

Is your organization challenged by compromised performance, turnover, low morale or trauma?

Delivering Resiliency 2.0®



Greenleaf Integrative Strategies, a physician-led firm based in Arlington, VA, designs resiliency training for today's workforce and delivers it to organizations that operate under challenging conditions. Resiliency 2.0® is a unique methodology based on the latest neuroscience. We use it to teach individuals to think and act differently in the face of overwhelming stress, thereby enabling workforces to perform more effectively.

We offer a *demanding environment practice* and a *high threat practice*. Both fully support leadership and staff through expert-led seminars, distance learning, and audio-visual products.

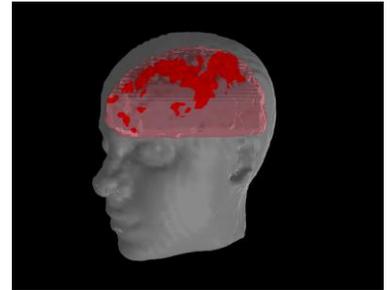


Photo courtesy of Jonathan D. Cohen, Ph.D., Princeton Neuroscience Institute & Dept. of Psychology, Princeton University

Greenleaf's Demanding–Environment Practice

For organizations—

- Encountering operational stress in complex missions
- Seeking healthy change management
- Lacking workforce development
- Coping with inadequate resources
- Asking staff to “do more with less”
- Demanding exacting work

Offering Innovation Based on Current Medical Research

Greenleaf's Resiliency 2.0® takes advantage of research findings in neurobiology and psychology during the last 5–10 years and leverages new technologies. Many stress reactions can now be both illuminated and modified due to an enhanced understanding of cortical and subcortical processes. We use this foundation of knowledge to build resiliency competencies including *situational awareness*, *self-regulation*, and *cultural leadership*.

Self-Regulation.

Keeping reactions to stressors within a healthy range.

Situational Awareness.

Using reality-based contextual cues when perceiving, interpreting, and predicting events.

Cultural Leadership.

Modeling and promoting workforce resiliency.

A Field-Tested, Evidence-Based Approach

- A proprietary behavioral medicine approach proven far more effective than traditional training.
- Training methods developed and tested over a decade — originating with first responders and helpers in New York City following the 9/11 attacks.
- Over 500 trained in resiliency, enhanced communication, and other techniques since 2008.
- Extensive experience as a U.S. government prime contractor and program manager.

Customizing Solutions for a Diverse Clientele

We offer *workforce assessment*, *differentiated programs*, and *customized methods*. We tailor interventions to the challenges inherent in various staff roles, task requirements, and organizational contexts while speaking to diverse cultures, cognitive styles, and capacities. Our wide range of instructional methods ensures that every individual takes something practical away from our interventions.

Case Study — Resiliency Training for the Office of Personnel Management

Course Participant Needs

Participants from 15 agencies reported resiliency challenges such as:

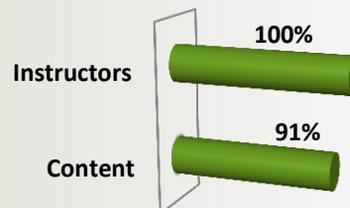
- High operational stress
- Shrinking resources
- Hiring freezes
- High staff turnover
- Shifting priorities
- Pressure to perform
- Shifting priorities and changing leadership.

Our Deliverables

- A three-day residential course at the Eastern Management Development Center.
- Extensive training in practical approaches to Situational Awareness, Self Regulation, and Cultural Leadership.
- Participant access to an online portal for self-monitoring and a CD-based guided resiliency tool.

Feedback

Participants give Resiliency 2.0® positive reviews across the board.



Source: Course feedback survey, November 13-15, 2012, 23 participants. Percentage who agreed or strongly agreed that the training was effective.

This course was different from what I expected and more focused on actually learning techniques that will help me maintain balance to be able to better address the daily challenges I face in my daily work life. A pleasant surprise! —Training Participant

Greenleaf has trained staff and/or leaders up to the Mission Director level at the following federal entities:



Agency for Int'l Development



Department of Agriculture



Department of Commerce



Department of Defense



Department of Energy



Dept. Health and Human Services



Department of Justice



Nat'l Aeronautics and Space Administration



Department of Transportation



Department of State

Corporate Information and Key Contacts

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