



Build Resilience Habits

Help busy managers build and extend resilience across time.

Benefits:

Increase wellbeing

Perspective

Spot who needs what

Increase performance

Resilience For Everyone

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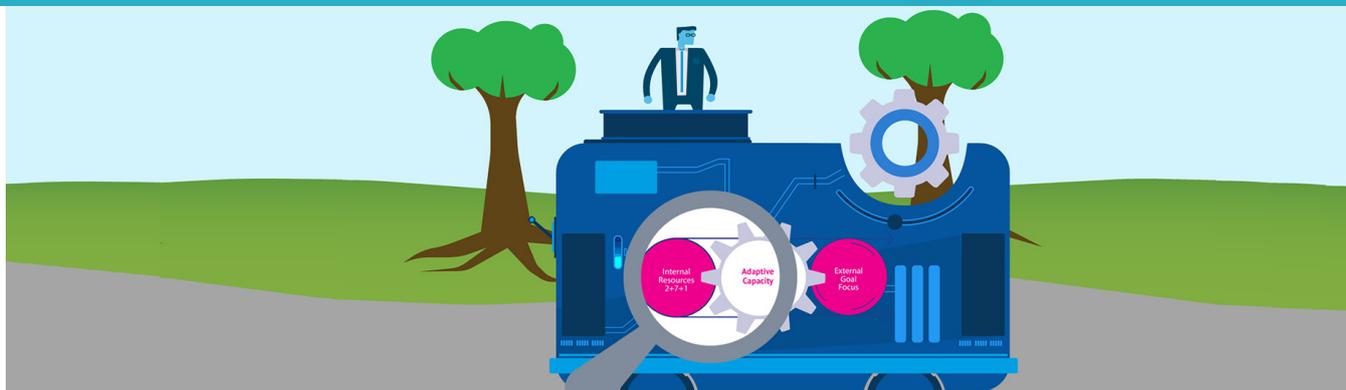
What is Resilience?

Resilience is your capacity for change, your adaptability. It is about remaining resourceful no matter what is going on. Resilience is fundamental to change. It underpins sustainable performance and it is synergistic with wellbeing.

Why Resilience Engine?

The Resilience Engine is a leader in human resilience. We are making our ten years of research accessible for everyone. That means participants get the right support for wherever they are at, and sponsors can lean on the extensive experience we have in the field. Get this stuff right so you can create real impact. The Resilience Engine knows how.

Build Resilience Habits



Build Resilience Habits helps busy managers build their own and their team's resilience across time. The content covers all the main themes needed for your resilience: What is Resilience, Barriers and Enablers of Resilience, Wellbeing & Stress, Performance, Self Care, Pacing, Perspective, and Deeper Beliefs.

The online Toolkits are supported via a series of webinars or high energy face to face workshops, plus online discussions. Spread across three online Resilient Manager Toolkits, each with 200 tools, participants can follow a week by week guide, or dip in and out to find exactly what they need. Each week's guide follows a straightforward structure for each main resilience theme.

5 months of guided content

3 standard toolkits; bespoke available

100% relevancy

78% say it helps with both Wellbeing AND Performance

To talk through the details of our services and how we can help you, please contact Alison Kane at 07792 689289.

What Participants Say...

"I have done many leadership programmes but this has had the greatest impact by far."

"I think my performance at work and ability to cope with stresses at work and home have improved as a result of me taking part."