

## Resilience at Work Individual Workshop

### Overview

The R@W individual is a measure underpinned by the evidence-based Sustain 7 Model (consisting of seven domains that have been shown to create resilience at work). An online assessment taking 5-10 minutes forms the inputs to a comprehensive report outlining an individual's current level of resilience and their strengths and opportunities in relation to building their resilience. The interactive workshop facilitates a debrief of participants' reports and takes a deep dive into workplace resilience, including why it matters and how to build it. Guided by a supporting workbook, participants develop tailored strategies to improve their individual resilience.

### Challenges addressed

Challenges addressed by the session include:

- **Staff need to effectively respond to change and workplace challenges.** R@W equips participants to improve their ability to handle everyday stressors of work, to learn from setbacks and to proactively prepare for future challenges.
- **No common understanding and language for discussing and improving resilience.** The evidence-based R@W program synthesises the complexity of resilience into straight forward language suited to the workplace.
- **Resilience often focuses on wellbeing enhancing strategies.** The R@W model connects wellbeing and performance and educates participants to see that these are interdependent in the workplace setting and that resilience is much more than self-care.
- **Staff are unaware of their current state of resilience or how they can improve it.** The session provides an individualised report on current state and facilitates a tailored plan to improve and maintain resilience.

### Key outcomes

The key outcomes or objectives for this session include:

- ◆ Understanding of workplace resilience, including the link between wellbeing and performance.
- ◆ A holistic approach to resilience considering the cognitive, emotional, physical and purpose aspects that contribute to it, as well as the impact of work life.
- ◆ An individual resilience profile and action plan to improve resilience.

### Who is it for?

The session suits staff or leaders.

### Time and delivery mode

The session is 6 hours/ 1 day in length. Suitable for either in-person or online delivery to groups ranging from 10-15.

### Investment

\$3 100 + GST (online) \$3 500 + GST (in-person) for 12 participants, Additional \$225 + GST per participant up to 15 (includes assessment, report, and workbook for each participant).