

BUILDING RESILIENCE



Create more effective, sustainable teams through more resilient individuals

Organisations are dealing with change at an unprecedented pace. Driven by increasing complexity, market pressures and agile working environments, issues related to productivity, overwork and burnout are common. 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 approach and strategies for building and maintaining resilience. Utilising tools and techniques based on current 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 and leading 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
- Understand the importance of resilience as a way to achieve wellbeing and personal success
- Recognise how resilience can impact individual and team performance
- Understand the six domains of resilience and how they work together
- Leverage practical tools to build team resilience
- Create a plan for developing individual and team resilience



Recommended for:

Individuals or teams undergoing or anticipating work-related stress or challenges, 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



Workshop duration:

Half or full day



No. of attendees:

12

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