit Greindl**  
CEO, Resilience Institute







Over the past 20 years, we have worked with organizations and leaders worldwide with the mission to measure, develop and nurture resilience, helping them train essential human skills to support well-being, performance, and engagement in life.

Now, more than ever, resilience matters. It is the foundation of personal transformation, enabling organizational and societal change. Resilient organizations foster a culture where performance and care drive and support each other.

As our global team came together in January to celebrate our 20th anniversary and to look to the future, our vision is clear: by 2030 we will impact one million lives every year — in small and large organizations — and help accelerate the needed transition from an extractive to a regenerative economy, respectful of all stakeholders.

With this in mind, we have been heavily investing in our digital infrastructure and expanding the scope of our programs to build resilience at scale and with impact, supporting our clients with an innovative digital toolkit and targeted group interventions to foster collective intelligence and behavior change.

Transformation takes time — strategy, structure, support systems, measurement, and especially leadership focus. As Frederic Laloux shared in his management book, *Reinventing Organisations*: “the level of consciousness of an organization cannot exceed the level of consciousness of its leader.” Resilience at scale can only succeed with the early and active engagement of leaders.

But transformation is inescapable for those organizations seeking to thrive in an ever more volatile and complex world.

**Thierry Moschetti**

Managing Partner, Resilience Institute







*Being a force  
for good*

The Resilience Institute team connected in Commeire, Switzerland, from 16 to 20 January for a week of collaboration, learning and walking the talk. The agenda included a strong growth focus with sessions delivered by external and internal experts.



Adrianne Sumulong, *Digital Product Lead*

It's like seeing celebrities from my computer screen in a location that I can only see on postcards. People with different languages, accents, hair and skin color, but the strong force of connection and belongingness were the dominant energy in every room. It was an amazing opportunity to meet people you've already known for years for the first time again. I thought I had colleagues but I realized it is more than that, I have a group of people who care, who listen, and who walk the talk. What a joy to belong to this community. And together, we are doing impactful work for our planet.



Manish Arneja, *Managing Partner SEA*

Meeting face-to-face makes it very clear to me that we are a passionate group of people about the resilience work we do. We have it all (people, technology, passion, resources) to support large missions across the globe. Getting aligned multiplies the team's physical, emotional and mental energies, and we should not underestimate the power of that alignment. And, most importantly, stay resourceful. Warm clothing matters more than the chilling temperature, and even -10 °C can be fun as long as we are fully geared up.



### A Guide To Positivity at Work

Positive workplace cultures ensure beneficial change that ripples from leaders all the way down to individual employees and vice versa.

By Nicklas Balboa

[Read more](#)



### Gratitude and Service with Janine Baretta Wilburn

How do you activate gratitude every day? What to be grateful for? How can the smallest acts of kindness help you feel better?

[Listen now](#)



### The Expectation Effect with David Robson

We've all heard about the placebo effect, but what is the nocebo effect? How can your beliefs and expectations impact your body? Listen to the episode with the best-selling author David Robson.

[Listen now](#)



### How to Achieve Mental Clarity

Dr Sven Hansen shares practices how to achieve presence, focus, clarity and unitive consciousness.

By Sven Hansen

[Read more](#)

