



RESILIENCE FOR RESULTS

Thriving in a Changing World

In a complex world where the pace of change itself is changing, we're all facing greater expectations and shorter lead times. Most people adopt a coping mindset and 'muddle through', but the ability to be resilient and thrive through change is crucial to building a high performance culture and an environment of continuous improvement.

Resilience For Results embraces cutting edge diagnostics technology, proven tactics and techniques as well as practical exercises to provide delegates with the tools to enhance their mental, physical and emotional resilience in the workplace.



WHAT DO WE MEAN BY RESILIENCE?

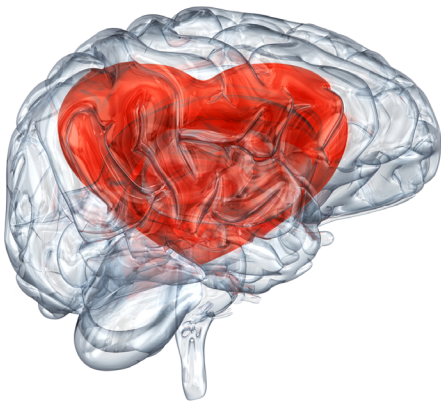
For us, resilience is the ability to maintain a consistent level of high performance in the face of adversity, stress and change. Without the tools to remain resilient, strained relationships, an overwhelming workload or limited resources to perform your role, will eventually have a negative impact upon your performance.

“**GRA's facilitators have a lovely balance of professionalism and approachability to what they do. We worked together from the start to design and deliver a series of really experiential workshops. Our own facilitators and the participants had nothing but praise for the knowledge, flexibility and responsiveness that the team from GRA brought to our events and the feedback has been fantastic with many saying it's the best training they've been on.**

SARAH RUDDER

Learning & Development Consultant, Thales

www.gra.uk.com/resilience



WHAT ARE THE BENEFITS OF RESILIENCE FOR RESULTS?

Delegates will return to the workplace with:

- A greater understanding of why resilience is important in the workplace
- A range of techniques for improved mental agility and flexibility to perform consistently at a high level
- The ability to identify and combat personal stress triggers
- An understanding of how behaviour and language patterns impact upon how you respond to challenges
- A greater awareness of the impact behaviour has on the performance of colleagues and an understanding of how to help others to develop their personal resilience
- Personal action plans and on-going support to implement these new skills

HOW TO ATTEND RESILIENCE FOR RESULTS

Resilience For Results is available as both a 1-day and 2-day training programme through the following delivery options:

- In-house programme at a GRA learning centre
- In-house programme at a location of your choice
- Public programme

WHY CHOOSE RESILIENCE FOR RESULTS?

Resilient employees role model the positive behaviours and confident mind-set required to effectively respond to challenges in the workplace. This adaptability enables them to thrive under pressure and offer a beacon of guidance, support and strength to others in the team.

Whether you're looking to lead others through a period of transformation or develop your own personal resilience, our practical and experiential programme will provide you with tools you can apply in the workplace.

**LIFE'S ROUGHEST STORMS PROVE
THE STRENGTH OF OUR ANCHORS.**

CONTACT US

For further information on Resilience For Results please contact us via:

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🌐 www.gra.uk.com/resilience

About GRA. We are a market leader in the design and delivery of innovative people and organisational development programmes in the areas of leadership, teams and behaviour change. We are the exclusive UK & Ireland licensee for VitalSmarts, and over the last 25 years, we have trained thousands of people in hundreds of organisations across the globe. We own and operate two of the largest Outdoor Learning Centres and ropes courses in Europe, one of which is situated within the grounds of the Wokefield Estate, Reading, the other at the FA's St. George's Park National Football Centre, Burton Upon Trent. www.gra.uk.com

