

100%

(Of participants)*
Felt much more skilful at accounting for their resilience start points at work

(Of participants)*
Felt they excelled across the 4 core competencies of CICO after the sessions, compared to 31% before

85%

75%

(Of participants)*
Felt confident in applying their CICO learning at work after the sessions

*Google CICO Programme 2021-22

CheckIn CheckOut (CICO)



CheckIn CheckOut (CICO) offers a practical resilience group process for powering up and down from work, a task or a project.

CICO is a virtual resilience training programme consisting of 4 sessions, focused on teaching 4 simple core practices to enable participants to better manage their own resilience and support the resilience of others.

Date of Publication - March 2023

The Three Pillars of Resilience

How do you know you have a problem with resilience in your people?

Is your workforce **stressed or burnt out**? Do you need to improve **workforce performance**? Do you need to build resilience into your **company culture**? How does a resilience requirement show up in your workplace?

Wellbeing

How can resilience support personal and workplace goals to reduce stress and enhance wellbeing?

- ⚡ Resilience is a buffer to stress
- ⚡ Resilience creates surplus
- ⚡ Resilience releases capacity
- ⚡ Resilience gives you perspective

Change

We help clients measure what drives resilience in their business, so they can see where their people need to be and how they will get there.

- ✓ Resilience enhances adaptability
- ✓ Resilience supports wellbeing
- ✓ Resilience enables learning
- ✓ Adapt well to change

Culture

How Adapting to Change Moves You from 'Stuck' to 'Getting Stuck In'

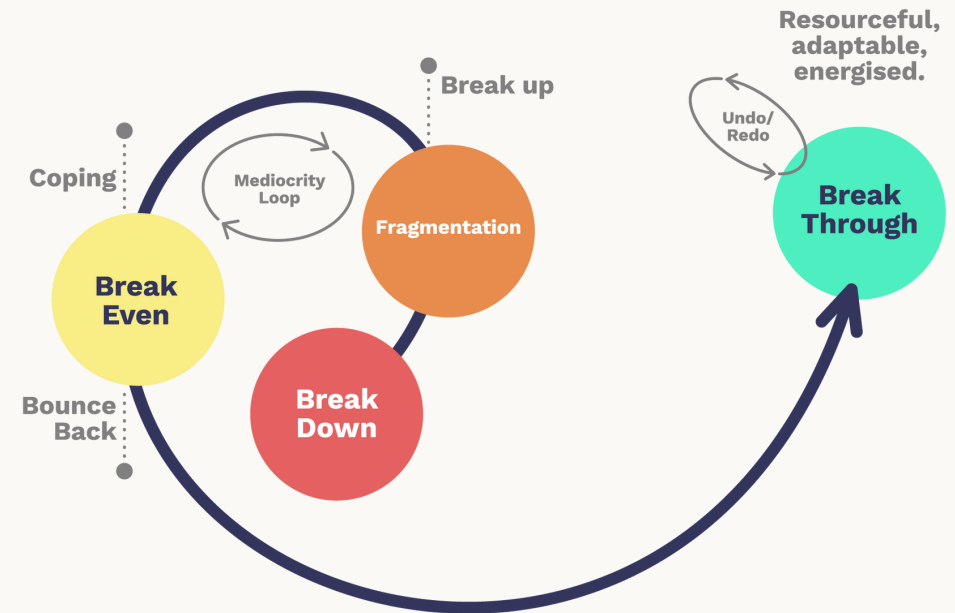
- 💡 Release of Capacity
- 💡 Resourcefulness
- 💡 Positive Management of Challenges & Issues
- 💡 Increased Perspective Leading to Better Decision Making

Our Resilience Research

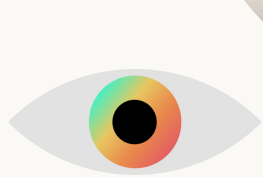
Resilience is your capacity for change

Workforce resilience is key to reducing stress, adapting to change, boosting your business, and re-energising your whole team.

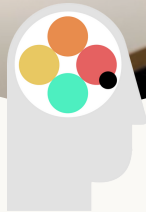
Using our Resilience Dynamic® Model, we help organisations embed resilience skills straightforwardly and suitably.



Our Framework:



SEE IT



UNDERSTAND IT



OPTIMISE IT

The Resilience Dynamic® Model

The Resilience Dynamic® model builds on over 17 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 in all of our solutions to help identify your likely resilience level and better understand the resilience of your team. 'See, Understand and Optimise' your resilience and your ability to support your team in theirs, with the Resilience Dynamic®.

Our CICO Programme

Resilience training based on a straightforward framework, enabling teams to share and support one another in resilience

Founded on rich coaching expertise, the CICO process explores 4 simple core practices: active listening, questions with purpose, enabling resilience, and boosting resilience simply. Build psychological safety and trust. Shift your learning of key resilience enablers toward application and management. Then take the resilience-boosting practices into your team's day-to-day!

With our capability to offer an internal 'Train the Trainer' programme in your organisation, it's simple to keep the CICO process alive beyond the sessions.

