

BUILDING RESILIENCE AND AVOIDING BURNOUT



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 the ability to manage through adversity and change



Fully Pre-qualified on:

buy.nsw Supplier Hub, VendorPanel and AusTender



Create more effective, sustainable teams

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 resilience and help build resilience in others, to maintain both productivity and wellbeing.

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 their resilience.

This program 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 development.

LEARNING OUTCOMES

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

- Consider the context of their 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

DEVELOP YOUR 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 and Leading Engaged and Effective Teams
- Leading and Managing Through Change
- Effective Communication Skills

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