

# Building Resilience

Help Your People Gain Adaptability and Well-being

## Inspire a resilience culture and prevent burnout.

Workplace stress is reaching alarming levels: 44% of employees globally report high levels of daily stress<sup>1</sup> and more than 50% of managers feel burned out<sup>2</sup>. Mounting stress takes a toll on personal well-being and team performance. Despite the pressures, leaders can transform this environment into a culture of resilience and growth.

But leaders need tools to support their teams through times of change and challenge. Creating an environment where team members can excel without burning out is essential. Blanchard's Building Resilience program teaches the three steps to building individual resilience, which include science-based tools to reboot the brain, develop a resilience mindset, and cultivate resilience practices. Leaders in 97 countries have adopted Blanchard's Building Resilience model to recover quickly from setbacks and meet new challenges.

Resilient teams survive and grow stronger in the face of adversity. They remain steady and focused when everything around them is chaotic. This is the power of building resilience, and it all starts with effective leadership.

<sup>1</sup> <https://www.gallup.com/workplace/349484/state-of-the-global-workplace.aspx>

<sup>2</sup> <https://hbr.org/2023/05/more-than-50-of-managers-feel-burned-out>

## Outcomes



Develop higher capacity for change



Improve employee morale and engagement



Reduce stress, anxiety, and burnout



Strengthen team performance



## Learning Objectives:

- Understand the three steps to becoming resilient
- Learn how to interrupt the flight or fight response
- Gain tools to manage distressing emotions and reduce stress
- Reframe your thinking by practicing the Resilience Mindset
- Create a Resilience Action Plan with practical wellness strategies
- Understand how to pull together a resilience support group



### Reboot Your Brain



### Develop a Resilience Mindset



### Cultivate Your Resilience Practices

With the right mindset and practices, every challenge is an opportunity for growth and success. Building Resilience can result in improvements at three levels:

#### Individual Resilience

Resilient individuals learn to utilize their strengths to adapt to a constantly changing environment.

#### Team Resilience

Resilient teams experience improved employee health and performance.

#### Organizational Resilience

Resilient organizations create the systems needed to prevent burnout.

## Flexible Options to Meet Your Needs

### In-Person In-depth Learning • Application • Practice • Action Planning

**Instructor-led Training:** One 4-hour session.

### Virtual In-depth Learning • Application • Practice • Action Planning

**Virtual interactive keynote:** This 90-minute virtual keynote engages learners with activities, captivating stories, and live polling.

**Virtual instructor-led training:** Building Resilience virtual training version is delivered in two 2-hour sessions that can be delivered over one or two days.

### Online Awareness • Application • Performance Support

**Digital assets:** Rise Courses, videos, the Resilience Action Plan, At a Glance, blog resources, and the Building Resilience white paper.

### Who Should Attend?

- **Senior managers and executives** who want to create a more resilient organization and inspire a culture of change.
- **Team leaders** who want to build team resilience and use the tools themselves.
- **Individual contributors** who want to become more resilient and support colleagues.

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