

Developing Resilience and High Performance

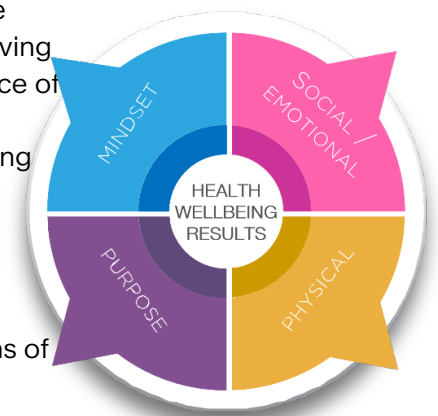
The Challenge to Become a Human-centred Leader

The emergence of new technologies and the global economy have collided with financial disruptions and a worldwide pandemic to create a completely new set of work circumstances. From hybrid home/office working conditions and full-time work-from-home positions to multi-geographical teams and virtual management, the upheaval around these changes can manifest as increased levels of anxiety, depression, social isolation, poor productivity, and burnout.

A leader's role is to understand the human effects of these changes and help their team members build resilience for meeting the challenges and thriving across new way to work.

Why Does Resilience Matter?

Resilience is the ability to quickly recover from adversity and continue working towards a goal. It is not about removing the struggles but thriving despite them. Without it, we feel overwhelmed and may quit in the face of hardships or turn to unhealthy coping mechanisms. Resilience is an essential component of a healthy individual, who contributes to a strong team, that achieves success for an organisation.



The Solution for Building Resilience

FranklinCovey created a two-part program based on the 4 Dimensions of Building Resilience. This solution is ideal for leaders and individual contributors who want to build both personal resilience and greater resilience in their teams.

| Problem | Solution |
|---|---|
| Negative mindset: a belief that problems lie outside of our control. | Cognitive reframing: skills that challenge and reframe our thinking. |
| Lack of purpose: being disconnected from a bigger picture and sense of accomplishment. | Create meaning: identify the personal and professional roles we play, set goals, and create a roadmap for achieving them. |
| Minimal social and emotional support: feeling stressed, anxious, depressed, and isolated. | Build deeper connections: cultivate empathy and curiosity to develop meaningful relationships. |
| Low energy: being tired, unfocused, forgetful, and burnt out. | Fuel your physical self: create a plan to improve how you move, relax, eat, and sleep. |

Delivery Options

Live In-Person and Live-Online: choose one half-day session or two 2-hour sessions.

Contact Us

To learn more, contact FranklinCovey at 0800 475 078 or info@franklincovey.co.nz