# LEADERCAMP



|  |
| --- |
| ABOUTPhoto of Merri LemmexMERRI LEMMEXMerri has over 35 years in the training industry, beginning with the development of technical training programs and expanding to include design, development and delivery of regulatory training and management skills courses.Her clients include Corel Systems, the Canadian Medical Protective Association, Duke University, GlaxoSmith Kline and neuroLanguage. Merri’s experience has focused on the high-tech industry, clinical research and medical organizations, and government departments at all levels.In addition, she has owned and operated three businesses, and is an experienced manager in training and personnel management of large organizations. Merri has spoken at over 20 conferences within Canada. Merri holds a master’s in Business Administration degree with a concentration in Project Management. |

## BECOMING THE RESILIENT LEADER

WITH

MERRI LEMMEX

APRIL 24, 2025

Many people in leadership roles are striving to become more resilient leaders. But, what exactly defines a resilient leader, and can you become one?

****A resilient leader balances several different aspects of their professional and personal lives. They must be adaptable, emotionally intelligent, and good at making decisions under pressure, while also recognizing the importance of looking after their own mental and physical well-being. They must be confident and skilled in how they communicate, and at the same time, they need to have a high tolerance for uncertainty. They must be agile and ready to quickly adapt to new circumstances and shifting priorities.

Leadercamp participants, under the guidance of Merri, can embark on a journey towards becoming resilient leaders, equipped to thrive in dynamic and demanding environments.

### PARTICIPANTS WILL:

* Learn about the 4 core areas of resilient leadership.
* Learn what it takes to become a resilient leader, and what steps they can take to strengthen their resilience.
* Explore the 5 pillars of resilience, and how to develop themselves in these areas.
* Gain insight into 8 key practices designed to increase resilience in their personal and professional lives.
* Create a personal plan to develop and improve their resilience.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about **Merri Lemmex**, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***BECOMING THE RESILIENT LEADER***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

What are the 4 core areas of resilient leadership that you have learned about during Leadercamp?

How do you define a resilient leader based on what you have learned, and what steps can you take to strengthen your own resilience?

Can you identify and explain the 5 pillars of resilience and how you plan to develop yourself in these areas?

****Which of the 8 key practices for increasing resilience resonated with you the most, and how do you plan to incorporate them into your personal and professional life?

What aspects of your personal plan to develop and improve your resilience do you find most challenging, and how do you intend to overcome these challenges?