



@ASK Training
Attitude | Skills | Knowledge



LEADERSHIP RESILIENCE

Course **Synopsis**

The Leadership Resilience course is designed for public service leaders and senior professionals seeking to strengthen their capacity to lead effectively under pressure.

Through a blend of conceptual frameworks, case studies, and practical tools, participants will explore how to build personal, team, and organisational resilience in complex and high-stakes environments.

The course draws on Singapore's public sector ethos and governance context, equipping leaders to navigate volatility, maintain ethical clarity, and foster sustainable performance across agencies.

Course **Details**



Course Duration

2 Days | 9.00am - 5.00pm



Course Code

ASKLRE



Course Fee

\$1500.00 (excluding GST)



Course Venue

Hotel



Course Dates

[Course-schedule](#)

Contact Information:

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Our Training Venues:

8 Jurong Town Hall Road
#27-01 The JTC Summit
Singapore 609434

10 Anson Road
#06-11 & #34-08 International Plaza
Singapore 079903

Course Objectives

1. Strengthen personal and organisational resilience

Apply psychological, physical, and strategic practices to enhance individual stamina and institutional adaptability in the face of uncertainty and change.

2. Build cross-agency leadership capacity

Develop collaborative approaches and decision-making agility to lead effectively across departments and sectors, especially during crises or policy shifts.

3. Lead resilient teams with psychological safety and diversity

Foster trust, inclusivity, and shared purpose within teams, enabling them to adapt, recover, and perform consistently under pressure.

4. Design and commit to a personal resilience strategy

Create a tailored action plan that integrates resilience into daily leadership routines, aligns with organisational goals, and supports long-term wellbeing and effectiveness.

Learning Units (LU)

- LU1 – Principles of Leadership Resilience
- LU2 – Resilience Strategies and Practices
- LU3 – Building Resilient Teams
- LU4 – Creating Your Resilience Strategy