

# Resilience workshop

How does your team deal with change? Do they glide through it effortlessly? Or is it more of a wade through a swamp, getting stuck?

Our Resilience programme helps business leaders boost team performance and their ability to better manage change, how and when it happens so the business continues to move forward.

## Benefits of this programme:

- Sustain team and leadership performance as well as productivity during periods of change and pressure
- Increase discretionary effort levels - encouraging people to go “above and beyond” what is necessary
- Build a more positive and proactive work environment

## What is included in this programme:

- A Resilience diagnostic report on your team’s level of Resilience
- Access to a qualified Resilience facilitator
- A leader and managers toolkit on how to enhance Resilience
- A Resilience communication toolkit to support team discussions
- A workshop facilitated by a Resilience expert; focusing on an action plan to build Resilience

Within today’s fast paced, continually shifting environment, resilience to change is a key factor in determining teams and organisations who succeed and those that underperform.

Connor, D (1992)

**Book today:**  
**Call: 0333 241 3008**  
**Email: [hello@rubica.co.uk](mailto:hello@rubica.co.uk)**

[www.rubica.co.uk](http://www.rubica.co.uk)



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## Duration

1 day

## Full workshop price

Price on request

## Workshop format

### Section 1

#### Communicating Resilience

The Resilience communications toolkit will guide you on “how to start the Resilience conversation” with your team; ensuring they understand and engage with the idea.

### Section 2

#### Resilience diagnostic

Once the team understands the idea behind Resilience they will complete their own Resilience diagnostic – a 10 minute online survey that provides a baseline measure of how they see the team performing currently.

### Section 3

#### Resilience report

The team leader will receive a Resilience diagnostic report, summarising the key findings from their team. Within this report it will provide direction on the team’s strengths that should be maximised and highlight areas that put performance at risk.

### Section 4

#### Resilience action plan

Our Resilience expert will work with the business leader(s) to discuss the findings of the Resilience diagnostic report, and key areas of action moving forward.

### Step 5

#### Defining meaningful measures

Our Resilience expert will facilitate a workshop lasting just under 3 hours to cover:

- How resilient are you? A review of the team diagnostic report
- Enhancing our team resilience – what action is needed to enhance it and how can this be achieved?

#### Moving forward...

The Resilience programme includes a 12 month subscription to the Resilience diagnostic tool; allowing you to reassess your performance every 3-4 months.

## About Resilience

Rubica’s Resilience programme has been developed by Miranda Wheatley Price - an organisational change specialist. Miranda has an MSc in Organisational Change from Ashridge Business School and extensive experience in delivering and embedding performance focussed change projects – working with iconic brands such as Siemens, P&G, Marks & Spencer and Ticketmaster.

## About Rubica

Rubica shapes the change that is needed to strengthen a business and its people.

We do this by working with leaders and teams to identify and implement the change needed for strategic goals to be met.

Our commitment for successful organisational change is underpinned with intelligent performance measures that focus a change to deliver the right outcomes.

The result? Change that positively impacts your business and people.

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