

Leading Hybrid Resilience



Team Health & Strength for the Flexible Workplace.

Change can be stressful at the best of times. The impact to organisations from recent upheavals in the workplace have resulted in organisations scrambling to maintain team cohesion and have the strategies in place to ensure robust resilience frameworks.

Overtime the social and work changes have created a heavy impact on many individuals and industries to maintain effective service. Most psychologists agree on one fact: that prolonged periods of stress or continued change in the workplace, will result in burnout, fatigue, job dissatisfaction, depression and ultimately create retention risk to employers.

'**Leading Hybrid Resilience**' has been designed in response to employers requesting leadership support strategies for their hybrid/remote work teams. The need to manage the crucial work life balance and maintain performance requirements and reduce the risk of team burnout and disengagement.

It has been developed with a holistic focus to help individuals and teams identify the potential stress triggers in your work and personal life. This workshop includes practical activities to bring empowerment and strategy to create a positive emotional state when managing flexible work teams.

Designed for?

- Leaders looking for ways to reduce stress and gain flexible work strategies for their team.
- All levels of leadership within the organisation.
- Those looking for new and fresh ideas to build better resilience levels for hybrid/remote staff.
- Those who are looking for self-management strategies to improve disciplined work practice and reduce task anxiety.
- An ideal group size is 6 – 15 participants.

Key Learning Outcomes

- ✓ Critique individual resilience levels in a remote environment.
- ✓ Develop effective resilience frameworks to maintain team engagement and performance.
- ✓ Create an ongoing reprioritisation strategy rather than a crisis management approach.
- ✓ Anticipate struggle points and influence positive outcomes.
- ✓ Create an effective adaptability plan customised for your team's unique needs.
- ✓ Create an effective adaptability plan.
- ✓ Identify and label common remote stressors.
- ✓ Differentiate between positive and negative stressors.
- ✓ Stay motivated and think with the end in mind.
- ✓ Manage how you react to events.
- ✓ Support your team with the art of unconditional surrender to the events they have no control over to reduce stress impact.
- ✓ Recognise the telltale signs when resilience levels are dropping overall.
- ✓ Develop an effective work-life balance strategy for the team.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



Coaching

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