

Strengthening Resilience

Full-day workshop for teams

“The secret to change is to focus all of your energy, not on fighting the old, but on building the new.” - Socrates

In our rapidly changing world, organisations need employees who are agile and resilient, able to navigate major changes and disruptions. Resilience skills help staff to:

- cope well during change
- remain productive under pressure
- bounce back from stress
- manage uncertainty and transition
- thrive on challenge.

ABOUT THE TRAINING:

Umbrella's *Strengthening Resilience* workshop focuses on resilience tools for individuals and teams which support their wellbeing both at work and in their personal lives. The workshop anchors on the five core, evidence-based building blocks of resilience. This approach ensures that there is always something for everyone.

We translate the science of resilience into practical tools, and ensure participants have actionable plans that fit them to implement straight away after the workshop. Our follow-up emails provide ongoing prompts to maximise participants' transfer of learning from the workshop into their lives.

WORKSHOP OBJECTIVES:

1. Understand the key building blocks that enhance resilience.
2. Establish effective habits for improving physical and mental wellbeing.
3. Learn flexible thinking skills to help stay solution-focused and hold the big picture – even when under stress.
4. Boost performance by utilising effective tools to recover from busy workloads, including the best physical and mental recovery strategies.
5. Review the best tools for maintaining positive wellbeing, and for experiencing more positive emotion (which strengthens resilience under pressure).
6. Learn skills for improving interpersonal relationships.
7. Connect to motivation, meaning and purpose.
8. Write a personal action plan for ongoing practice of resilience skills, post workshop.

Umbrella has worked in collaboration with a wide range of organisations delivering resilience training to thousands of employees. The workshops are facilitated by Umbrella's experienced psychologists who hold a high level of expertise in mental health and wellbeing.

“The Resilience work that Umbrella tailored for us was right on the mark. We are a business built on our people and to have them skilled with tools and techniques they can use multiple times a day has been transformational.”

– Inside Recruitment – Troy Turner, Managing Partner

Full-day (8 hours) - Up to 12 people - Investment \$6000 (+GST) Includes Wellbeing Pulse.

FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:

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