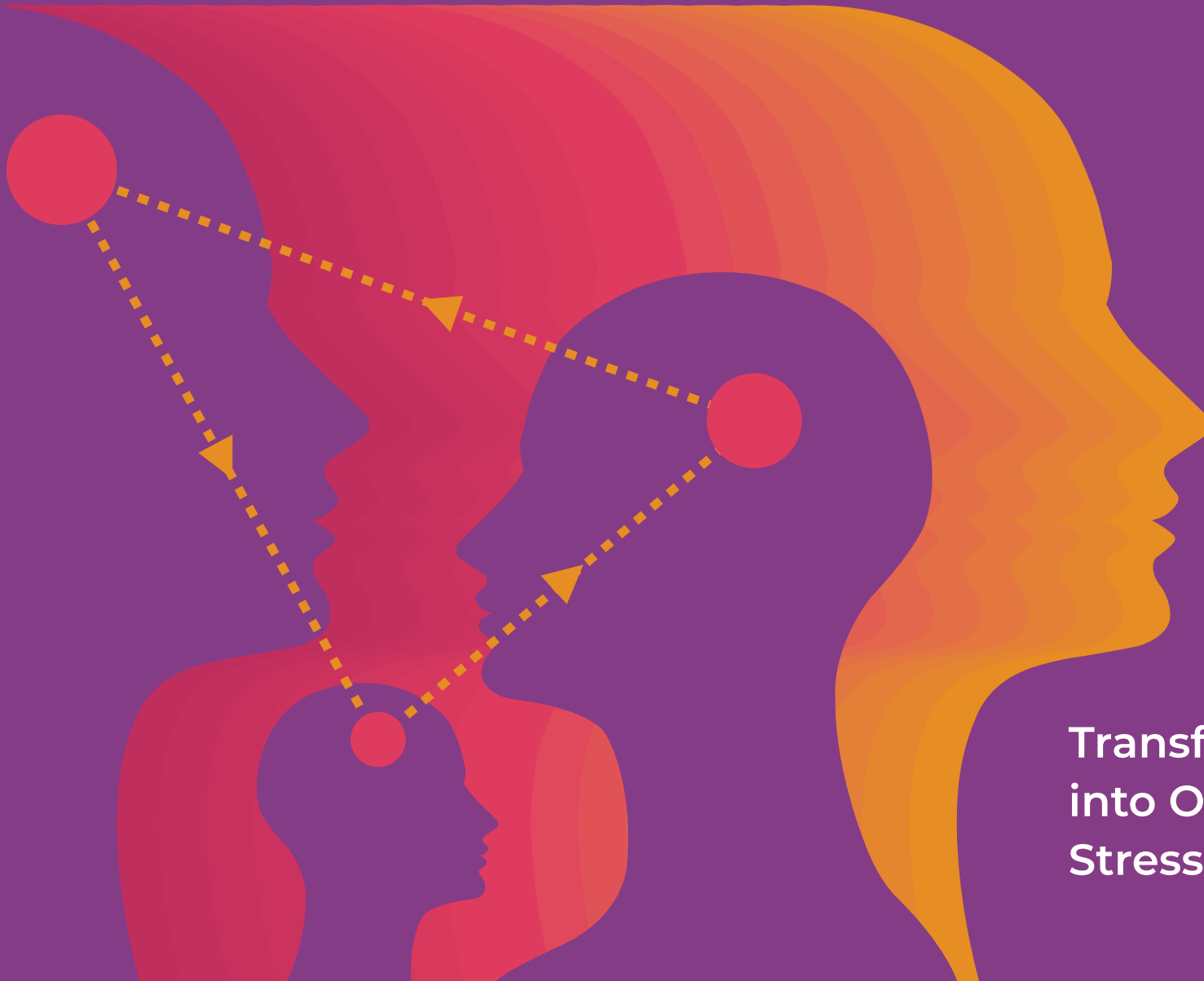


The Resilience Advantage for Employees and Business Leaders



Transforming Challenges
into Opportunities and
Stress into Resilience

The Power Of Resilience



THE
RESILIENCE
ADVANTAGE™

Do you feel you're hearing the word 'resilience' more often? It means the ability to cope with and bounce back from challenges.

We at ThriveWell Global, don't leave it there though.

We believe resilience is about growing and developing as individuals through change and adversity. You're hearing it more often because it's a critical life skill - both in the workplace and in general.

