

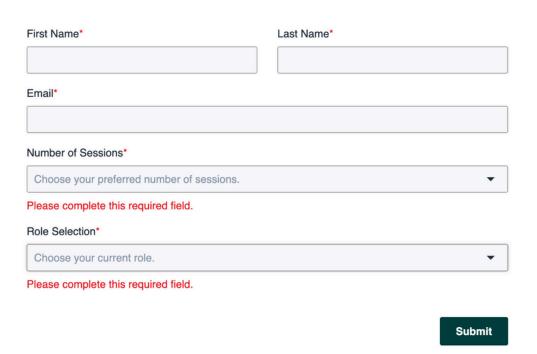




Step 1: Submit Development Dollars request for Bundle in Workday.



Step 2: After your Bundle learning experience has been approved, visit https://bundleskills.com/open-table-kayak to register. Identify the number of skill sessions you'd like to complete and your current role:



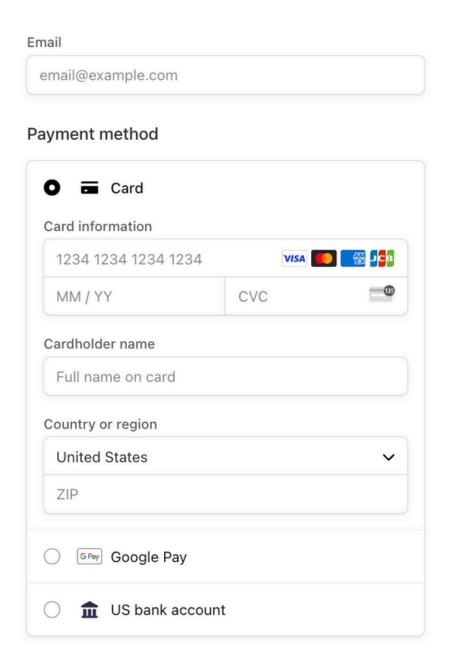






Step 3: Submit payment.

You will be reimbursed by OpenTable and Kayak.





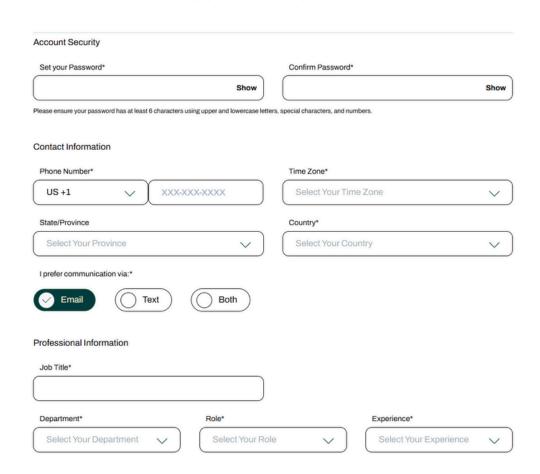




Step 4: Upon completing payment, you will be redirected to create your account. Be sure to use your work email to activate your account.



Step 5: Next, you will receive a welcome email confirming your account registration, with instructions to setup your Bundle profile.









Step 6: Take your first assessment: To ensure each session is as valuable as possible, a placement assessment is required. This helps us tailor the content to your skills and experience. Select your first session and click 'start assessment'.

Resilience Leadership





- · Adaptation to Change
- Optimism
- Perseverance
- Resilience

DURATION: 90 Mins

FORMAT: 1:1 Trainer-led

Why This Course Matters: Building resilience is essential for professionals in navigating workplace challenges and adapting to change with a positive mindset. This course focuses on empowering you with resilience skills to effectively manage difficulties, maintain optimism, and contribute constructively to team dynamics.

About the Course: Resilience Skills for Professionals is a tailored training course aimed at enhancing your ability to handle workplace setbacks and changes. In personalized, one-on-one sessions, you'll explore how to develop resilience through strategies such as positive self-talk, coping mechanisms, and perseverance in the face of obstacles. The course guides you in crafting a personal resilience plan, implementing adaptability strategies in team projects, and sharing experiences to foster a supportive work environment.

What You'll Gain:

- · Essential Resilience Skills: Learn to identify personal resilience triggers, practice optimism in everyday work situations, and develop coping strategies to adapt to workplace changes.
- · Enhanced Personal and Team Dynamics: Apply resilience techniques to overcome moderate challenges and contribute to a positive work environment, sharing your experiences and strategies with your team.
- · Personal Growth and Adaptability: Cultivate the ability to manage and adapt to changes, assessing and refining your approaches to challenges, and fostering a mindset geared towards continuous personal and professional development.

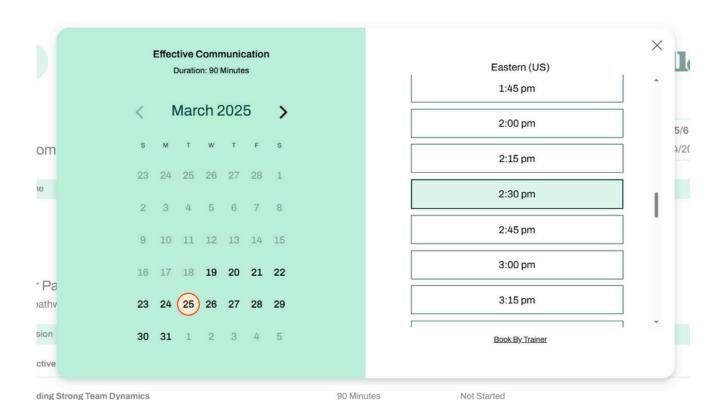








Step 7: Schedule your first session: After completing the assessment, you can easily book your first session at a time that works best for you.



Upon selecting the date and time that works best for you, you will receive a confirmation email for your session to add to your calendar. At the start of your session, please be sure to join the Zoom link from your dashboard.

If you have any questions or simply want to share your thoughts along the way, please contact our dedicated support team at wecare@bundleskills.com.