



**Leadership & Management Development**  
**- Make Your Team a Resilience Laboratory**



### **Audience:**

Anyone leading a team of people



### **Duration:**

3 hour on-line workshop or ½ day classroom event



**Level:** Intermediate

# Make Your Team a Resilience Laboratory

A focused exploration of new ideas, models and strategies, to enable leaders to build a culture of collective and individual resilience in their team; find out what supports sustained performance and well-being, linked to values, team functions and learning.

### **Delegates will:**

- Understand the dynamic architecture of the resilient team.
- Explore the dimensions of resilient working at play in our own teams.
- Find ways to build the link between individual and team well-being.
- Understand more about well-being from key perspectives: values, equalities, purpose and team functions.
- Share a blueprint for building a 'Resilience Laboratory' with your own team.

## Our Approach

Learning without context rarely sticks and rarely changes behaviour. We focus on integrating learning with work and on the effective application of learning in the workplace. We create a climate of high support and challenge to stretch people to increase self-awareness. During the course our facilitators will deliver seek to:

- **Appreciative Inquiry** - build on clients' successes and strengths, enabling individuals and teams to appreciate what they could do better and what they are currently doing well.
- **Constructive Challenge** - stretch our clients to create new reference points for what they can achieve.
- **Enjoyable** - create an environment of laughter, humour, and emotional engagement.

# Related Courses

## Foundation



## Intermediate

