

RESILIENCE PROGRAMME FOR LEADERS

HELPING YOUR LEADERS TO THRIVE NOT JUST SURVIVE

Resilient Leader is a science-backed programme which develops the skills and habits that build resilience, adaptability, emotional & social intelligence and enable leaders to lead themselves and others.

Through these essential mental, emotional and social skills leaders are able to maintain wellbeing, boost engagement and drive performance.

We Help Leaders To Reduce Stress, Increase Wellbeing And Unlock Performance

We've been transforming leaders with the power of resilience skills since 2013. Our programme uses a set of universally applied concepts that can be used 'in the moment' to transform how people think and behave. A game-changing programme with results that speak for themselves. Typically we see results like:

66%

Decrease in stress

35%

Reduction in attrition

32 mins

Increase in productivity per person per day

8%

Increase in engagement

* Based on 10 years of data and measured using validated tools

The Resilient Programme Consists Of:

8 Bite-sized Modules

Facilitator-led training, delivered remotely or face-to-face over 12.5 hours.

62+ Resilience Skills

That can be used in the moment to address multiple challenges and scenarios. The skills used are infinitely scalable and shareable.

1 App

Instant access to 200+ skills reminder videos, podcasts, blogs & articles to avoid skill fade and consolidate learning.

How Can We Support You?

Since 2013, we've helped hundreds of leaders with significant results in improving:

- ★ Stress and Overwhelm
- ★ Burnout
- ★ Attrition & Absence
- ★ Productivity
- ★ Employee Morale
- ★ Confidence & Belief
- ★ EI & SI development
- ★ Team motivation
- ★ Leading change
- ★ Communication
- ★ Prevent poor mental health
- ★ Develop top talent
- ★ Reduce poor behaviours
- ★ Decision making & problem solving
- ★ Skills to coach others

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MEETING UNFULFILLED NEEDS

Through high impact life skills

The Resilience leader programme meets the unmet needs modern leaders have in today's demanding workplace and has helped transform the lives of 10,000 people already. From Firefighters to Directors of Adult Social Care, from Chief Operating Officers to Customer Service Managers.

Why It Works

Most programmes leave people feeling great in the moment, but without the skills to keep themselves from falling back into old habits, they don't last long. We guarantee:

Actionable, simple to use tools & skills

We create an environment where learning is easily transferred to real life. Avoiding the usual pitfalls of information overload, the "one size fits all" approach.

Evidence-based psychology & neuroscience training

Everything we teach is evidence-based, focusing on positive psychology & neuroscience.

Measurable, data-driven ROI

We continually measure what our clients achieve so you can see changes in participants, organisational outcomes, benefits and ROI.

"The Resilience leader programme made a significant difference to my personal growth and development. It's reduced my stress levels and I gained a much better self-awareness and awareness of the impact my leadership style can have on other people who are different to me."

Rupert – European Head of Compliance – Royal Bank of Canada Wealth Management

Are You Interested? Click Here To Take The Resilience Readiness Test.

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TESTIMONIALS

We're trusted by:



A.S. Watson Group



FEELUNIQUE



Resilience In Action:

Gail Caddell - Deputy Chief Executive

"The impact was immediate. I observed changes in behaviour that surpassed my expectations. The skills are evident in our meetings and on an individual basis. The decision to roll this programme out was supported unanimously."

Shaun Findlay - Managing Director of Les Amis

I liked the way they gave us the skills rather than told us what to do. Everything they did enabled us to successfully implement the changes in our culture that drove us forward. It was important to both myself and the board that any investment was measurable and was visible in our regular engagement surveys.

Jamie G - Managing Director

"The skills I can now utilise fully as a result of this hugely engaging course, enable me to manage my time better, alleviate stress significantly, manage difficult situations positively and learn to prioritise what really matters."

Gail - Head of Fiduciary, International Bank

One of the major advantages of the programme is the access to a suite of very practical tools which actively underpin the leadership model:

1. You anticipate client needs and continuously improve to help them thrive.
2. You quickly adapt to changing circumstances.
3. You know when to push, when to pivot and when to let go.