Active
Listening

Questions
With
Purpose

Enabling
Resilience

Boosting
Resilience
Simply



Programme Structure

Length of Programme

4 virtual sessions over 4 weeks

Where

We can deliver via most virtual platforms

Number of Participants

Minimum 8 participants required

"Since CICO I feel like I have not had a bad day - I have been tackling core duty with optimism rather than any negativity."

CICO Participant - Google

"The CICO sessions brought on some real improvements to my days."
CICO participant

"Checking in helped me adjust my attitude towards work, and how my work made me feel improved tenfold."
CICO participant - Google



Our CICO Experts

The CICO process is supported by our team of professional accredited resilience coaches.

Our practitioners use their expertise to get your team started, before empowering you to lead the sessions with what matters most to you. Here are their experiences of delivery:

Rebecca Walker

AoEC, NLP accredited

"Good level of sharing and questioning and recognition of how helpful the sessions are to support themselves individually and together."



Diane Williams

AoEC, ILM, EMCC accredited

"The group practice provides simple tools and a common language to support and boost resilient team behaviour using basic listening and questioning techniques. Enabling the whole group to move forward in a resilient way."



Buyce Tarhan

AoEC, EMCC, ICF accredited (PCC)

"At the last CheckOut the words used were hopeful, inspired, benefitted from the "introspection", will apply this to their personal lives as well."



Michaela Henshaw

AoEC, ICF, EMCC, AC accredited

"I was delighted to see and hear how much participants really embraced the CICO process, from developing a common language of resilience to really listening to their colleagues to asking great questions with purpose. They supported and guided each other to really take accountability for building their own resilience levels, and it was a privilege to share that journey with them."



Natalie Shering

AoEC, FRSA, ILM, EMCC accredited

"Everyone has highlighted how valuable it has been to share their thoughts and feelings and realise they are not alone and have mates they can rely on to support them."



CICO Delivery

8 participants
per cohort

Private Sector

£1,960 per cohort (£245pp)

Public & 3rd Sector

£1,560 per cohort (£195pp)

CICO Train the Trainer

Minimum 8, maximum 15
participants per cohort

Private Sector

£14,500 per cohort

Public & 3rd Sector

£9,500 per cohort

Disclaimer of Liability

The Resilience Dynamic® will make all reasonable efforts to deliver the coaching or training programme as described in this brochure. Prospective clients should be aware that any details and information on the products offered, including price is correct at time of publication, and for the most up-to-date details, please refer to our website. If any product or programmes are discontinued, the Resilience Dynamic® will endeavour to provide a suitable alternative and will take all reasonable steps to minimise disruption.

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Contact Us

Want to know more?

If you and your team need to boost individual resilience, build psychological safety, and better support one another, get in touch with us to find out more:

info@resilienceengine.com
resiliencedynamic.com

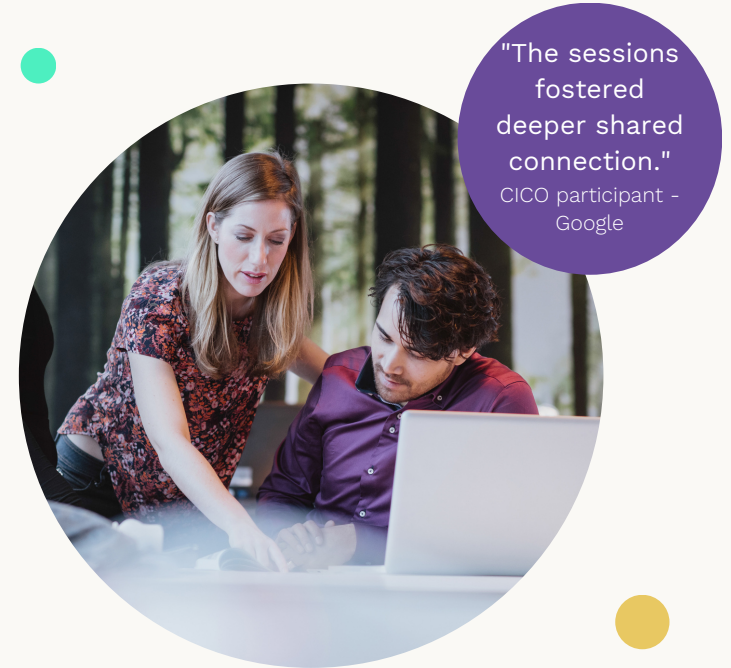


Jenny Campbell;
Founder and CEO,
The Resilience Dynamic
Author of The Resilience Dynamic

“

What really matters to me, is enabling people to realise that resilience can be practical, attainable, accessible to all, and can be learned in advance! Learn to be resilient before the challenge gets you, and you are hijacked. Resilience is your adaptability, and well-being is wholly part of being resilient.”

”



"The sessions fostered deeper shared connection."
CICO participant - Google

Learn more about resilience:

[Buy the Resilience Dynamic® book](#)

[Complete our free self-assessment - Resilience Dynamic® Indicator](#)

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