



Building Resilience



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Thriving in a reality of constant change

Resilience matters!



Global societal crises affect the day to day lives and wellbeing of your people

A global workforce that is becoming increasingly unwell

Significant and ever increasing demands on the resilience of leaders to successfully pivot to sudden business challenges

Resilience to adapt in real time, retain an impetus for growth and sustained performance for new realities

Extensive research provides your organisation with a fresh perspective and blueprint to build resilience , outside of clinical settings, at work



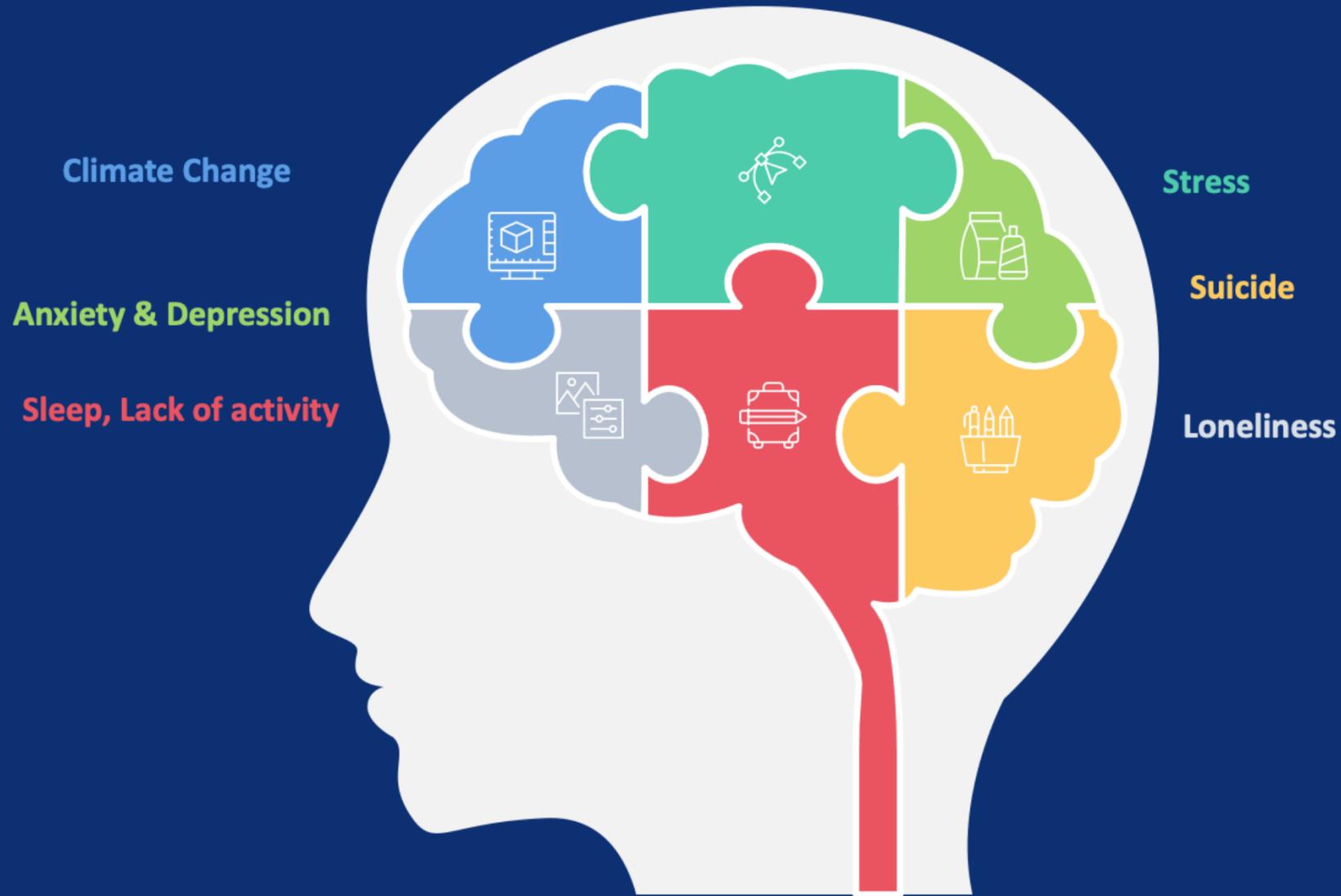


Resilience matters!

