



Building Resilience Program

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Resilience – Making a Lasting Impact

Building Resilience Program

About 40% of workers feel over-worked and pressured to the point where it can result in anxiety, depression and illness.

Job stress is a substantial contributor to lessened productivity and focus, mental illness, cardio-vascular disease and other health problems in Australia.

Do you suffer from any of the following:

- The headless chook syndrome – busy and overwhelmed
- Anxiety, irritability and depression
- Vulnerability to illness
- Headaches and insomnia
- Heart palpitations
- Shortness of breath
- Diminished performance
- Negative attitudes and cynicism among
- An overall decline in commitment and creativity.

These are some of the indicators of workplace stress.

How much is stress costing you and your workplace?

The Building Resilience Program is a 2-day practical program with a 1-1 coaching session which will provide you with effective tools and strategies to increase your resilience in the midst of increasing work pressures. It works by building your energy bank account balance in these four areas:

1. *Physical* – to ensure you have optimal health through proper diet and nutrition, relaxation, sport and fitness
2. *Mental* – ensuring that you are in a role with optimal intellectual stimulation; stretching your capabilities to retain focus and effectiveness

3. *Emotional* – to build a healthier locus of control and learning to manage emotions more effectively
4. *Spiritual* – to reconnect to your work with a deeper sense of meaning, purpose and faith in your capabilities

The Building Resilience Program will support you to:

- Be more focussed and productive
- Adjust more effectively to unexpected workplace changes
- Stay calm under pressure
- Manage career transitions more effectively
- Make more effective decisions and use judgement more wisely
- Cope better with workplace stress
- Interact more harmoniously with colleagues
- Operate more professionally with customers and community.

**Because every individual
makes a difference.**

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