

BUILDING RESILIENCE

Create more effective, sustainable teams through more resilient individuals

Organisations today are dealing with change at an unprecedented pace, driven by increasing complexity and market pressures. Issues related to productivity, overwork and burnout are being exacerbated by remote working and isolation. Leaders and team members need to find ways to build their own resilience and help build resilience in others, in order to maintain both productivity and wellbeing.

Build your team's ability to respond to and manage increasing pressure and stressors through this practical, inclusive workshop.



Workshop Content

This workshop provides participants with insights into their own approach and strategies for building and maintaining resilience. Utilising tools and techniques based on the latest research in psychology and neuroscience, participants learn practical strategies and discover tools to help develop resilience.

This workshop can be run as a half day or full day to include aspects of managing through change. A recommended optional addition* is the PR6 Personal Resilience Assessment Tool which provides individuals with a full personal resilience report to help guide their own development.



Learning Outcomes

Upon completion of this workshop, participants will be able to:

- Consider the context of the current environment and its impact on wellbeing and resilience
- Understand the importance of resilience as a way to achieve wellbeing and personal success
- Recognise how resilience can impact on individual performance in the workplace
- Understand the six domains of resilience and how they work together
- Leverage practical tools to understand and build team resilience
- Use resilience to assist in times of extreme stress and periods of change
- Create a plan for developing individual and team resilience



Recommended Audience:

Individuals or teams undergoing or anticipating work-related stress or challenges. Or those seeking to build capability to manage through adversity and change



Delivery:

Face to Face or Virtual

Options:

PR6 Personal Resilience Assessment Tool*

*At additional cost



Course Duration:

Half or Full day



No. of attendees:

12

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