

RESILIENCE PROGRAMME FOR TEAMS

HELPING YOUR TEAMS TO THRIVE NOT JUST SURVIVE

Resilient Teams is a science-backed programme that gives your people the essential mental, emotional, and social skills needed to maintain wellbeing, boost engagement, and drive performance.

With our programme, every participant instantly learns usable resilience skills that can be used in the moment and in any combination, making stronger individuals, stronger teams, and stronger organisations.

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

We've been transforming teams 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. Based on 3000 people, our clients, on average see:

60%

Decrease in number of people at risk of burnout

92%

Report living, feeling or working better

27 mins

Increase in productivity per person per day

81%

Increase in the number of people now experiencing low levels of stress

* 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 organisations with significant results in improving:

- ★ **Stress and Overwhelm**
- ★ **Burnout**
- ★ **Attrition & Absence**
- ★ **Productivity**
- ★ **Employee Engagement**
- ★ **Change Readiness**
- ★ **Leadership of Self & Others**
- ★ **Lack of team cooperation**
- ★ **Culture change**
- ★ **Communication & Collaboration**
- ★ **Prevent poor mental health**
- ★ **Develop top talent**

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MEETING UNFULFILLED NEEDS

Through high impact life skills

The Resilience programme meets the unmet needs modern teams 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.

"Putting our team through the programme has been transformative. Giving people the understanding, shared language and tools to build and maintain resilience has resulted in increased engagement levels across our business. We have seen a marked increase in employees telling us that they feel more able to deal with everyday stresses, both in the workplace and in their personal lives, as well as a rise in productivity and collaboration."

David Bailey – COO – Royal Bank of Canada Wealth Management

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

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TESTIMONIALS

We're trusted by:



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."

David Bailey - COO, RBC Wealth Management

The work the Resilience Development Co., has done with employees has improved productivity, engagement and performance but has also helped our people to confidently manage periods of stress and change, both professionally and personally."

Gail - Head of Service - RBC Wealth Management

It has absolutely changed people's lives and I'm very pleased that we made that investment."

Senior Leader - Head of Function - Financial Services

The team can now identify the negative impact of ruminating on difficult aspects of change and how to rewire their negative biases to move forwards. Providing our people with the tools they need to deal with significant levels of change has been fundamental to successfully changing the way in which we work together to build a people-driven and client-focused model for the future."

Ru Gunawardana - Public Sector

Refreshing, insightful, expert and skilfully delivered. This has been the single best investment and gift to moving forwards in an informed and re-invigorated way and, with a spring to my step! Inspiring, enabling, accepting, so very skilful and supportive - thank you so much for being awesome! "

Judging Panel - Business Culture Awards

The outcomes delivered speak for themselves, with marked increases in engagement, productivity and reductions in attrition, anxiety and stress. "

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.

D Hoddinott- Head of Transformation

We saw improvements in engagement levels, talent retention, employee satisfaction & wellbeing. Equating to a saving of over £500k per annum.

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LEARNING OUTCOMES

Eight bite-size, high impact modules

1. Stress Less

The team will learn 11 skills that lowers stress levels in themselves and each other:

- 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

hello@resiliencetraining.co.uk

www.resiliencetraining.co.uk

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