



Designed and delivered by Margie Hartley

The Channel Group

Program Overview

Resilience determines success. Often the simplest, practical initiatives can change individual and team performance dramatically.

Wellbeing & Resilience at Work includes:

- Self awareness
- Identifying personal resilience triggers
- Understanding personal resilience strategies
- Work life integration and balance
- Setting goals
- Optimising personal performance
- Energy management
- Understanding the components of wellbeing
- Realistic optimism

Outcomes

- Increased productivity
- Increased energy management skills
- Greater understanding of stresses and triggers
- Increased engagement
- Greater responsiveness to change
- Increased self responsibility

Participant Profile

This program is ideal for leaders and managers looking to create a culture of happy, healthy and productive workers who achieve outstanding business results.

Building Upon Strengths Through Coaching

Coaching is a powerful methodology to increase self insight, facilitate learning, and clarify ideas in order to build relationships with others.

This program offers the supplementary option of one on one, results focused coaching sessions to enable the participants to achieve their personal growth and goals.

“More than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and who fails.” HBR 2002

	Length One half-day workshop	Group size 5 - 50+	Room Optional:	Includes Participant notes Pre-reading articles Post reading articles

Channel Development: Accelerating People & Performance.

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