

Resilience training and its business benefits

Resilience is increasingly recognised as a fundamental factor in organisational success, with businesses that invest in resilience programmes reporting benefits including reduced stress, improved work satisfaction and increased productivity.

Professor Ivan Robertson and Professor Sir Cary Cooper reviewed every published study on resilience, and concluded that resilience training had quantifiable improvements for business regardless of whether the training was half a day or 20 weeks.

CIPD Podcast – Resilience - February 2016

Our workshops look at all the demands being placed on today's workforce and show them how to find balance, look after themselves, become resilient and take control of their future both personally and professionally.

Building on research from leaders in resilience, including but not limited to; Professor Angie Hart from Brighton University and Tony Robbins, Life Success Coach, Businessman and Philanthropist; Resilient Me is proud to be different from other training companies.

“Thank you for having the strength to share your own experiences with us, you clearly live by what you teach and that is inspiring!”

“Trainer was so friendly and open, a great personality and very passionate about supporting children and young people”

“We now have a greater understanding of Mental Health and how to deal with it”

Resilient Me offers training and development which:

1. supports a reduction in absence, turnover and improved productivity

- 41% of HR professionals claim that reported mental health problems (such as anxiety and depression) have increased among employees in the past 12 months
- 60% of organisations with a policy on mental health do not currently provide mental health training

CIPD Annual Absence Management Survey 2016

- Around 17million working days were lost in the UK to sick leave caused by mental health in 2015; an increase of 25% on 2014
- Office for National Statistics 2014*

- “Happier Individuals have approximately 12% greater productivity”

A J Oswald, University of Warwick 2014

2. supports the requirements of the current Mental Health Reforms

- “Shared Society” – The Prime Minister's vision to provide greater support to those suffering mental health problems

Theresa May 9th January 2017

- “Five Year Forward View for Mental Health”
- Mental Health Taskforce, NHS England, February 2016*

3. receives EXCELLENT feedback

- The feedback has been truly amazing and inspiring, including the most recent from a staff training day in Telford, which rated our course an average of 4.8/5



resilientme

Strength through understanding

Resilient Me, Welland View, Glaston Road
Uppingham, Rutland LE15 9EU

Tel: 01582 820258

Email: info@resilientme.co.uk

www.resilientme.co.uk