There's a reason why organisations want to build resilience into their teams:

- Resilient leaders are more productive, perform under pressure and foster positive relationships. **They enable a thriving and positive future.**
- Resilient teams are more fun to work with, create loyal customers, and perform better. **They are prepared for the challenges of tomorrow.**
- Resilient employees have more energy, flexibility and motivation to thrive under pressure. **They bounce back from setbacks and pursue opportunities.**

We specialise in enabling employees and business leaders to become more resilient. Our work allows your teams to do more than merely survive the challenges they face - it helps them actively thrive, find creative solutions and positive manage volatility, uncertainty, complexity and ambiguity.

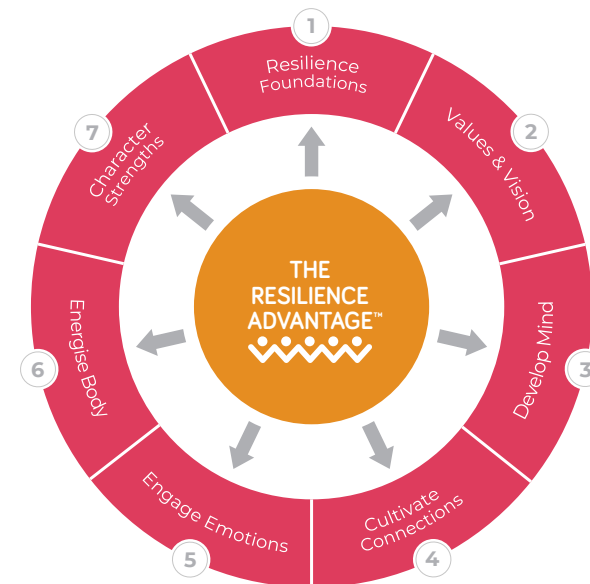
Our ResilienceReady™ packages are engaging, fun and rewarding. They deliver the resilient mindset and skills toolkit you need to boost and build your employees to work happier, perform better and promote wellbeing in your workplace.

'At ThriveWell Global, we believe resilience is empowerment. Our Resilience Advantage programme puts your employees back in the driving seat of their life and work, enhancing mental health, wellbeing, productivity and performance - because when people flourish, your organisation thrives.'



Cara Cunniff, Founder and CEO, ThriveWell Global
Think Differently, Take Control and Thrive

The Resilience Advantage Method





Building on both our own experience and our work with clients, we bring a variety of unique elements together to create rounded resilience.

Our tried and tested methodology combines teachings from the British Army, endurance sport, professional coaching and business consultancy. We have developed a fantastic set of ResilientReady™ packages to boost and build employee and leadership resilience to bounce back from life's inevitable setbacks and achieve their goals – no matter how uncertain the world is around them.

By following our flagship Resilience Advantage methodology, you will gain resilient employees who can help you to deliver better customer service, give you a competitive edge and bring resourcefulness to challenging situations.

We believe that resilience begins with having a clarity of vision for what you want to achieve.

Once you have this vision, you need to align it with an adaptable mindset that gives you the flexibility and space to see how to problem solve and seek opportunities. This, alongside having important practical tools that allow you to be resourceful, are the stepping stones for building long-term resilience individually and across teams.

All of this is only possible if you have an environment that promotes and supports resilience. The nature of your environment determines the success of your resilience work – it has an effect on everything you do.



What's The Problem?



THE
RESILIENCE
ADVANTAGE™

Times are tough. We are all facing numerous challenges, both personally and organisationally. The better prepared you are to meet these challenges with strength, focus and resilience, the better your long-term performance and wellbeing will be. For organisations, building resilience into teams supports your people, boosts team strength, improves retention and supports your business goals.

Many people think that you are either naturally resilient or you're not. We disagree.

Resilience can be learned.

Do you recognise these issues?

Set in a global context of post-pandemic changes to our working lives, economic challenges, rising mental health issues, climate change and societal fragmentation, we'd expect organisations and individuals to recognise some of the common issues below.

For organisations

- **Financial pressure** – lack of workforce resilience costs time, money and reputation. The impacts of a lack of mental resilience include absence from work, higher staff turnover, reduced product or service quality, additional recruitment and training costs and potential damage to your reputation.
- **Productivity drop** – productivity has been adversely impacted as a result the negative impact of the pandemic on wellbeing.
- **Lower staff morale** – this can lead to significant losses in revenue.

For individuals

- **Poor performance** – people are exhausted, stressed and feel under pressure. This impedes focus and can result in reduced performance levels.
- **More sick days** – a lack of resilience creates stress, making it more likely that people will become ill and take more time off work.
- **Reduced job satisfaction** – unsupported employees are less motivated to complete tasks and lose their connection with the business. They are more likely to leave their job.

Employees with greater resilience bring 16% higher expression of empathy, have 16% greater perspective and are 12% more effective in building and maintaining social connections in the workplace - all skills necessary for effective collaboration, influence, and communication across an organisation.¹

¹Global Pandemic: A real world Case Study 2022.

