



Resilience for everyone

The Resilience Engine Masterclass Series

A masterclass series for leaders to gain insight into why resilience is critical for organisations, and understand The Resilience Engine's ten years of research.

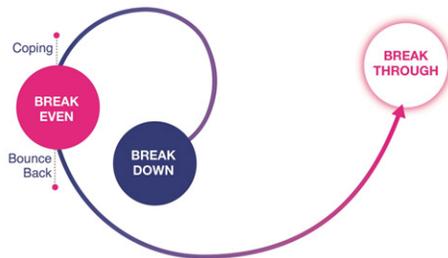


Resilience Engine Research Models

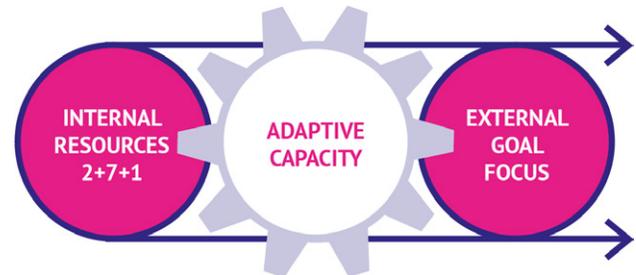
The Resilience Dynamic® is our most popular model, and is a map of different resilience states. Simple but deep, it can be used as a guide for evaluating and building the capacity for change.

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

THE RESILIENCE DYNAMIC



THE RESILIENCE ENGINE



Masterclass Series In Detail



Masterclass 1: Why Resilience Is Vital

An impactful session on the principles of resilience and how to build it. Based on the Resilience Engine's 10 years of research.

Benefits: Get to the nub of why resilience is the capacity for change. Understand the different implications for individuals, teams and organisations.

Numbers: Maximum 50 participants.

Length: ½ day



Masterclass 2: Developing Personal Resilience

An indepth session on personal resilience. Learn about how to evaluate your own resilience, and what you need to support and extend it. All the tools and insights are based on the Resilience Engine® research model.

Benefits: Understand and increase your own personal resilience.

Numbers: Maximum 15 participants.

Length: ½ day



Masterclass 3: Towards Organisational Resilience

Part 1: An in-depth chance to reflect on your organisation's resilience.

Part 2: Learn best practice for addressing how to build and sustain resilience on behalf of your organisation.

Benefits: Extending the understanding of resilience from personal through to leading teams and whole organisations.

Numbers: Maximum 15 participants.

Length: 2 x ½ day.

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 organisations who are investing in building a resilience culture.

Talk directly to one of our team: call 0131 332 7512, visit our website to discover more www.resilienceengine.com or email us info@resilienceengine.com