

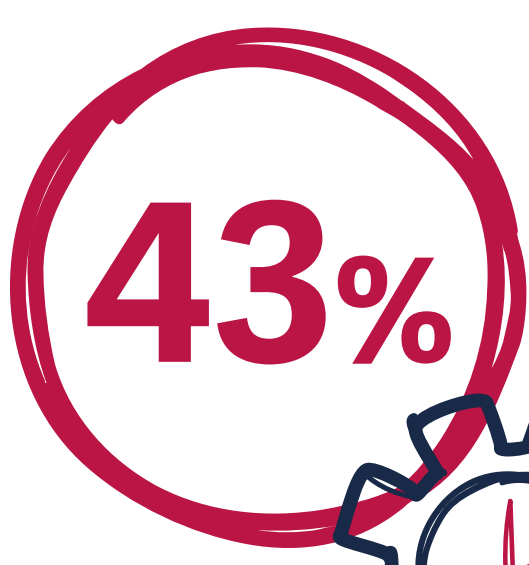
Why is Resilience

important in the world of work?

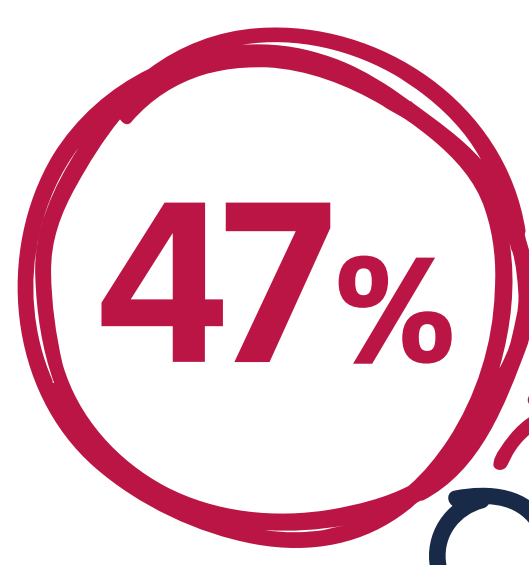
“Feelings are much like waves, we can't stop them from coming but we can choose which ones to surf.”

Jonatan Martensson

Highly resilient employees are...



more productive



more engaged at work



as likely to stay at their current organisation

in comparison to those with low resilience

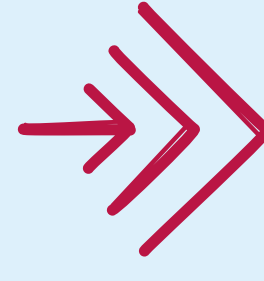
How can you build resilience in your managers?



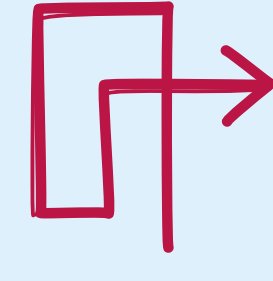
Self Belief



Optimism



Purposeful Direction



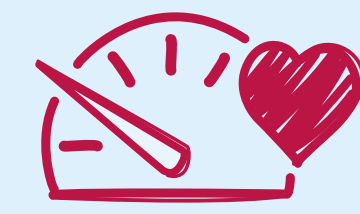
Adaptability



Ingenuity



Challenge Orientation



Emotion Regulation



Support Seeking

Our powerful evidence-based Resilience model provides insight and strategies focused on 8 core areas

Building Resilience globally



Used globally across 93 countries



Over 10,000 people have completed the questionnaire globally

The Resilience Questionnaire is already being used around the globe to help employees thrive

Can Resilience be developed? Absolutely!

“Of all the virtues we can learn, no trait is more useful, more essential for survival, and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge.”

Mihaly Csikszentmihalyi

Build resilience in your leaders – download our White Paper to find out how

Download now >

psionline.com/resilience

