

## BUSA90516 Resilient Leadership

<b>Credit Points:</b>	6.25
<b>Level:</b>	9 (Graduate/Postgraduate)
<b>Dates &amp; Locations:</b>	2016, Parkville This subject commences in the following study period/s: July, Parkville - Taught on campus.
<b>Time Commitment:</b>	Contact Hours: 16 hours Total Time Commitment: 85 hours.
<b>Prerequisites:</b>	None
<b>Corequisites:</b>	None
<b>Recommended Background Knowledge:</b>	None
<b>Non Allowed Subjects:</b>	None
<b>Core Participation Requirements:</b>	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Commonwealth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Overview, Objectives, Assessment and Generic Skills sections of this entry. It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this course are encouraged to discuss this matter with the Student Equity and Disability Support Team: <a href="http://www.services.unimelb.edu.au/disability/">http://www.services.unimelb.edu.au/disability/</a>
<b>Contact:</b>	<b>Melbourne Business School</b> T: +61 3 9349 8788 E: <a href="mailto:programs@mbs.edu">programs@mbs.edu</a> ( <a href="mailto:programs@mbs.edu">mailto:programs@mbs.edu</a> ) W: <a href="http://mbs.edu/education-development/execeducation/specialist">mbs.edu/education-development/execeducation/specialist</a> ( <a href="http://mbs.edu/education-development/execeducation/specialist">mbs.edu/education-development/execeducation/specialist</a> )
<b>Subject Overview:</b>	<p>Economic uncertainty on a global scale means today's business environment is constantly evolving. Organisations face frequent setbacks and fresh challenges. Leaders are required to adapt rapidly to change, manage setbacks constructively and successfully handle adverse events.</p> <p>Resilience is the ability to function at normal and healthy levels in the face of adversity. It is more than simply 'bouncing back', it is the capacity to maintain growth through hardships and emerge from challenges stronger than before.</p> <p>Resilient Leadership equips you with practical tools and strategies for successfully guiding your organisation through difficult times. You will be able to recognise neurobiological responses to stress, understand how thoughts affect emotional reactions and develop key coping strategies for yourself and others.</p>
<b>Learning Outcomes:</b>	On successful completion of this program, participants should be able to: <ul style="list-style-type: none"> <li># Understand crucial factors in resilience for leadership</li> <li># Use specific tools to assist in the development of a challenge mindset</li> <li># Explain the effects of stress and understand appropriate behaviours and coping strategies.</li> <li># Explain how a team can employ strategies that increase human capital and enable them to tackle challenges constructively.</li> <li># Understand how to respond effectively to difficult leadership situations that make healthy attributions that promote emotionally competent responses.</li> <li># Develop some resilient behaviours necessary to lead a team</li> </ul>
<b>Assessment:</b>	250 word Reflective diary completed toward the end of the second day (30 minutes); delegates to note down the two key ideas from the preceding two days that resonate most with their current challenges and to explain the reasons for these to a learning partner (with the partner to

	reciprocate). Due end of second day (10%). A 2000 word essay analysing an adverse life event and applying the learned concepts of resilience. Due four weeks after end of program (80%) 250 word Executive Summary that translates the key insights from the essay into a format that is compelling for board/executive-level colleagues. Due four weeks after end of program (10%).
<b>Prescribed Texts:</b>	A study guide with readings and cases will be provided before the commencement of the subject.
<b>Breadth Options:</b>	This subject is not available as a breadth subject.
<b>Fees Information:</b>	Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>
<b>Generic Skills:</b>	<ul style="list-style-type: none"> <li># Critical thinking and problem solving skills</li> <li># Self-reflection skills and emotional intelligence</li> </ul>
<b>Links to further information:</b>	<a href="https://mteliza.mbs.edu/Management-Leadership/Specialist-Certificates">https://mteliza.mbs.edu/Management-Leadership/Specialist-Certificates</a>
<b>Related Course(s):</b>	Specialist Certificate in Leadership