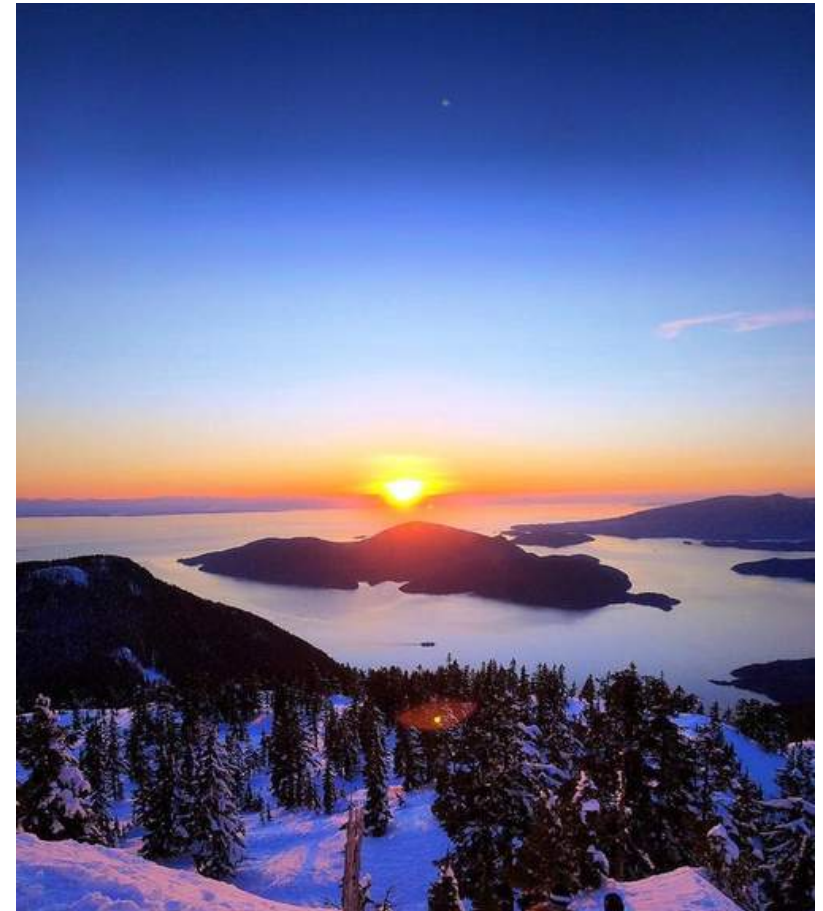


## Bowen Island - Hidden Beauty

My favourite place at the moment is an idyllic island called Bowen Island, just a 20-minute ferry ride from West Vancouver, Canada. Quiet and alluring, it's a welcome escape from the stresses of life. The hikes through the stunning rainforest, the breathtaking sights from the top of Mt. Gardner, or the quiet sounds of nature while kayaking rejuvenates my soul and gets me back in touch with myself.

If you are lucky, a Humpback whale, Orca, sea lion or seal will welcome you for a swim in the water. The sense of community is so strong you can almost feel the hugs. In this modern world where everything is always moving faster and faster, it feels terrific to take time to connect and pause with yourself and others. Bowen Islanders are fiercely proud of their island. It's a magical little place worth keeping it a secret. They will say, "Tell your friends it is awful here."

Recommended by  
**Judith Heezen**  
Senior Consultant





# Hiking The Drakensburg

I was born and raised in KwaZulu Natal, South Africa, and so happy to have this opportunity to share my experience about some of the beautiful sites we have in the Zulu Kingdom. As part of my Resilience journey, I joined the Trek4 Mandela 2022 expedition, which summited Mt Kilimanjaro in July 2022. The training for Mt Kilimanjaro offered so many opportunities to explore different mountains in South Africa. I should be talking about Mt Kilimanjaro, but I am biased and would like to showcase our heritage site first, "The Drakensburg."

Drakensberg offers breathtaking scenery, misty mountains and ironically, these conditions facilitate simplicity of thoughts, and the group interaction just flows. Imagine the view and sound of the waterfalls and mountain terrain. It reminds me of Ladysmith Black Mambazo's award-winning song "Silala Emaweni" (In the valley, we sleep in the valley).

The whole experience is apt for different fitness levels, as we took it slow, and it was all about having the best of both worlds. We started in the early hours of Saturday morning to ensure we finished before the darkness of the mountains engulfed us. The route's name is Makhulumane trail, in the Champagne Valley, Monks Cowl Nature Reserve. It is a 22 km hike with a 2100 m elevation. It took us about 9 to 10 hours at our pace. In the mountains, I have found my happy place.

The biggest challenge was the fear of the unknown, as mountains are known to habit venomous snakes and not to mention the rising altitude levels and my tolerance of such physically and mentally. To deal with the unknown, I had to train my mind to focus on the present through mindful hiking, and I was able to be observant of what was in sight. The picturesque hills, the sound of the birds, the smell of fresh air, wildflowers and ongoing interaction with fellow climbers helped me to focus my attention and thoughts on the present and thus created my own lived experience.



