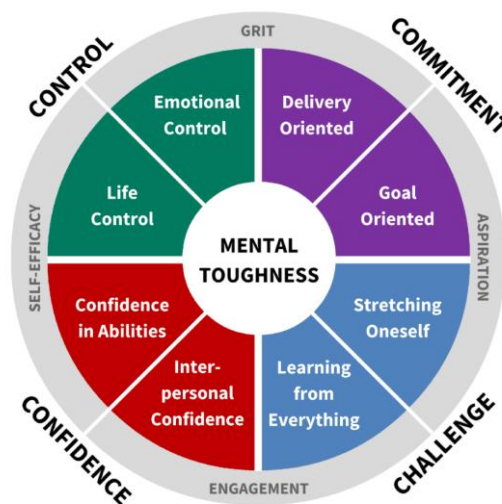


Resilience Development Programmes

If you are an executive, senior leader or manager you will have faced times of adversity and had to find the mental strength to bounce back and quickly. If you have ever failed to take personal responsibility in these circumstances in the past, you will know that sinking feeling, it's not at all pleasant. It can last hours, days or even years for some people and impact on their well-being, professional and personal relationships....and much more.

Our Resilience Development Programmes can help your leaders to ensure that they do not experience those unpleasant feelings for long, so they are quickly able to bounce back.

The programmes are 3 days long, bespoke, tailored to your business needs. Each individual will have the opportunity to have access to their own unique Resilience Plus profile which will highlight different strengths and development requirements. The model we base our insights is shown below:



If you would like to know more about this service, please contact us on:

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