For the future, we stand to gain.

The Worlds 3 Billion Workers

Are increasingly unwell & costing + \$trillions in lost productivity



- Increased speed of recovery and agility to changing business needs
- Better leveraging of capabilities to innovate
- Reduced absenteeism, optimised resource allocation, team effectiveness, improved relationships and engagement
- Enhanced or healthier workplace culture
- Enhanced organisational reputation, sustained performance and protected wellbeing

Our universal approach

Measure, adapt & sustain resilience



- Our approach provides a powerful way to grow and sustain resilience and performance at work
- Holistic approach recognising the impact of the dynamic interaction of individuals, leaders and teams on resilience
- Relatable to everyday behaviours, that can be changed
- Scientifically validated measures of workplace resilience
- Quick and easy to administer, taking only 5-10 minutes to complete on-line



What is resilience?

The dynamic capacity to:

- Better manage everyday stress at home and at work
- Master stress, adapt to change and prepare for future challenges in a proactive way
- Strengthen performance whilst maintaining wellbeing over the long term



**Resilience can be learned and developed by anyone over time,
and in face of adverse events.**



The seven components

When leaders strengthen resilience across these seven areas, teams and the organisation emerge stronger, more resourceful and capable of thriving during current and future challenges.



1. Personal values, strengths, good emotional awareness and self regulation
2. Work with purpose, gives a sense of belonging and fits with core values
3. Capacity to reframe setbacks maintain optimism and a solution focus and manage negativity
4. Good home and work self-care routines, time and workload management and a sense of life-work balance
5. Seeking feedback, advice, support and providing support to others
6. Keeping physically fit, maintaining a healthy diet and having good sleep hygiene
7. Developing and maintaining personal and professional networks

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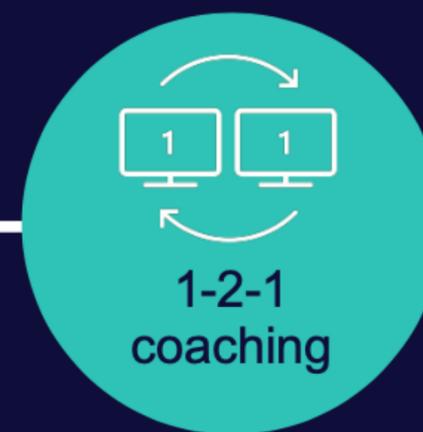
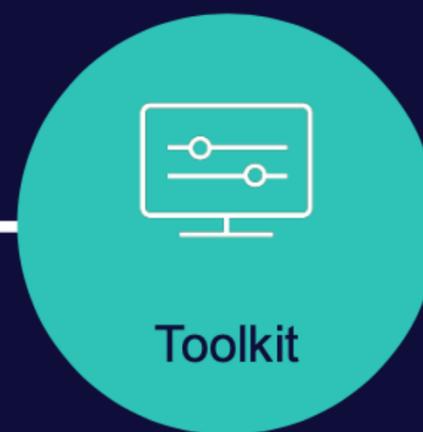


Join us

Develop proven strategies to become 'resilient ready' for what's next

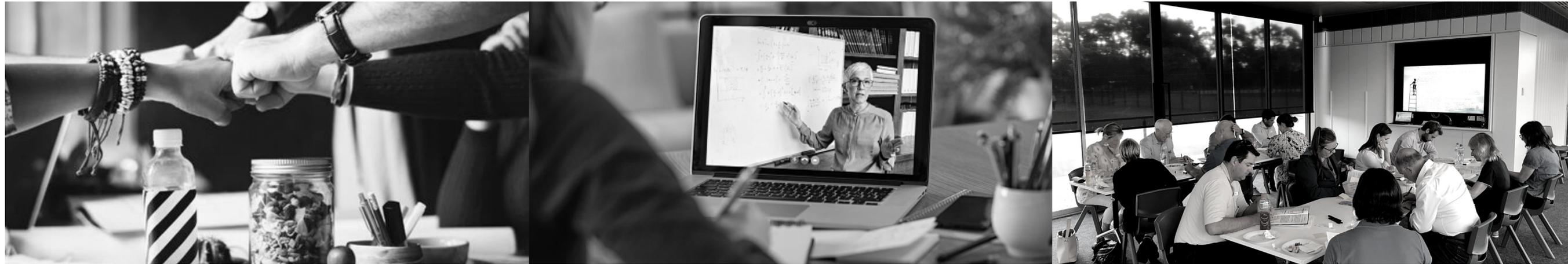
We offer bespoke support directly linked to your unique business context.

