

*Celebrating*  
**20 years**  
*of delivering performance*  
**with care.**

**Resilience Institute Global  
Company Update, November 2022**





## Resilience: The Engine of Transformation

We are evolving in a VUCA world (volatile, uncertain, complex and ambiguous). There is no ambiguity, though, about how the VUCA tendency will only increase in the years to come.

It is the first time in history that we have the knowledge and awareness about how human activities influence nature and how nature is a condition of our survival. This creates unprecedented anxiety. The problem at hand is systemic and, therefore, complex to resolve. We need to reinvent our way of living and our way of working. Organizations like The Resilience Institute are key actors in this transformation. More than ever, resilience has become a necessity and an opportunity.

Emmanuel Faber, the former CEO of Danone, and Chairman of ISSB, is convinced that the multiple crises we are facing can only be resolved by redefining capitalistic competition and supplanting profit as the sole determinant of success. He said, "To achieve this, we need resilience to regenerate our national economies. Resilience must become the new driver of our economies. We have 10 years to accomplish this, before reaching Earth's carbon tipping point."

At the Resilience Institute, we believe that resilient people enable the development of resilient organizations, which can contribute to a resilient planet. Our goal is to make resilience the most reachable capability for effectively achieving performance with care. Care for self, care for others and care for the planet. We are proud of our ambition: to contribute to the 2030 agenda by training a minimum of 1 million people a year in business by 2030.

Sven Hansen, the founder of the Institute, is visionary as he perceived 20 years ago how resilience would become critical. He built a robust approach used today by many global firms worldwide.

We are happy to be celebrating our 20 years. We are proud of our teams and grateful for the loyalty of our clients, aware of the challenges we face but confident in what the future will bring.

**Benoit Greindl**  
CEO, Resilience Institute





## A MESSAGE FROM OUR FOUNDER

Twenty years ago, we began our journey as the Resilience Institute. I was a lonely voice in a world where resilience and well-being had little relevance. Today, attracting, retaining and motivating the people who make organizations work is essential. In post-covid 2022, with mental health—and great or quiet resignations—resilience is both the right thing to do and good business.

With a global team serving thousands of organizations, we have come a long way. Performance with care requires good leadership, measurement and evidence-based training.

We are proud to contribute to the evolution of conscious and ethical business. We know that we touch hundreds of thousands of lives in positive ways. Year after year we can prove that what we do delivers results. We know what key factors reduce suffering and drive fulfilment.

As I look to the future, the critical role of resilience as individuals, for business and for the planet is clear. Our challenge is to engage in action. Despite overwhelming evidence for exercise, sleep and relaxation, few commit. Our immediate goal is to demonstrate to the individual and the business the benefits by presenting high-quality studies.

Our long-term goal is to reach and change a million lives through our clients. To help them understand and master the basic practices that can help them bounce, grow, connect and find flow. To do this, we need the support of our clients to create working environments that facilitate these practices. We need you all to share these practices and their benefits.

Resilience and the physical, emotional and mental benefits it brings is the ultimate noble purpose.

### **Dr Sven Hansen**

Founder, Resilience Institute





# Our New Brand Identity

## Delivering Performance with Care

As we celebrate our 20th birthday we are excited to embrace our new brand identity. While we stay true to our roots of being evidence-based, practical and integral, we introduce a vibrant color palette to reflect our diversity and passion. This is supported by imagery of people and our planet to reflect our vision.

Accompanying the brand update is a renewed focus on producing the world's best resilience content and resources for leaders, professionals, parents, employees and anyone who wants to learn how to bounce, grow, connect and flow.

Look out for our new products, brochures, [articles](#), [podcasts](#), newsletters (including this one) and a website redesign that will be released soon.

We look forward to your feedback and contributions as we continue to evolve.

**Brad Hook**  
Partner



### Antifragile. Should You Aspire it?

Antifragile is the ability to improve function or capability in the face of adversity—stressors, shocks, volatility, noise, mistakes, faults, attacks or failures.

