



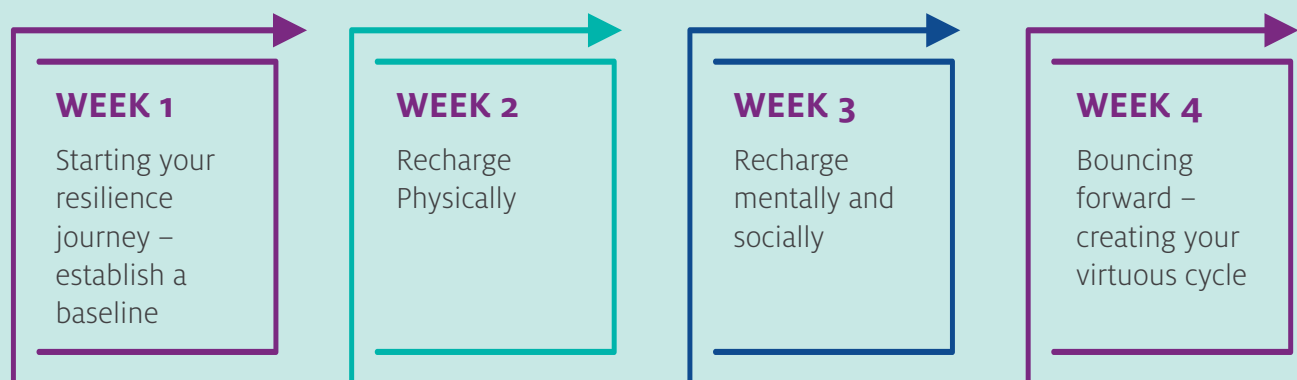
BURN BRIGHT: THE RESILIENCE ADVANTAGE

LEARN TO AVOID BURNOUT AND INSTEAD *BURN BRIGHT*

Burn Bright: The Resilience Advantage is a scientific and application-based approach that help leaders bring the best versions of themselves to all they do. Peak performance for individuals, teams, and organizations is about “**resilience as recharge**” – creating a routine of researched, regular, reasonable, replicable routines and rituals that recharge us and help us burn bright instead of burning out.

This powerful resilience program is for leaders at all levels of an organization looking for ways to more effectively manage their energy and create conditions for greater proficiency. Top performers understand the importance of engaging in a series of small, reinforcing behaviors which allows efficiency in managing energy and productivity.

BURN BRIGHT: The Resilience Advantage provides 12 hours of learning over 4 weeks:



THE COURSE

Burn Bright: The Resilience Advantage program helps your leaders approach their energy and performance with a new mindset and invigorated toolset. Each week, participants will complete multiple lessons designed to encourage engagement and interaction.

ENGAGING CONTENT DELIVERED IN A VARIETY OF WAYS

Listen & Think Videos:

3-7 minute instructional videos on lesson topics.

Personal Reflection:

Learners take a moment to reflect on aspects of the video lessons within their own personal context.

Open Discussion:

Deepen your understanding of and insight into the content through open dialogue leveraging the power of social learning.

Burn Bright Booster:

Downloadable resources to boost your resilience practices outside of the course.

Burn Bright Bonus:

CCL-provided and learner-shared, these links drive participants to take a deeper dive into the lesson topics.

COLLABORATIVE LEARNING AND GUIDED FACILITATION

Learn Together

The program is designed for learners to collaborate and interact. Independent & small group activities provide a more intimate context for learning & gaining personal insights.

Guide by Your Side

A leadership expert serves learners to inspire, engage, & facilitate the exchange of ideas. Through the use of self-reflection & discussion, participants gain an understanding of strengths & opportunities for growth.

BUILT-IN OPPORTUNITIES TO PRACTICE AND REFLECT ON NEW IDEAS AND TECHNIQUES

Burn Bright: The Resilience Advantage closes each week with participants working on their **Burn Bright Blueprint**, designed to capture key takeaways and next steps. This reflection exercise culminates in a long-term, actionable plan for development as an end-of-course takeaway.

REIMAGINE LEARNING

This tactic-rich resilience course will help your organization build teams of engaged, motivated, and recharged leaders who more regularly bring their best selves to what they do – at work and beyond. The course uses peer connection and gamification to engage participants.

REIMAGINED ONLINE EXPERIENCE:

An instructional design framework designed to be highly engaging and grounded in content that is real-world and authentic.

RICH INSTRUCTIONAL MODEL:

Featuring interactive learning activities including video, skills practice, and reflective journaling.

SOCIAL AND COLLABORATIVE:

Learners thrive in an environment where they can learn from one another and discussion threads add the power of social learning.

ENGAGING AND PERSONALIZED:

The Impact Meter is a gamified measure of participant engagement (with the course content and with fellow learners) that also engenders friendly competition among members of a learning group.

SHAREABLE/ SAVABLE:

Learners are able to capture content such as snippets of video transcripts, share content such as applicable articles, and save all their key highlights in a personalized notebook of course takeaways.

SECURE AND CONVENIENT LEARNING:

Participants can safely discuss personal topics and learn from a network of peers without leaving their workspace.

This approach to learning online has been shown to boost both engagement and completion rates compared with traditional online learning formats.



ABOUT CCL

Center for Creative Leadership (CCL) has leveraged the power of leadership to transform individuals, teams, entire organizations, and societies to achieve what matters most to them — with results that are powerful, measurable, and enduring. Their innovative solutions are steeped in extensive research and experience gained from working with tens of thousands of organizations and more than a million leaders at all levels around the globe.