



# Resilience Skills For Managers



**Practical programme with tools to boost your own and your team's resilience.**

Resilience Skills For Managers is a focused virtual programme, with 6 weekly sessions, providing a way for managers to See, Understand and Optimise resilience in themselves and their teams. Together with the online Resilience Toolkit, this is a practical programme that helps managers activate resilience, boosting their team's capacity and change management capability.

# What is Resilience?



## Resilience is your capacity for change

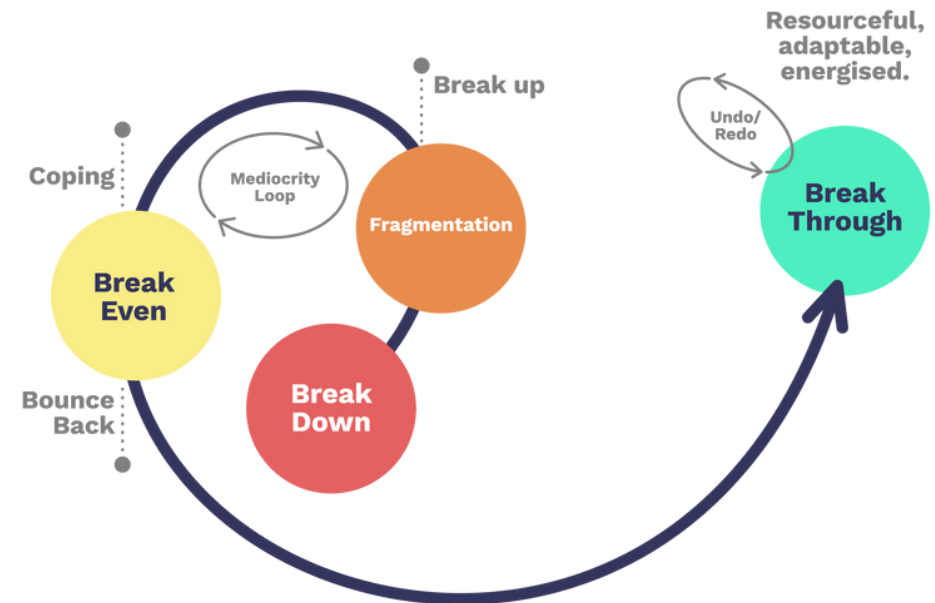
Workforce resilience is key to reducing stress, adapting to change, boosting your business, and re-energising your whole team. The Resilience Dynamic offers a window into this.

We help organisations embed resilience skills in a straightforward and suitable way. Our approach builds on over 15 years of research and experience in the field.

## The Resilience Dynamic® Model

The Resilience Dynamic® model is the result of over 15 years of research. It explains what resilience is - and goes beyond the standard definitions encompassing Coping and Bouncing Back. These are part of resilience, but not all of the parts.

The Resilience Dynamic® model is used during the Resilience Skills For Managers sessions to help identify your likely resilience level and better understand the resilience of your team. Your Resilience Skills For Managers facilitator will help you to 'See, Understand and Optimise' your resilience and your ability to support your team in theirs.



# Resilience Skills For Managers



A resilience programme that gives you straightforward language and practical tools to boost your team's resilience

Our resilience coaches create the space to explore what impacts you and your team's resilience. Learn how easy it is to make sense of, and stabilise, your team's ups and downs. Give our tried and tested tools a go. Learn how the Resilience Dynamic shifts the topic from tricky to something straightforward and practical.

The programme has been great and has challenged and enlightened. I now have a variety of tools and methods to take away and put into practice.

Discover the resilience barriers and enablers that matter to you

Spot the most pertinent resilience drainers that affect your team. Learn how to shift the barriers and optimise your team's resilience through the key enablers of resilience. Choose your team's favourite resilience practices and make a plan to make them stick, creating resilience-boosting habits in your day-to-day.



# The Sessions

The programme runs across 6 weeks covering each key component of resilience. Try out team tools between sessions. With practical insights, group learning and expert coaches, become a resilient manager and apply your learning to support yourself and your team.

## Session 1: What Is Resilience (& Why Does It Matter?)

- Based on the Resilience Dynamic research, getting a clear understanding of what resilience is and isn't, and why it matters.
- Finding easy ways to check in on your own resilience.

## Session 2: Leading & Managing for Resilience

- Introducing the three simple foundations for leading resilience for yourself and others.
- Spotting resilience levels in yourself and others as a basis for taking key actions.

## Session 3: Building Trust & Psychological safety

- Psychological safety as a fundamental for sustaining and building resilience in groups, teams and organisations.
- Discovering ways to build psychological safety simply.

## Session 4: Enabling Resourcefulness

- Noticing and building on current strengths.
- Understanding key enablers for resilience and how to apply them in practice.
- Focusing on own areas of influence to use your energy and capacity effectively.

## Session 5: Top Barriers & Stress

- Spotting stress signatures.
- Identifying what might be getting in the way of higher resourcefulness, performance and wellbeing.
- Using tools for addressing barriers.

## Session 6: Learning, Consolidation & Next Steps

- Noticing own and others' learning preferences and how to fill any gaps to enable more effective learning.
- Consolidating own learning from the programme.
- Defining next steps to continue resilience practice.

# Resilience Skills For Managers Process

Interested in the Resilience Skills For Managers solution? Here is the process:





# Contact Us


## Want to know more?

If you want to extend and clarify your understanding of what resilience is, and build on your personal resilience awareness as an individual and a leader, get in touch with us to find out more:

[info@resilienceengine.com](mailto:info@resilienceengine.com)  
[resiliencedynamic.com](https://resiliencedynamic.com)



Length of programme	The standard Resilience Skills For Managers programme runs across 6 weeks. Each week will cover 1 of the virtual sessions, with each session lasting 90 minutes.
Where	The programme is available virtually, on Zoom.
Number of participants	This programme runs for 8-15 participants at any one time.
Pricing	For programme pricing, please enquire via <a href="mailto:info@resilienceengine.com">email</a> .

Two small colored circles, one teal and one yellow, positioned to the left of the purple circle containing the quote.

I certainly have better understanding of resilience's different facets, its dynamic nature and how to enhance it.