



RESILIENCE REBOOT

WHAT IS IT?

It’s not about ‘toughing it out’. It is building the mindset, energy and connections, leaning into our strengths, to help us identify, recover and thrive during those challenges.

WHY IS IT IMPACTFUL?

By understanding what resilience really means and the importance of developing it, we can start to build our resilience muscles to help us navigate an ever-evolving world with tools that enable us to thrive instead of just survive.

HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Learn practical tools for managing stress, reframing setbacks and sustaining energy
- ✓ Understand what resilience means to you
- ✓ Consider how to build in resilience muscle building into everyday
- ✓ Have tools they can use to build confidence and adaptability

THE RESULT?

By gaining strategies to manage stress, recover from setbacks, and move forward with energy, challenges become easier to navigate — creating teams with strong collaboration, deeper connection, and the ability to quickly recover and thrive.

