

# STRAMMER

## STRAMMER talk: Resilience in Business

In this talk, Kris Perquy shares his insights into one of the most relevant topics in leadership today: resilience. Managers are currently facing an ever-increasing complex environment within their organization, their providers/clients and their teams. Transition into new roles often involves hurdles and uncertainty. Managers and coaches will be required to deal with pressure on people and on teams in an effective way. Resilience appears to be a proving step to achieve better results within the team and its individuals and address this pressure. Some solutions come from focusing on the level of optimism among people and helping them to balance their heavy workload with effective recovery strategies. Kris will share the results of a recent scientific research about Resilience (e.g. how to avoid the generosity burn-out) and he will address practical strategies to improve your own resilience as a manager and as team leader.



Kris Perquy is business manager for talent management solutions in Europe and he works as an executive coach of high performance teams at STRAMMER, a leading player in talent acquisition (Top Management and Middle Management), talent management and outplacement in Life Sciences. STRAMMER has created the Full Talent Solution®, a unique, cutting-edge offering that provides life sciences clients with integrated business HR solutions to meet their needs and impact their organizations.

Kris has gathered an extensive experience with managers and executives in local mid-sized companies and large international organizations (private and public sector). Clients value his expertise in high-level assessment and development centers, individual coaching and team coaching. Since 2005 he combines this consultancy work with a parallel business track in sport psychology. In this role as mental coach, he supports athletes, coaches and teams to prepare for top performance and he helps sport clubs and federations to develop their expertise in sport psychology. Kris graduated from Organizational Psychology from University of Ghent.