Dr Helen Miles - Policy Director

I wish I'd attended Resilient Leader earlier in my career. I now have resilience skills that help me deal with whatever situation I am faced with. I'm better equipped to manage stress, solve problems and achieve goals - great experience which made an immediate difference to the way I think about almost everything!

Marc - Operations Manger, Fires Service

Stress & strains become much more manageable. The time that you spend you reap back in planning, preparation and what you need to achieve. If we have the budget to train everyone we wouldn't think twice about it.

J Fox Fiduciary Manager

I've seen a significant change in certain individuals. Change that I would never have expected to see in senior people. Their level of authenticity has increased, and even the language they use is different. That's all down to the Resilience programme.

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LEARNING OUTCOMES

Eight bite-size, high impact modules

1. Stress Less

Learn key skills that lower stress levels in themselves and their teams:

- Learn a set of integrated skills & strategies to reduce stress rather than cope.
- Understand how to reduce social & emotional triggers in both yourself & the people around you.

4. Connection

Learn the skills that build connection and trust in everyday interactions. The team will:

- Learn 6 skills that build greater connections.
- Learn how to make others feel valued and understood in everyday conversations.
- Learn a framework for difficult conversations that maintains relationships.

7. Drive & Direction

The team will understand how to set meaningful goals that are achievable:

- Use a framework to simplify goal setting and increase the chances of achieving meaningful stretched goals.
- Apply self-coaching techniques to help align what they do & think with what they want.

2. Thinking

Explore thinking habits & how they distort experiences. The team will learn how to:

- Step back, uncover hidden perspectives.
- Maintain flexible & balanced thinking to drive performance, well-being & effectiveness.
- Think accurately under pressure.

5. Character Strengths

Discover everyone's signature strengths & how that influences stress, happiness, productivity and connection.

- Learn how to identify & leverage individual signature strengths for engagement, productivity & authenticity.
- Build a strengths-based culture in the team.

8. Bringing it all together

Understand how to apply the strategies and skills to challenges within the team. The team will:

- Reflect on progress made and changes in behaviour.
- Develop a skills-based plan to address common work scenarios.

3. Energy Management

In a world of time and tasks the team will learn how to optimally use their energy:

- Learn the science behind focus and attention.
- Employ strategies for optimal performance, happiness, life balance & avoid burn-out.

6. Resilient Decisions

Turn obstacles into opportunity by solving problems objectively, managing emotions & using creativity & intuition:

- Learn a core process for solving tricky problems.
- Create a means for improving the predictability of results when faced with emotional challenge.

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ABOUT US

Performance, growth & wellbeing - all in one solution

We exist because mental health, employee stress and burnout are at an all-time high and it doesn't have to be that way. Too many people are suffering in silence, and if they had the tools and skills, they'd be able to help themselves reverse the common signs of stress and to become more resilient in the face of everyday pressures.

Our Mission

Is to create a movement that enables people to feel better, live better and work better. To provide people with the resilience skills, resources and support to positively navigate life and work.

Our Vision

Is to cease to exist because our skills are readily available to all and are being taught in schools.

“We are all vulnerable to the same human factors that cause a drop off in us all. If we don't have the skills to be able to mitigate these natural factors they will at some point have a negative impact on our performance, wellbeing, relationships or mental health. This is why we need to train people in these skills.”

Jon Watkins Co-Owner & CEO

Who we help

We've helped a diverse set of individuals, teams, and organisations across multiple industries ranging from FTSE 100 companies, Government, NHS, Charities and SMEs.

We believe that given the right support and advice, building resilience is achievable in anyone. Even if your resources are limited and time is poor, we can always get you started!

Let's chat about your project and how we can help:

Tel: +44 (0) 1534 877319

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**Are You Interested? Click Here To Take
The Team Resilience Readiness Test**

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