



Resilience Made Simple

An easy and fast resilience booster for all employees

Benefits:

Reduce negative stress

Increase wellbeing

Increase potential

Get the life you want

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.

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.

Our blended 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.

The programme include two 90-minute active workshops with our online guide, Being Resilient and its 22 bite-sized packs that need 8-15 minutes each to be completed: a guide that can be explored as and when it is most useful. All delivery is carried out by a Resilience Engine Accredited Practitioner.

A fun and active programme

More than 2300 happy participants

100% relevancy

85% would recommend to others

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

What Participants Say...

"The materials are really brilliant!"

"The 'Being Resilient' guide gave me techniques to try when I'm feeling overwhelmed and also helped me know the signs of when things are getting too much."