

# DEVELOPING RESILIENCE

This program equips emerging and first-line managers with the tools to navigate the obstacles, challenges and stressors of work and every day life.



**kinetik**  
global

**CONTACT US** admin@kinetikglobal.com  
0413 948 771  
[www.kinetikglobal.com](http://www.kinetikglobal.com)

## PROGRAM OUTLINE

This workshop will cover the following topics:



- Why resilience is a key success factor
- Elements that deplete resilience
- Your personal resilience level
- What are your stressors?
- Tools and techniques to build resilience and overcome setbacks
- Leadership techniques that support growth and build resilience

## LEARNING OUTCOMES

After completing this workshop participants will be able to:

- Understand the relationship between resilience, health, mindset and performance
- Identify behaviours that impede our ability to develop resilience
- Understand their personal resilience level
- Identify methods for building resilience
- Utilise critical tools to help manage and navigate their world
- Support employees to develop their resilience

## BENEFITS TO BUSINESS

- In their 2020 'Rising Resilient' Report, AON found only 30% of employees are resilient.
- Building a resilient culture is critical in creating mentally healthy, high performance teams.
- Resilience capability has a positive impact on productivity and performance, along with employee satisfaction, engagement and happiness.

## PROGRAM DETAILS



### COST

\$4,000.00  
(Cost is per program, ex GST)

### PARTICIPANT NUMBERS

15 participants maximum  
(Optimal group size 8-12)

### DURATION

4 hours

### DELIVERY

Digital  
(Delivery via Zoom etc)