

RESILIENCE TRAINING FOR WORKPLACE

A healthy employee is a better employee

OUTCOMES

- Build individual and team resilience
- Improve psychological safety
- Improve workplace morale and productivity
- Build capability to recognise workplace stressors and respond effectively
- Better physical and mental health



ABOUT THE PROGRAM

- Resilience Scorecard report for each participant
- Classroom-based and virtual activities
- Individual coaching

The Resilience Program is conducted by leading self-care experts in Australia with extensive knowledge about best practice in hands-on and effective self-care strategies for sustainable mental health and personal performance capability.

WHATS COVERED

- Understanding self and our default response to stress
- Identifying stress in self and others - verbal, felt and behavioural
- Stress reduction techniques
- Self-care techniques
- Strategies to support the real-life implementation of these skills
- Motivational and challenge support is offered through coaching to ensure sustained change

DELIVERY FORMATS

Formats are customised and may vary from a half-day introduction to a complete 24-week program which includes:

- Measuring well-being and resilience
- Foundations Half-day workshop
- Coaching
- Follow-up half-day workshop
- Re-evaluation and impact analysis

BACKGROUND

Resilience and well-being should not just be something we reach for in a crisis, it should be part of our everyday lives. It is important employees are equipped with resilience and self-care tools to proactively develop resilience, invest in self-care and know how to respond when things don't go to plan.

Most organisations give people phone numbers to call and places to visit when they are not feeling okay. But there's a better approach – we must build individual and team resilience, take better care of ourselves and others and cultivate an environment that fosters open conversation. Hence, people feel safe to speak up, share their needs and build good habits into their daily routines and careers.

It is critical that workplaces create a culture in which resilience and self-care are promoted proactively. This creates resilient, high-performing and psychologically safe workplaces. It leads to reduced mental health injuries and a positive culture people want to be a part of.

WHY USE JONAH GROUP

Jonah Group's experts know mental health and have been supporting people facing mental health challenges in the workplace for more than 17 years.

They share their knowledge with people from the board room to the front line, driving real change in attitudes, behaviour and mindset – and ensuring safety and wellbeing.

In a world where more than 2 million die every year from work related accidents and disease, safety is Jonah Group's mission.

Whether mental health or physical safety, Jonah Group's experts teach people the science of risk and help leaders build sustainable cultures of safety.



“The Jonah Group designed and facilitated a three- month wellbeing program for the Serco Fiona Stanley Hospital Executive team. The program was well structured, focused on a holistic approach to wellbeing that incorporated six contributing factors. The members of the team particularly valued the coaching sessions, as these provided a personalised focus on individual issues. Liz Peard from the Jonah Group facilitated the group sessions and conducted the individual coaching. She was able to encourage our leaders to initiate and sustain manageable and consistent personal changes that were therefore more likely to be sustained over the long term.”

Anthony Head

Organisational Development Specialist

**Contact us today to learn how
we can help you**

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