



## 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:**

Friday 12 June 2015

**Location:**

Fraser's Restaurant  
 Fraser Avenue, West Perth

**Session Time:**

7:30am arrival for 8:00am start.  
 Session will conclude at 11:00am.

Attendance at the Forum is complimentary and will include breakfast and morning tea.

**Please RSVP to:**

Julian Strudwick on 08 9287 9807 or email [jstrudwick@dfp.com.au](mailto:jstrudwick@dfp.com.au)

**by Friday 5 June 2015**

**dfp.com.au**

### The Facilitators

Ian Shakespeare is a Psychologist, Management Consultant and CEO of Judgment Index Asia Pacific. Ian has over 25 years experience assisting organisations in improving productivity through the implementation of integrated and holistic wellbeing programs.

Ross Eatt is a Psychologist and Managing Director of People & Workplace Engagement Pty Ltd. Ross has extensive experience in leadership coaching, organisational assessment, training and development, conflict intervention and counselling.