

# Resiliency: Managing Stress at Work

Research shows that 51% of people say they are less productive due to stress and 52% say that stress impacts their career decisions. Stress is also an underlying factor in the six leading causes of death (heart disease, cancer, lung ailments, cirrhosis, and suicide). The measure of your Resiliency is one way to monitor how you handle stress at work.

Based on “Developing a Resilient Mindset”™ by **TRACOM**, this program teaches people about the sources of their stress, their response pattern to stress, and practical strategies for altering those responses. The course is based on decades of research on resiliency as well as new and groundbreaking research in neuroscience. Participants will gain insights about themselves and concrete ways to buffer themselves from workplace stressors. They will be able to use these skills immediately to enhance their resilience and improve their job performance.

Research shows that highly resilient people respond to challenges with flexibility, bounce back from challenges, and even find opportunities in workplace stress. They perform more effectively in their jobs, are healthier, more engaged with their work, and have higher commitment to their organizations. The good news for employees and organizations is that resilience can be learned and developed – and this program can show them how.

## PROGRAM OBJECTIVES:

- Understand resiliency and why it is important
- Recognize the interaction between emotions, behavior and the brain
- Recognize, through self and others’ assessment, your own resiliency tendencies
- Adapt strategies for developing resiliency and managing change and stress

## PROGRAM LENGTH:

1 day for multi-rater assessment (360 feedback)

*optional ½ day program with self-only assessment*

## TARGET AUDIENCE:

Universal

Specific programs available for managers, teams or sales groups on request

## ADDITIONAL COMMENTS:

The great value from this program comes from the assessment that accompanies the course material. Prior to the program, participants will receive a link to an on-line portal where they will rate their resiliency by answering questions about how they manage their reactions to stress (available in over 25 languages). Options exist for both self-profiling and multi-rater assessments (recommended). Self-scoring paper versions are also available.