



RESILIENCE FOR RESULTS

Thriving In A Changing World

In a complex world where the pace of change itself is changing, we're all facing greater expectations and shorter lead times. Most people adopt a coping mindset and 'muddle through', but the ability to be resilient and thrive through change is crucial to building a high performance culture and an environment of continuous improvement.



WHAT IS RESILIENCE?

For us, resilience is the ability to prepare for, adapt to and recover from stress. Without the tools to remain resilient, strained relationships, an overwhelming workload or limited resources to perform your role, will eventually have a negative impact on your performance.

Resilient employees role model the positive behaviours and confident mindset required to effectively respond to challenges in the workplace. This adaptability enables them to thrive under pressure and offer a beacon of guidance, support and strength to others in the team.

WHY CHOOSE RESILIENCE FOR RESULTS?

Resilience For Results embraces cutting edge diagnostics technology, proven tactics and techniques as well as practical exercises to provide delegates with the tools to enhance their mental, physical and emotional resilience in the workplace.

WHAT ARE THE BENEFITS OF RESILIENCE FOR RESULTS?

Delegates will return to the workplace with:

- A greater understanding of why resilience is important in the workplace
- A range of techniques for improved mental agility and flexibility to perform consistently at a high level
- The ability to identify and combat personal stress triggers
- An understanding of how behaviour and language patterns impact upon how you respond to challenges
- A greater awareness of the impact behaviour has on the performance of colleagues and an understanding of how to help others to develop their personal resilience
- Personal action plans and on-going support to implement these new skills

HEARTMATH® TECHNOLOGY

Sometimes, all we need is a little feedback to make positive changes within ourselves. Imagine if that feedback could come straight from your own heart. Well, now it can.

The Inner Balance™ sensor and app teaches you how to shift from stress and frustration to balance and resilience with real-time feedback, based on your own heart rhythm.



 HeartMath®

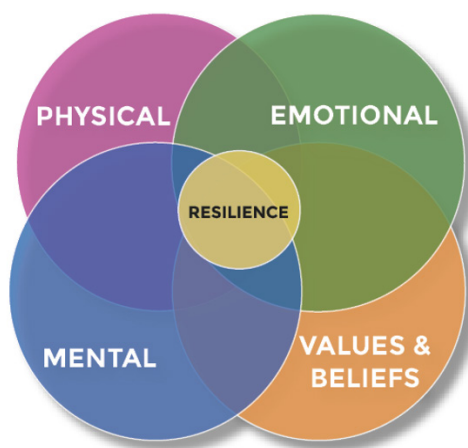
ATTENDING RESILIENCE FOR RESULTS

The programme is available through the following delivery options:

- In-house at a location of your choice
- In-house at one of GRA's Outdoor Learning Centres
- Online via a Live Virtual Classroom

The online delivery option also includes access to GRA's Learning Experience Portal (LXP). The LXP provides learners with a comprehensive suite of resources and collaborative learning tools to support their development and complement our live trainer experience. It can also be included as part of other delivery options to create a blended learning experience.

4 DOMAINS OF RESILIENCE



CONTACT US

For further information on Resilience For Results please contact us via:

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About GRA. We are a market leader in the design and delivery of innovative people and organisational development programmes in the areas of leadership, teams and behaviour change. Over the last 30 years, we have trained thousands of people in hundreds of organisations across the globe, helping people to release the potential of individuals, teams and organisations. www.gra.uk.com

