

DEVELOPING RESILIENCY THROUGH DESIGN

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Resiliency is a skill and it *can* be learned.

The Resilient Staff Workshop is designed to help participants with framing problems and communicating issues.

We outline the power of emotional control, explain techniques to triage stimulus and conduct group activities teaching perspective taking.

Your staff will leave the workshop with a deeper understanding of what resilience is and be equipped with tools to be more effective team members.

Resilient
Staff
Workshop



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Reach out directly to learn more:
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The workshop is tailored to your organisation's specific culture and designed to cover the psychological aspects of building team resilience. Our lesson content is underpinned by academic research and our staff have university qualifications ranging from Business Degrees to PhDs.

We pride ourselves on thinking deeply about leadership, high performing teams and building resilience. Hindsight workshops provide theoretical solutions that can be immediately implemented by the participants. Workshops are interactive and based on active participation.