

# Bounce forward with a smile

What happens when employees face adversities and challenges? Do they succumb to fear or leap into adventure? In this keynote, Avi Liran equips individuals and organisations with the tools to turn challenges into opportunities, problems into solutions, and overcome these hurdles. Through practical strategies, case studies, and personal anecdotes, Avi will help you find humour in the face of setbacks, celebrate progress, and cultivate a sense of ownership, no matter the obstacle.

**Keynote:** 60, 75, 90 mins + Q&A  
**Workshop:** 0.5 - 1 day or 2 days

**# participants:** Unlimited  
**# participants:** 5 to 60 pax.

## Who is this for?

Bounce Forward with a Smile is tailored for anyone looking to strengthen their resilience, from front-line teams to executive leadership.

## Why your organisation needs this?



### STRENGTHEN RESILIENCE

Learn to navigate setbacks with a positive outlook.



### ENCOURAGE GROWTH

Find opportunities for improvement amidst challenges.



### ENHANCE PERFORMANCE

Practical optimism as a tool for boosting productivity.

“ Lots of wonderful learning, lots of laughter and smiles between bull fighting, zombie attacks, yam sengs and smelling flowers. What an unique way to building muscles towards greater resilience in an increasingly VUCA and Bani world. ”

**Howie Lau How Sin,**  
Chief Corporate Development and Synergy Officer & Greater China business



“ Avi weaves his contagious message of love and hope in a discussion of personal values. We came out a stronger team. ”

**Elmar Lutter,**  
President & CEO



“ The energy Avi brought to the room was contagious, so was his genuine passion for helping individuals unlock their full potential. ”

**Chetak Buraria,**  
Global Head of Commercial Excellence



[www.AviLiran.com](http://www.AviLiran.com)



[Team@DeliveringDelight.com](mailto:Team@DeliveringDelight.com)



+65 8753 7090

**Avi Liran**  
Delivering Delight

# The Keynote: Learn Practical Resilience Strategies

- **Release Frustrations:** Vent your emotional pain and shed negative thoughts. Steer clear of blame and shame. Switch to a solution mindset, sparking creativity and enriching relationships.
- **Focus on solutions:** Fall in love with the problems. Embrace challenges and transform adversities into opportunities.
- **Speak to Their Heart:** Instead of reacting impulsively, choose to connect with the other person's heart. This act of grace inspires kindness and brings out the best in all of us.
- **Find the Funny:** Lightening up during tough times eases burdens for everyone. It helps to dissolve negative vibes, fosters a spirit of goodwill, and lifts everyone's spirits.
- **Smile Amid the Adversity:** Elicit the release of the natural stress-relievers and mood-lifters neurotransmitters like endorphins and serotonin to uplift well-being.
- **Celebrate Progress Amid Failure:** Appreciating efforts and progress in the face of failure fuels motivation. It encourages a culture of taking risks, rapid learning, and persistent trying.
- **Taking Ownership:** Taking responsibility for our mistakes and the hurt they cause, creates space for everyone to heal, rebuild trust, and recover relationships.



# BOUNCE FORWARD WORKSHOP

1

## PRIMING

Developing healthy tiny habits that energize the day and bring perspectives. The Blessed and grateful mindset.  
(The Fairies Bridge)

2

## EMBRACE NEUROPLASTICITY

Evolve rather than change. Be open, agile, flexible and break patterns that do not serve you anymore.

3

## DESTRESS

The power of genuine smile, laughter, playfulness, and movement to reduce stress, boost metabolism, and transform physical and mental well-being.

6

## MANEUVER

Deflect your biggest hurdles like an Aikido warrior, disarm their disruptive force, and ultimately lead them to a place of resolution.

5

## DARE

Dare to feel the fear and deal with it constructively. Challenge limiting beliefs. (Think, Feel, Do Model and Dare to Ask)

4

## RELEASE

Vent out your frustration so you can release the excess pain and shift your energy toward recovery, healing and finding solutions.

7

## FAIL FORWARD

Build agility and a growth mindset through this cycle of adaptation. Fail fast, learn rapidly, apply learnings, and retry with joy.

8

## THE VUCA CHALLENGE

Fail your way to refine your communication skills and discover a powerful effective mindset for navigating VUCA-BANI situations.

9

## SUPPORT

Offer unwavering support and courageously seek help, discovering the therapeutic power of mutual aid and the willingness of others to help.



# 21 RESILIENCE TOOLS

<p>1. Release</p> 	<p>8. Smile</p> 	<p>15. Maneuver</p> 
<p>2. Talk to the Heart</p> 	<p>9. Laugh</p> 	<p>16. Bounce Forward</p> 
<p>3. Find the Funny</p> 	<p>10. Pause</p> 	<p>17. Dare to Ask</p> 
<p>4. Celebrate Progress</p> 	<p>11. Equalize</p> 	<p>18. Align Expectations</p> 
<p>5. Own It</p> 	<p>12. Overcome Fear</p> 	<p>19. Follow the Problem</p> 
<p>6. Prime Yourself 1</p> 	<p>13. Accept</p> 	<p>20. Ego's Diet</p> 
<p>7. Prime Yourself 2</p> 	<p>14. Relax! AAA</p> 	<p>21. Ask for Help, Give Support</p> 



I suspect that my interest in appreciation started during childhood. My mom complained about our tiny home, so they worked harder and took on an additional mortgage to buy a much bigger place. During the moving my father collapsed with a brain stroke and died. For years, I heard my mom cry at night, saying, "I was happy, but I did not know it. I wish I could go back to the old shoe place and have my beloved husband back.

If you're looking for a typical speaker or trainer, I'm probably not your guy. But if you're up for a mix of emotional connection, rigorous research-based insights, captivating storytelling, corporate wisdom, cultural flavor, and a good dose of smiles, we'll get along just fine. My goal? To inspire fresh thinking and spark meaningful action that brings out the best in humankind.



**Dynamic and Entertaining Speaker**



**Insightful Storytelling Powered by Data**



**Proven Expertise in Leadership and Team Building**



**Meaningful Takeaways with Actionable Strategies**



**Delightful to Work with**

**TECHNOLOGY**



**FINANCIAL SERVICES**



**TELECOMMUNICATIONS**



**HEALTHCARE & PHARMACEUTICAL**



## CONSUMER & RETAIL



## HOSPITALITY & TRAVEL



## ENERGY, ENGINEERING & INDUSTRIALS



## PUBLIC SECTOR



## EDUCATION



## OTHER INDUSTRIES SERVED

