

Resilience and Growth

BUILDING DAILY RESILIENCE



At Coretex Group, we believe that resilient employees = a healthy business. A resilient team is more engaged, more productive and more likely to cope and thrive in the face of change and pressure.

We partner with you to build the mindsets and skill sets needed to boost resilience and growth in your business. Our programs have a bias toward action - the focus is translating awareness into daily resilience habits.

RESILIENCE AND GROWTH OUTCOMES

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Help your business make a targeted investment in building the resilience of your employees.

②

Strengthen and foster a resilient culture in your team.

③

Provide your employees with practical, everyday techniques for enhancing their resilience and wellbeing.

Resilience is the human capacity to recover quickly (or even thrive) despite daily challenges and adverse experiences.

CORE ELEMENTS OF RESILIENCE AND GROWTH

The program targets 5 core elements, which provides you with all the mindsets and skill sets necessary to increase resilience in yourself and in the business.

WHY RESILIENCE?

- » debunk the myths around resilience.
- » define resilience and why it matters.
- » develop new mindsets for mental health and wellbeing.

DAILY RESILIENCE?

- » introduce a resilience continuum as a daily self-awareness tool.
- » increase awareness of the personal and business factors impacting resilience.

RESILIENCE TACTICS

- » learn the tools and strategies to build personal and team resilience.
- » develop tactics to recover and manage your energy.
- » increase confidence when faced with difficult or high-pressure situations.

APPLIED PRACTICE

- » apply resilience tactics to business specific scenarios.
- » build the skill sets for having high impact resilience and growth conversations.
- » develop a more resilient work culture and team.

INSIGHTS TO ACTION

- » develop a plan to integrate new insights and skills into everyday actions and conversations.
- » learn the formula for building and sustaining new resilience habits.

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RESILIENCE AND GROWTH PROGRAMS

1. RESILIENCE AND GROWTH FOR LEADERS

The RESILIENCE AND GROWTH for leaders workshop has been designed to:

- » Understand the business case for resilience.
- » Build personal resilience strategies as a leader.
- » Strength the resilience and growth culture in your team.
- » Role model and reinforce resilience boosting mindsets and skill sets.
- » Enhance the problem solving and change readiness of your employees.

Duration: 0.5 - 1 day

Target Audience: Team Leaders, Supervisors

2. RESILIENCE AND GROWTH FOR TEAMS

The RESILIENCE AND GROWTH for teams workshop has been designed to:

- » Learn about resilience and why it matters.
- » Tap into the inner resilience of your employees.
- » Identify resilience strengths and areas to focus on.
- » Develop the confidence to handle high pressure or difficult situations.
- » Practice resilience techniques that can be applied at work and at home.

Duration: 0.5 - 1 day

Target Audience: Employees, Contractors

Mental health costs are increasing globally. By 2030, it is estimated that there will be a 6 trillion dollar global spend on mental health. The good news is that when organisations invest in resilience they see the benefits: healthier, happier and more productive employees.

THE CORETEX GROUP APPROACH TO FACILITATION

- 1 Interactive, engaging and high energy facilitation.
- 2 Tailored to a range of learning styles to increase understanding, participation and application of learning.
- 3 Delivery of practical tools and techniques integrated into day-to-day thinking and action.
- 4 Scientific-based approaches that are balanced with experience and practical application.
- 5 Focus on real business challenges and opportunities.

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