



Resilience for everyone

The Resilience Engine is a leader in human resilience, your capacity for change.

Founded on ten years of research, The Resilience Engine team believe in making the benefits of resilience accessible to everyone.

Why Resilience Engine?

Personal and Organisational Resilience has become a key factor in driving improved organisational performance, engagement and wellbeing.

There is a growing tension between increased performance vs the increase in stress.

If your employees are stressed, they don't have capacity for change. This means your organisational goals are at risk.

If your managers and leadership team are stressed, they won't be as successful as they could be in any walk of life, work or home and their health will be affected adversely.

- Stress means performance is constrained
- Stress negates health
- Stress kills innovation

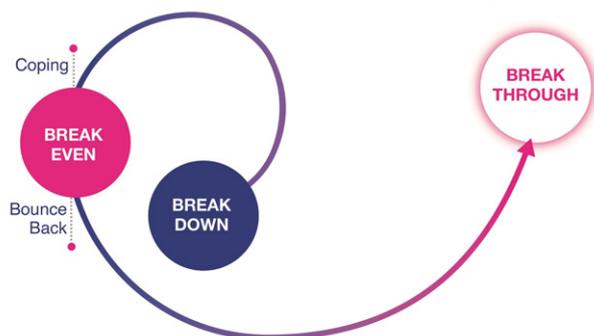
Resilience isn't only about coping or bounceback, it's about being adaptable, resourceful and energised, no matter the context.

Being resilient means having perspective, an ability to focus, clarity of the why of things, higher creativity and an increase in capacity. That's the state of sustainable high performance and higher wellbeing.

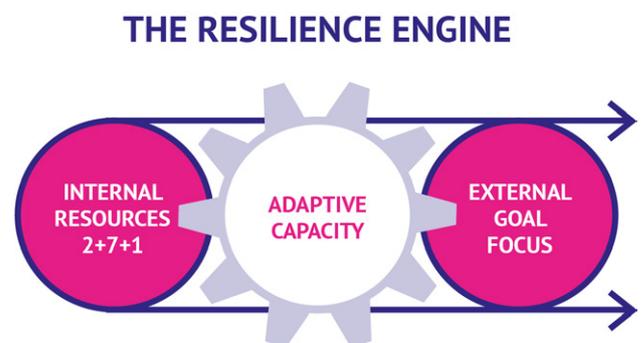


The Resilience Engine Research Models

The Resilience Dynamic[®] is our most popular model, and is a map of different resilience states. Simple but deep, it can be used as a guide for evaluating and building the capacity for change.



We use a method for developing and sustaining personal resilience, based on The Resilience Engine[®]:



Based on our research, there are very practical steps that are possible to take to enhance resilience, no matter the level. Understanding and investing in minimising resilience barriers and maximising resilience enablers are the pathway for resilience building.

Our research findings and know-how are built into all of our services.

Your Needs, our Services

We are real-world and practical. Our services are inspiring and scalable, based on our top ten principles for enabling the Resilient Organisation at any stage.



With our extensive experience in resilience research and implementation, and with our Community of Practice, we have learnt a lot of what builds resilience and wellbeing. And what detracts from it.

If resilience is under threat, restoration and stabilisation are needed. If resilience is higher, it's about alignment and consistency. Our accredited practitioners within our Community of Practice know how.

FACE TO FACE



Resilience Coaching

Resilience coaching is holistic, taking all resilience factors of body and mind, of home and work, altogether. It's not just for the tough times, or for times of complexity and pressure; it's for all times.

Using the insights from The Resilience Engine research, our accredited practitioners help clients get to the nub of wellbeing, adaptability and performance in a straightforward way. Rediscover what it feels like to be high performing and at ease.



Resilience Masterclass

You choose the format – high-energy bursts of 90 minutes; half or whole days, or embedding into other leadership or management programmes.

What you can always count on is that our masterclasses are professional, and delivered by resilience specialists who know how to enable participants in the key fundamentals of resilience and wellbeing: to take responsibility for their own resilience, to feel at ease, and with content that is real and practical.



Sponsorship Programme

As a leader in HR, Organisational Development or directly within the business, you will need to enable change in your people. But knowing what your people need is a tricky business.

The Resilience Sponsorship Programme helps you get clarity over how to enable high performance and wellbeing through resilience. The programme is set out to train internal sponsors in both the theory and practice of resilience.

BLENDDED



Resilience Made Simple

Resilience Made Simple is just that, an easy programme for any member of staff, offering a simple and fast way to get to the nub of resilience. Participants take part in high energy workshops either side of using a simple online guide. Each participant gets tailored recommendations according to their own Resilience Check-in.

The programme is designed to improve the resilience of your people by mixing private reflection and development via easy tips and methods, whilst connecting with others to share best practice in how to make these ideas stick for real.



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.

The 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.



Accreditation Programme

The Resilience Accreditation Programme equips professional and internal coaches plus organisational development consultants, with the skills and knowledge required to support organisations in the development of resilience.

On successful pass, you are licensed to use The Resilience Engine research models and associated tools with your clients, in one to one and group settings. You also join our growing Community of Practice.



Resilience Evaluation

The Resilience Evaluation offers a way for any part of the workforce to evaluate their own personal resilience level, plus for the organisation to get a sense-check on whether the culture is resilience-supporting. It's a great place to start if you're not sure how to best support different staff populations.

READY TO TALK?

If you want higher performance, invest in resilience.

If you want to stabilise and increase health & wellbeing, invest in resilience.

If you want to feel at ease, invest in resilience!

Join a growing network of people who are supporting their own Resilience Engine®.

Contact our team today: 0131 332 7512 - info@resilienceengine.com - www.resilienceengine.com