



Building Resilience

How do you build resilience into your organisation?

Resilient employees create resilient organisations. They view crisis as an opportunity, accentuate the positive and minimise the negative. As the complexity of modern organisations continues to increase, resilience will become a critical factor in differentiating successful employees and organisations.

At the completion of this session participants will:

- Understand what it means to be resilient and its relationship to wellbeing and performance
- Learn how to build resilience within their teams and organisations
- Understand the key leadership behaviours that help their people through setbacks and maximise 'bounce' or recovery
- Understand the meaning of stress and be familiar with the early warning signs of negative stress and ways to effectively manage it
- Learn critical strategies for building resilience
- Develop a greater appreciation of their key resiliency assets and know how to utilise these in times of challenge, change and adversity

This interactive session will provide participants with the knowledge, insight and key principles to understand the challenges to being resilient and how they can build and maximise their resilience in the workplace.

Session Details

Date:

Thursday 20 October 2016

Location:

Novotel Glen Waverley
 285 Springvale Road, Glen Waverley

Session Time:

8:45am arrival for 9:00am start.
 Session will conclude at 11:45am.

Attendance at the Forum is complimentary and will include light refreshments.

Please RSVP to:

Emma Pearce on 03 8632 9940 or
 email epearce@dfp.com.au
by Friday 14 October 2016

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The Facilitator



As a Principal Consultant with Pinnacle Group Australia, Susan Crawford works with senior leadership teams and frontline leaders, both individually and collectively, to hone strategies and skills that are required to achieve high performance and build engaged and productive workplaces. Susan is an experienced educator, consulting psychologist and facilitator with broad experience across all business sectors.