By Sven Hansen

[Read more](#)



### Resilience & Sustainability with Tony Hansen

What does it mean to be nature positive and can business be a force for good? Conversation with Tony Hansen, Managing Director of the Global Infrastructure Initiative at McKinsey & Company.

[Listen now](#)



### Joyous Resilience with Anjuli Sherin

Have you been experiencing anxious thoughts and emotions? Can you recognise your critic and neglector? Join Anjuli Sherin, author of Joyous Resilience for an impactful conversation.

[Listen now](#)



### 9.6 Minutes to Better Life and Leadership

How to master micro-habits, the antidote to a chaotic world. This article was #1 on Entrepreneur.com for 5 weeks.

By Brad Hook

[Read more](#)





# Breath: The New Science of a Lost Art

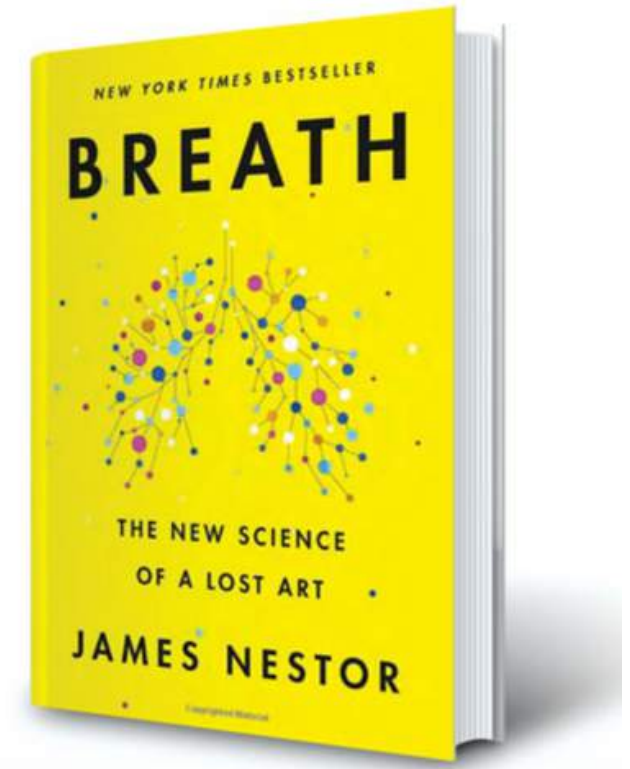
## by James Nestor

This book was recommended to me by one of my very good friends, a professional singer, to help me better manage the anxiety and stress I feel at times... It did inspire me a lot, and I hope it will have the same impact on you!

What I loved about it:

- Simple language, jammed packed with real-life experience James Nestor gathered over 10 years of personal investigation of breathing
- Based on scientific research but not too complex
- With a touch of history with references to ancient texts (yogic and more)
- Very funny at times
- With over 10 breathing methods explained at the end and easy to test yourself

It does remind us how breathing is essential to our health & resilience, how 'bad' breathing can damage our body and our mind, and how easy it is to re-learn to breathe properly again.



*Recommended by*  
**Delphine Caprez**  
Senior Associate Consultant





# Glucose Revolution by Jessie Inchauspe

I discovered Jessie Inchauspé - @glucosegoddess - in May by chance on my social media. She was presenting the 10 tips from her first (bestseller) book: Glucose Revolution.