We will partner with you to identify and deliver the resilience services for your business goals.



An highly interactive learning journey that is organised into online workshops, a series of webinars, a toolkit with a rich array of practical resources and individual coaching to help your leaders shape a future with rich possibility.

What our clients say



Eve – The University of Adelaide

"I just had to tell you that the seminar this morning was the best one I've been a part of all year (and I've tried to consume everything I can on resilience etc to help me adjust to all the changes that have been happening). The feeling of the presenters was so genuine, and I found it so cathartic and supportive to just be part of a group of people sharing their struggles and the ways that they have found to help overcome them. I also learned some really interesting new things, and am looking forward to flipping through the slides or re-watching the recording to check them out in some more detail."



About PeerThinc



We support individuals, leaders and businesses to develop their people, engage through change and build day to day resilience to thrive in any environment



We are driven to make positive impacts on people, business performance and the community.



PACKAGE OVERVIEW

Individual Resilience PROGRAM offering workshops and webinar series as a package

Workshop

Cultivating Individual Resilience:

- Discover the systemic resilience framework and an evidence based definition of resilience
- Explore the importance of resilience to sustain performance
- Bring clarity to the 7 protective components that foster resilience and performance
- Explore your strengths, development areas and powerful strategies to build your resilience plan to be future-ready

Individual reflection and interactive group discussion
Post workshop activity

Webinar 1

Living Authentically and Finding Your Purpose:

- Understand the resilience framework and 7 components
- Explore the impact of using your individual strengths, values and emotions in situations to increase resilience
- Bring clarity to how a sense of purpose and belonging enables you to navigate in uncertainty

Individual reflection, practical activities and group discussion

Webinar 2

Maintaining Perspective:

- Understand the resilience framework and 7 components
- Build insights into the role of optimism, problem-solving and positive energy in our relationships, resilience and performance
- Discover how thinking patterns affect our emotions, bodies and actions and what you can do to thrive

Individual reflection, practical activities and group discussion

Webinar 3

Mastering Stress and Staying Healthy:

- Understand the resilience framework and 7 components
- Explore the positive and toxic effects of stress and the role of physical activity, nutrition and sleep in your wellbeing and performance
- Build insights into the most effective strategies to tackle everyday stress in a way that preserves wellbeing

Individual reflection, practical activities and group discussion

Webinar 4

Interacting Collaboratively and Building Networks:

- Understand the resilience framework and 7 components
- Explore why building and sustaining networks are worth your time to adapt and advance your goals
- Build insights into powerful ways to get the support you need and to foster an environment of mutual support

Individual reflection, practical activities and group discussion

Leadership Training to support embedding

Objectives:

- Build a comprehensive understanding of the resilience framework
- Create in-depth exposure to the 7 components that build individual resilience and strengthen performance
- Build an understanding of the practical insights to build and sustain resilience including the Toolkit
- Learn skills and gain confidence to embed the workshop and webinars

Find out more

w: www.peerthinc.com

e: contact@peerthinc.com

p: 0488 440 500 or 0423 585 096



Areas of expertise include:

- Integrated talent strategy and execution
- Executive and leadership development
- Team and individual coaching
- Resilience and wellbeing

Academic backgrounds in:

Angela Powell

BA, BSW, MSc, MAASW (Acc), AMHSW

Kristen Raison

GAICD, B.Com, Adv Dip LM, Cert IV WAT

Our Partners

Led by Angela and Kristen, based in Australia and globally connected.

Working with a small team of partners with deep expertise in resilience, wellbeing, assessment, leadership, culture and other relevant areas.