



Transforming Resilience Program

A training program to strengthen workplace
resilience and wellbeing

Contact:

W: www.maria-brett.com

E: connect@maria-brett.com

T: 0488 989 886

TRANSFORMING RESILIENCE IN THE AGE OF DISRUPTION

How do organisations and teams adapt to the disruption, challenges and uncertainty of the 21st century? How resilient have your organisation and its people been in the face of the pandemic? Are things getting back to “normal”, or do you need support to adapt to the new normal? How prepared will you be when the next unexpected event hits?

In the Transforming Resilience Program, Maria Brett helps participants answer these pressing and important questions. Maria presents her approach to workplace wellbeing by re-thinking what resilience really is, and offering practical resilience strategies and practices to help individuals and teams adapt - and even to thrive - in the face of current and future challenges.



Overview of the Transforming Resilience Program

Drawing on neuroscience and key learnings from post-traumatic growth and mindfulness, the Transforming Resilience Program presents Maria Brett's approach to resilience which begins with understanding how we are fundamentally wired for resilience.

Over the 8-weeks of the program, participants will explore how we can all become more resilient – it just takes practice. Participants will also learn to share responsibility for creating a culture of resilience and wellbeing in their workplaces.

The training includes participation in the Resilience Self-Assessment, developed by Maria Brett, an individual Resilience Plan, and coaching support to implement the learning.

The program is underpinned by Maria Brett's *Resilience Model of Workplace Wellbeing* which highlights six key aspects of resilience. These are each explored with practical strategies which are put into practice to strengthen resilience and wellbeing.



Resilience Model of Workplace Wellbeing

The impact of the Transforming Resilience Program

The program provides a supportive context for participants to learn about and implement the six key aspects of resilience in Maria Brett's *Resilience Model of Workplace Wellbeing*.

Using the Resilience Self-Assessment as a starting point, and drawing on the training content presented by Maria Brett, participants will identify their current work challenges and learn practices and strategies to address these challenges and strengthen their resilience and wellbeing.

As resilience grows, participants can expect their learning to have a positive impact in their work roles, and in their lives generally, as illustrated in the diagram to the right.

Your Challenges	Resilience Competencies	Your Impact
Complexity & Change	Courage	Adaptability
Difficult People	Empathy	Connection
Negativity Bias	Gratitude	Optimism
Distraction & Overload	Mindfulness	Focus & Calm
Stress & Burnout	Self-Care	Health & Wellbeing
Disengagement	Purpose	Commitment



THE TRAINING PROCESS

YOUR COMMITMENT

The Transforming Resilience Program Takes place over 8 weeks via Zoom

Preparation (Week 1)

- Completion of the Resilience Self-Assessment Survey (10 minutes)
- 1.5 hours of self-directed learning on emotional resilience (via video)

Training (Weeks 2 & 3)

- 2 x 2.5 hour training sessions on the six aspects of resilience in the *Resilience Model of Workplace Wellbeing*
- Practices and strategies to put resilience into practice
- An Individual Resilience Plan based on the Resilience Self-Assessment results and learning from the training

Implementation (Weeks 4, 6 & 8)

- 3 x 90 minute Group Coaching sessions to embed learning and implement the Individual Resilience Plan
- Repeat of the Resilience Self-Assessment to review progress prior to the final session

Organisations:

In-house delivery for teams available.
Contact Maria Brett for a quote.

Public program:

Commencing 28 March 2022.
\$950 (all inclusive) per person.

ABOUT MARIA BRETT



Maria Brett is an expert in leadership and organisational development who helps others live and lead courageously - from the inside out - for impact that really matters.

Maria has more than 20 years' experience as a leader in the non-profit sector. After a brief career in the law, she followed her heart to work for causes she is passionate about: the environment, human rights and mental health. For ten years, she was CEO of the Counselling and Psychotherapy Federation of Australia where she led a major restructure to deliver substantial growth and to build a purpose-driven culture based on ethics, resilience and wellbeing.

As a psychotherapist and mindfulness teacher, and as former CEO, Maria brings a unique approach to her work as a trainer and coach. She has integrated a lifetime of learning about mindfulness, resilience and leadership, and her own personal growth journey, to design programs to inspire others to grow, both personally and professionally.

Find out more at www.maria-brett.com/about