

# BUILDING RESILIENCE



Delivery:  
Face to face or Virtual  
Optional: PR6 Personal  
Resilience Assessment Tool\*



Duration: Half or Full day



Maximum Participants: 12



Recommended for:  
Individuals or teams  
undergoing or anticipating  
work-related stress or  
challenges – and those  
seeking to build ability to  
manage through adversity  
and change



Fully Pre-qualified on:  
buy.nsw Supplier Hub,  
VendorPanel and AusTender

## Create more effective, sustainable teams from more resilient individuals

Organisations today are dealing with change at an unprecedented pace, driven by the current health crisis, increasing complexity and market pressures. Issues related to productivity, overwork and burnout can be 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.

### 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 program 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

- Understand the importance of resilience as a way to achieve wellbeing and personal success
- Recognise how resilience can impact on 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

### DEVELOP YOUR OWN STRATEGIES FOR RESILIENCE

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

### NSW CAPABILITY FRAMEWORK ALIGNMENT

- Personal Attributes
- Relationships
- Results

### RELATED WORKSHOPS ALSO AVAILABLE:

- Building Engaged and Effective Teams
- Leading and Managing Through Change
- Communication Skills

“ Provided a much needed focus on  
managing work and home stress. ”  
Department of Communities and Justice