

Coping Skills & Resilience

This series of sessions assists companies to promote a problem-solving culture towards mental health. They provide the framework, and go on to outline and lead people through the techniques. In the longer sessions, participants will be able to practice techniques they may have only heard about, or re-try techniques they have given up on. Make adaptability a strength in your company.

Resilience Overview

This briefing shifts the focus from mental health awareness to coping skills and the active creation of well-being. It covers the primary mental and physical coping skills that develop healthy adult life. It offers information and introductory exposure to some techniques.

Audience: employees at all levels of the organisation.

1 hour; up to 100 participants

Engaging Resilience

This expands the Resilience Overview, and adds participant assessment of their current coping skills and where to focus on development.

Content includes the use of the Adult Coping scale (short) to assess mental resilience, basics of Neuroscience of resilience, and an introduction to mindfulness and types of helpful exercise.

Process includes mini-lecture, regular group discussion, personal reflection, some practice, accelerated learning techniques.

Audience: employee teams

2 hours; up to 20 participants

Leading Resilience

This expands the Engaging Resilience session, and explores the role of the workplace leader in managing development of corporate skills, and also personal coping strengths.

Content frames the leadership challenge of first being your best self, including practice exercises in mindfulness and self awareness. As a leader we explore appropriate empathy, and building motivating and trusting relationships.

Audience: managers, supervisors, team leaders

3 hours; up to 20 participants

Resilience Series

Talk to us about the combination of sessions that may assist your organisation, to advance its well-being strategy.

Cascading sessions can begin with managers or employees, according to need.

Contact us to talk about your needs

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Influencing how people apply themselves to their personal challenges (grief, depression, anxiety, isolation, adult maturity) is now on the corporate agenda. The benefits are companies that live out their values, and employees who thrive in safer corporate cultures. Every year, clients engage us to implement *strategies*, that develop corporate skills, personal coping, and resilient teams of people. We help companies engage problems like absenteeism and presenteeism to achieve better business and employee outcomes.

What can we do together?

How would an enhanced performance culture impact your business

- internally motivated people
- applied new knowledge and skills
- faster, independent problem-solving
- increased team cohesion
- better cross-functional networks
- greater confidence
- robust corporate culture

Who are Skillbiz?

- experienced Org. Dev't practitioners
- established in 2000
- Australian company with global network
- registered psychologists
- collaboration in over 10 countries

When should you collaborate with Skillbiz?

- revive the languishing career of an older man
- support your teams through restructures
- empower your employees to face challenges
- add new energy to your team
- resource your managers to recognise and support appropriate resilience practices
- resolve deeper psychological issues
- enhance top talent development
- strengthen your learning menu

What can Skillbiz offer you?

- blended learning strategies / solutions
- workshops / conferences
- executive coaching
- consulting on influencing (e.g. procurement, sales, dispute resolution)
- strategy dev't for your next negotiation
- consulting in learning & development
- *what do you need?*

Who has collaborated with us?



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