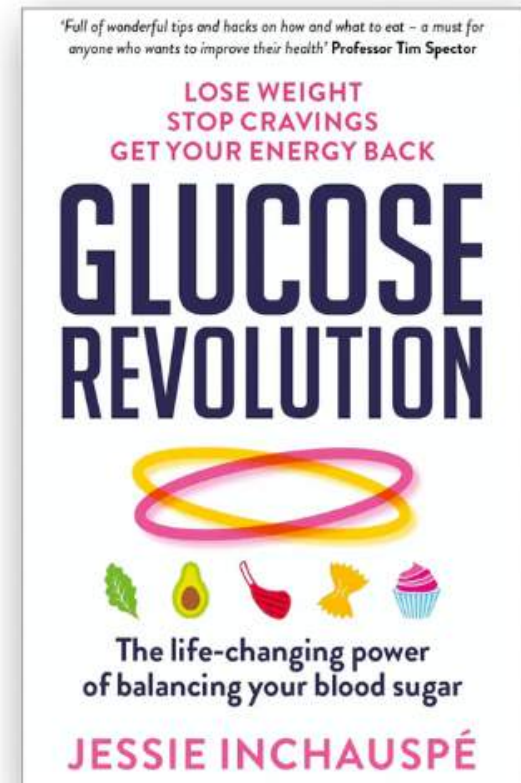
I ordered the book and read it in 5 days. I was really captivated by the simplicity, accuracy, and accessibility of her statements.

Already driven by the will to care about my health I decided to give it a try, but seriously. I went to the lab for a blood test as a reference in June.

Two months later, applying Jessie's tips, I repeated the test and discovered that both glycemia and triglyceride dropped down without any diet!

I am sure the tips will follow me and improve my health!

Recommended by  
**Pauline Soares**  
Marketing & Communication,  
B Corp Leader





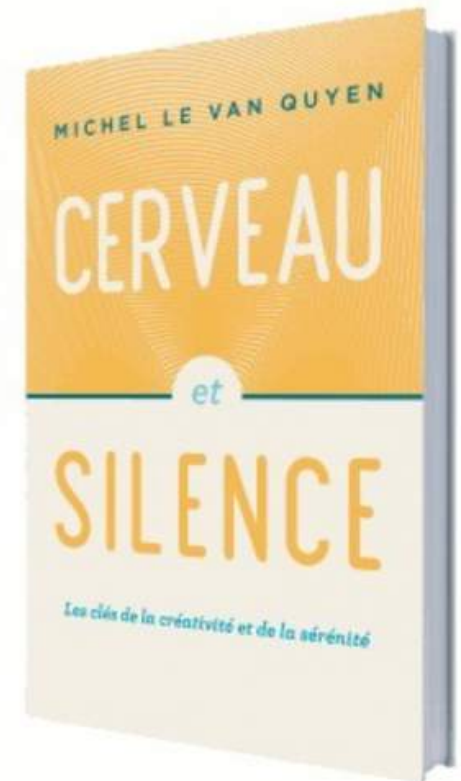
# Cerveau et Silence

## by Michel Le Van Quyen

An insightful reading to learn how to resource and reset oneself through the power of silence, in all its different forms, using very simple practices including one I really enjoy, the Palming exercise: fully cover your eyes with your hands to rest them from visual stimuli (that mobilizes up to 85% of the cortex!) and cultivate visual silence.

One morning in 2017, Michel Le Van Quyen, a neuroscientist at INSERM, wakes up stricken with paralysis due to a stroke following a long period of overwork. He is prescribed absolute rest. At first, this inaction weighs on him, then after a few days something strikes him: he starts accepting and even enjoying the silence and the peacefulness in which he is immersing himself. And a few weeks later this self-imposed silent life helps him fully recover from his illness.

Following this personal experience, he decides to investigate further. In this short book, he shares with us many fascinating insights into the science of silence, the different types of silence we can cultivate – acoustic, attentional, visual, physical and meditative – and their respective benefits. When immersed in silence, our brain switches to a very specific state, the default mode network (DMN). It is this disconnection that helps it to regenerate and to evacuate the toxins leading to neurodegenerative diseases. Better: silence in all its forms is beneficial for creativity, memorization, and assimilation of life challenges. So why not experience for yourself the power of silence, in whatever form and way and see what it does to you?