Recommended by  
**Njabulo Sithole**  
Partner, South Africa



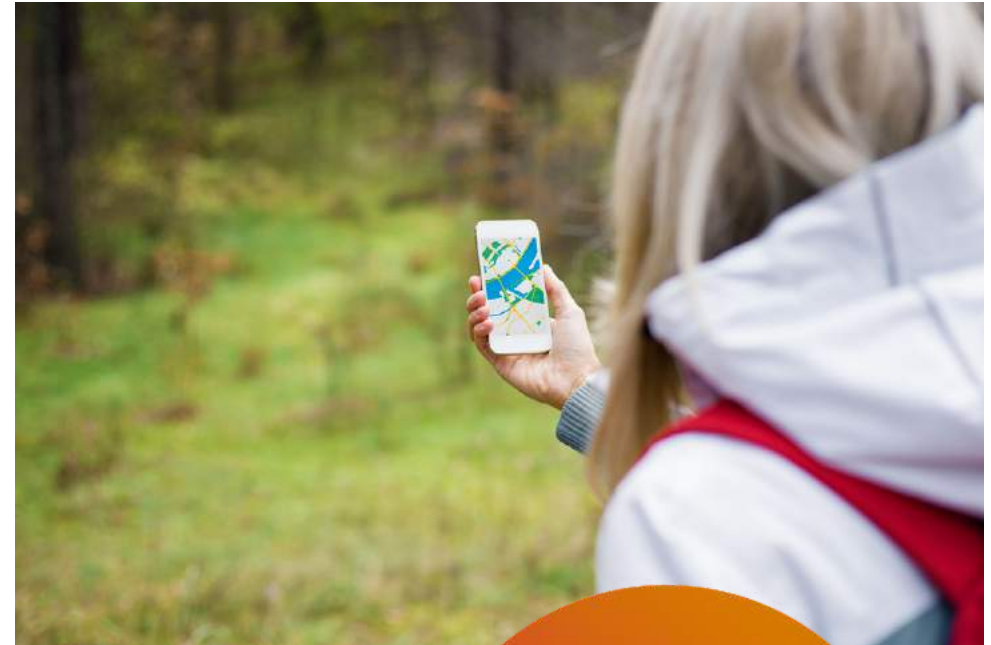




## A Worldwide Treasure Hunt

One of our favourite family activities when my kids were younger was geocaching – it’s like a worldwide treasure hunt, using GPS coordinates and clues to find hidden “caches”. It’s a great activity if you like the outdoors and love problem-solving! The best part about geocaching is that it can take you to local places and hidden gems you didn’t know existed, and the caches can be anything from a camouflaged container to something quite unexpected. For example, one geocache I discovered here in New Zealand was a plastic hand dangling from a string inside a hollowed-out tree – it certainly surprised me! Another geocache was hidden inside a rubber rat which was hiding in a tree. The smallest cache I found was the size of a nail, so it certainly required an eye for detail! Our family loves geocaching, and it’s free – the App has a free membership, but the premium version gives you access to many more geocaches.

If you’re looking to try something new and enjoy problem-solving, I highly recommend you give geocaching a go. Better still, I would love to hear what interesting or surprising caches you find!



*Recommended by*  
**Carley Nicholson**

Resilience Consultant  
New Zealand







## In the next issue

In the next issue of our newsletter you will find out about our brand update (it has already started, as you can see!) and our new product rollout, including Resilience Diagnostic v5.

In the meanwhile, find out about Rise — the Resilience Institute Sustainable Experience — on our [website](#).

In the next issue you'll also get to meet more team members from around the world, discover the latest expert content, and hear about our forthcoming 2023 Global Research Report.

## We are more than a training company

We are a movement, a way of life.

We elevate the capability of leaders and their teams by building physical, emotional and mental fitness.

Our data proves that resilience is the solution to the challenges of modern work, driving growth and transformation.

Resilient people will build a resilient planet.

Will you join us on this mission?

### Connect with us

Have an idea or suggestion for the next newsletter? Any other comments, questions or feedback?

Email [media@resiliencei.com](mailto:media@resiliencei.com)  
or visit [resiliencei.com/contact](https://resiliencei.com/contact)