

Resilience

Thriving, not Surviving

Resilience is the ability to bounce back under stress. Life will throw plenty of challenges at your people while they're at work and the aim of our resilience programs is to teach the skills they need to centre themselves in the face of adversity.



Increases in productivity, effectiveness, reduced staff churn, lower absenteeism and greater teamwork all flow into business success. Our Resilience programs address the vital elements of both high performance and enjoyment at work. We help people to help themselves and to keep your business moving forward.

Outcomes:

- Tolerate and overcome adversity
- Centre themselves quickly and with minimal stress
- Help build resilience in others.

The programs are facilitated by qualified psychologists and we have designed a range of options from stand-alone workshops, through to programs that run across the year.

Key elements covered in the programs are:

- **Emotional Resilience:** Mental toughness and the ability to bounce back
- **Mindfulness' and 'flow'** and how to improve performance
- **Positive psychology** and how it impacts performance; why it's good for business, practical application in the workplace
- **Strengths:** The importance of knowing and playing to our strengths
- **Positive relationships at work** and how to foster them.

Book this course if:

You have staff who suffer particularly from stress who would benefit from building their personal resilience, or if generally you would like to experience better staff retention, lower sickness absence, and lower staff turnover rates.



To book, email us

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