Recommended by  
**Thierry Moschetti**  
Co-founder and Partner





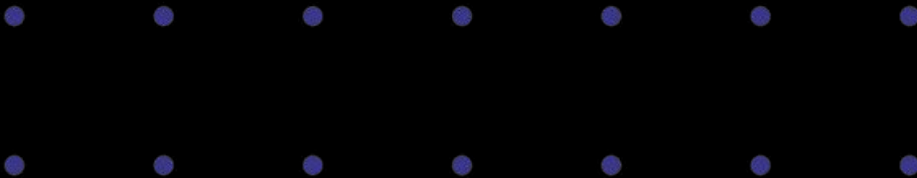
# Act, collaborate and celebrate. Insights from Swiss Impact Forum

On the 15th of September 2022, at the Eventfabrik in Bern, Switzerland, Alexia Michiels, Laure Sarrazin and Pauline Soares attended SWISS IMPACT FORUM.

Under the motto "ACT, COLLABORATE AND CELEBRATE FOR IMPACT", the aim was to learn about the latest scientific findings on planetary boundaries, exchange ideas with other companies actively, and jointly develop concrete collective actions in Deep Dive sessions.

The main insight of the day was that we have less time than we had assumed to avoid crossing important tipping points.

It was the hub for everyone who wanted to make an active contribution to the implementation of the 2030 Agenda. We were part of the 460 visitors for this first edition.



**Laure Sarrazin, Senior Associate Consultant**

Yesterday's expectations conflict with today's expectations and needs, creating inconsistency, conflicting interests and goals in the world of work. Changing a business strategy is no longer enough. We don't have time anymore, that's what we learned with the presentation of Dr. Johan Rockström. Today, a company that wants to be part of sustainability must take into account environmental challenges and for that, investing in people is the key. It is only by developing our knowledge, our self-awareness, by confronting our opinions, our values and by collaborating that we will be able to work for stability, resilience and allow us to open up new positive perspectives. This day confirmed that personal development and organizational development go hand in hand.



**Alexia Michiels, Managing Partner Europe**

In today's world, there is no doubt that fast change is needed to address multiple challenges. The private sector is a major actor in this urgent transformation: every organisation is in a position to either accelerate or slow down the pace of change. Attending the Swiss Impact Forum has reinforced my motivation to take my part and to enthuse our teams at The Resilience Institute on that path. Beyond the inspiration and the pleasure of face-to-face interactions, I was reminded about the need to create space in my busy agenda to look at things with a broader perspective and enable deeper reflections.



**Pauline Soares, Marketing & Communication, B Corp Leader**

I had my mind boiling at the end of the day. Like when you are traveling in a foreign country, trying to understand the world around you, and suddenly enter a place where people speak your language and everything is clear & aligned with your values! I was happy to feel this collective movement “using business as a force for good”. The deep dives sessions I attended opened my horizons, make new ideas bloom, and enrich me with new contacts sharing my interests, even the same menu at the buffet ;-)  
Our ability to play collectively made the human species thrive – until now. I trust and commit to playing in the team to offer the next generation a place I am proud of.





# The Resilience Institute Manifesto

We empower organizations and leaders who believe that when people grow, business grows.

They pride themselves on forward thinking and having the courage to stand out. They are perpetually drawn towards what really matters and have their eye towards long-term impacts, with a focus on everyone involved.

They view their work as their responsibility to build a high-performing culture with care at the same time. This requires courage to go against the grain and contrary to the current collective mindset. They notice people around them are getting caught up in the short-term and daily grind of the organizational game, which prioritizes results and leaves many behind. They feel tired of this paradigm.

At Resilience Institute, we believe that mastering our resilience is THE KEY to success, success that matters. A competency to resolve your paradigm. We know that care and performance can drive each other, and you don't have to push one or the other, you can bring both together at the same time.

To support your vision and make people come on board we deliver research-based transformation journeys that build resilience and deliver integral human growth at scale.

**Resilient people create resilient organizations, which together can work together to create a resilient planet.**

## Connect with us

Have an idea or suggestion for the next newsletter?  
Comments, questions or feedback?

[Email.media@resiliencei.com](mailto:Email.media@resiliencei.com)