



**Workshop Title: "Bend, Don't Break: Exploring Resilience and Resistance"**

*Dive into the ocean of possibilities, where resistance and resilience coexist in the face of unpredictable circumstances.*

**Facilitators:** Eveli Karner (Estonia) & Liga Paulina (Latvia)

**Duration:** 180 minutes

**Offered Twice:** Yes

**The goal of the workshop is to explore the following**

Step into an engaging and thought-provoking exploration of resilience and resistance—two forces that shape our ability to navigate uncertainty. In this workshop, participants will have the space to reflect on both the personal and professional dimensions of resilience and resistance, understanding their interplay and real-world application.

The concept:

- What does it mean to be truly resilient? And what is resistance at all?
- What factors shape resilience—age, culture, religion, folklore, historical background?
- Is resistance merely resilience's "ugly sister," or is it a sign of true strength?
- How does resistance and resilience shift when facing the same challenge in different contexts?
- How do resilience and resistance show up in client work, and how can we distinguish between them?

In this workshop, we'll explore these questions and more. In today's fast-paced world, we encounter short-term uncertainties—such as economic instability, rapid technological changes, job market fluctuations, and political shifts—as well as long-term unknowns like AI advancements, climate change, and generational transformations. We often find ourselves caught between resisting change and the pressure to be resilient. Understanding resilience as a continuous process rather than a fixed trait allows us to recognize when to stand firm and when to adapt. This workshop will provide insights, tools, and strategies to navigate this delicate balance.

**Learning Outcomes**

By the end of this workshop, participants will:

**1. Deepen Their Understanding of Resilience and Resistance.**

Gain insight into the fundamental differences, interconnections, and manifestations of

resilience and resistance in both personal and professional settings.

## **2. Develop the Ability to Identify Resilience and Resistance in Real-Time**

Learn to recognize when they are demonstrating resilience versus resistance, enabling more effective decision-making and emotional regulation.

## **3. Acquire Tools for Balancing Flexibility and Strength**

Develop practical strategies to strike the right balance between adapting (bending) and standing firm, especially in challenging situations.

## **4. Apply Resilience and Resistance in Work and Client Interactions**

Learn how to use these concepts to enhance leadership, teamwork, and client interactions, fostering a more balanced approach in high-stress environments.

The workshop integrates insights from contemporary research and interdisciplinary studies, examining how biological, environmental, social, cultural, and technological factors influence resilience. During the workshop, participants will be using various sensory ways to explore resistance, resilience and its key resources while working both with materials as well as body/breath to exploring the topics.

### **Facilitator Profiles**


#### **Eveli Karner (Estonia)**

With over 25 years of experience in leading teams, processes, and projects across private, public, and non-governmental sectors, Eveli is an ANSE (Association of National Organisations for Supervision in Europe) certified coach and supervisor. She has worked extensively with teams in healthcare, telecommunications, finance, and IT.

Eveli is passionate about fostering openness, transparency, and meaningful change, particularly in volatile and uncertain environments. She specializes in agile coaching, continuous improvement, and feedback/feedforward methodologies.

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#### **Liga Paulina (Latvia)**

With over 20 years of experience in legal and administrative leadership, Liga specializes in guiding organizations through complex change, strengthening decision-making processes, and empowering leaders and teams to drive strategic growth. Her expertise spans human behavior, resilience, and adaptive leadership.

Liga is a coach and supervisor certified by the International Supervision and Coaching Institute (Tallinn, Estonia).

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