

# RESILIENT (CYBER) LEADERSHIP PROGRAM

Strong leadership. Clear decisions.  
Resilient organizations.



**Have you ever felt tired or overwhelmed by the daily challenges of your professional or private life?**

**No? Then that's good for you.**

However, studies show that the majority of our society faces such challenges at least once in their lives.

To ensure employee productivity and thus the long-term success of an organization, managers are more than ever required to strengthen resilience at all levels.

Our unique leadership program combines personal development and organizational understanding and empowers participants to implement a resilient security culture – with a focus on cyber risks and wellbeing.

## THE THREE PILLARS OF THE PROGRAM (SEE GRAPHIC):

### KNOW YOURSELF Your Resilience Superpowers

1

- Mastering interpersonal influence
- Stress Management
- High Performance Management
- Resilient Breathing
- The Power of Body Language

### KNOW YOUR TEAM Multiply Resilience

2

- Work-related wellbeing: Productivity boost
- Leading in Crises
- Unlock synergies – improve cost-efficiency

### KNOW YOUR ADVERSARY Threat Resilience

3

- Threat Landscape Analysis
- Insider Threat Phenomenon
- Social Engineering Serious Game



## Who is the program for?

For decision-makers and executives with responsibility in the areas of strategy, security, health, and finance—in particular:

- C-level executives and division managers
- Those responsible for IT security and corporate security
- Heads of HR, occupational health management, and transformation

## What are my benefits?

- Strengthen personal resilience and develop leadership skills
- Holistically increase the organization's cyber resilience
- Leverage budget efficiency through smart synergies

**Leadership starts with you.  
Resilience, security, and impact do too.**

The DRMUHLY training program equips you and your organization with the knowledge, attitude, and tools needed in today's world.

Our modules are practical, scientifically sound, and effective where other formats fall short—in real behavior, thinking, and human security.



## YOUR BENEFIT AT A GLANCE



### **Holistically strong:**

You develop your personal resilience—mentally, strategically, and communicatively.



### **Efficient management:**

You create synergies between health, safety, and budget responsibility.



### **Make future-proof decisions:**

You will identify risks earlier, act with greater confidence, and strengthen your organization in the long term.

## YOUR NEXT STEP:

➤ **Contact us**

We would be happy to create a customized training concept for your managers—tailored to your needs, target group, and objectives.

**Whether as individual modules or as a holistic leadership program:** We would be happy to advise you personally on our Resilient (Cyber) Leadership Program.

**Inquire now, shape the future.**

**DRMUHLY. - YOUR RESILIENCE. MY MISSION.**

## CONTACT

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