

HR AND WELLBEING

Resilience and Dealing with Change

Build the resilience to stay effective and positive through workplace change and pressure.

WHO IT'S FOR

Employees who want to cope with change and pressure and recover faster.

DURATION

1 day, or tailored to your needs

FORMAT

On-site: we come to you, virtual or hybrid.

PARTICIPANTS WILL DEVELOP THE SKILLS TO

- Understand how you respond to pressure and setbacks
- Manage unhelpful thinking and reset your outlook
- Recover your energy and focus after a difficult period
- Stay constructive and adaptable through change
- Draw on support and build strong relationships at work
- Create a personal plan for sustaining resilience

ABOUT THIS PROGRAM

Restructures, new systems and heavier workloads test everyone, and some people find it hard to bounce back. Our resilience training helps participants understand how they respond to pressure and setbacks, and gives them practical ways to recover faster and keep performing. They build habits for managing thoughts, energy and support, and leave with a personal plan for the next time change arrives. Teams leave better equipped to support each other, which makes the whole group more steady in uncertain times.

Tailored to your organisation

We build in the change your organisation is facing and the pressures your people describe, so the program fits their real circumstances.

> "Loved Mechelle's presentation and facilitating style – this course was excellent!

Hub Australia – Ryan

Talk to us about this program

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Enquire online