What You Will Learn



THE
RESILIENCE
ADVANTAGE™

Our Resilience Advantage training is all about transforming your workforce and your workplace. It completely changes the way you and your staff prepare for and deal with the changes and challenges you face, and it has a positive measurable impact on your organisation.

Our packages are designed around our 7 Resilience Competencies – ways of working individually and together to develop a naturally-resilient approach.

You will learn how to:



Boost Your Resilience Foundations to Manage Stress

Boosting your resilience supports you to manage your stress, cope with challenges, improve your wellbeing and accelerate your performance. You can also use the same intentional skills to improve your happiness. What's not to love about all of these benefits.



Explore Your Values, Vision and Goals to Improve Energy and Motivation

We all have values that matter to us. When you consciously connect with your values and put them in to practice, you achieve benefits across your whole life, helping you to think more flexibly and thoroughly, embrace new perspectives and be willing to try new strategies.



Use Your Mind to Accelerate Performance

Your mind is a powerful tool. Learning to stay strong, maintain a positive attitude and focusing on success means you will improve mental strength and self-confidence, helping you to achieve continuous and manageable performance improvement.



Engage Emotions for Success

Emotions can help you or hold you back. To be resilient, you can learn to regulate impulses, emotions and behaviours to achieve your goals. Find out how to express emotions appropriately for the situation and challenge counterproductive thinking.



Energise Your Body to Boost Work-life Wellbeing

Your physical wellbeing is as important as your mental state. Eating and sleeping well, increasing physical activity and understanding the relationship between mind and body is fundamental to your resilience success.



Activate Your Character Strengths to Improve Everyday Success

When you understand your own character strengths, you can build on them and thrive at work and at home. These strengths reveal the 'real' you, and so are fundamental to building an approach to resilience that works for you.



Cultivate Connections to Collaborate

Relationships are vital to your wellbeing and success. Using positive and effective communication, you can learn how to develop empathy and support others, and understand that it's OK to ask for help.

Unlocking Resilience Potential

The transformation for your people and your organisation comes from the diagnostics, training and accountability that our programmes deliver.

Our flagship programme The Resilience Advantage™ empowers and energises your people, giving them a fresh resilient mindset and an invigorated resilience toolkit, so they can be their best selves at work, rest and play.



To develop and maintain resilience, our training has three core focus areas: measure, train and sustain. These are designed to deliver proactive sessions that allow leaders and employees to take control, welcome change and embed resilience into their daily lives.



Measure

All good training programmes start with taking stock of where you are right now. This gives everyone a benchmark for progress, shows where improvement is needed, and also gives a great insight into individual levels of resilience at the beginning of the programme.

Firstly, we ask you to complete our Employee Resilience Diagnostic. Then if you opt in, you will complete our Character Strengths Assessment.

We will refer to and reflect on the findings of these assessments throughout the relevant modules of the training.



Train

Your resilience training is based on fun, engaging workshops that are designed to be thought provoking and insightful.

With lots of exercises, group activities and interaction, they are designed to help participants think completely differently about how they can make physical and mental changes that will contribute to better resilience.

There are also plenty of moments for reflection – the training is designed to provoke some deep changes, and so there is time for participants to think about how this feels to them.

All training is supported by a ResilientReady™ Learning Log which allows people to take notes, make commitments and have a clear picture of their journey.



Sustain

Embedding new lessons and behaviours takes time. So a focus on sustaining your new approach to resilience is a critical part of the process. After all, practice makes permanent.

This area of work includes accountability sessions, group coaching and learning from others. It helps to complete the transformation and to give people the tools they need to use resilience as a habitual approach every day.

The ResilienceReady™ Growth Action Plan support this work – participants create an action plan based on awareness, values, reflection, goal-setting and planning for resilience development within the context of their work and home lives.

Optional Individual Resilience Coaching - expert coaches through specific barriers to change



We've developed three dedicated packages that deliver resilience training to your organisation.

SPRINT

This programme is designed to give you a picture of your current resilience levels and develop in selected key competency areas to build better resilience for the long term. You'll come away from the training feeling in more control of your responses and emotions, understand your choices in difficult situations and be better prepared to manage stress.



AMPLIFY

Amplify is an in-depth package that builds resilience across a period of time. This allows participants to benchmark and measure their resilience throughout. At the end of the training, you'll feel that you can positively engage for successful outcomes – even in difficult times, and actively solve problems as they arise. You'll learn how to stay calm under pressure and feel that you will be able to control unexpected situations when they arise.



INFINITY

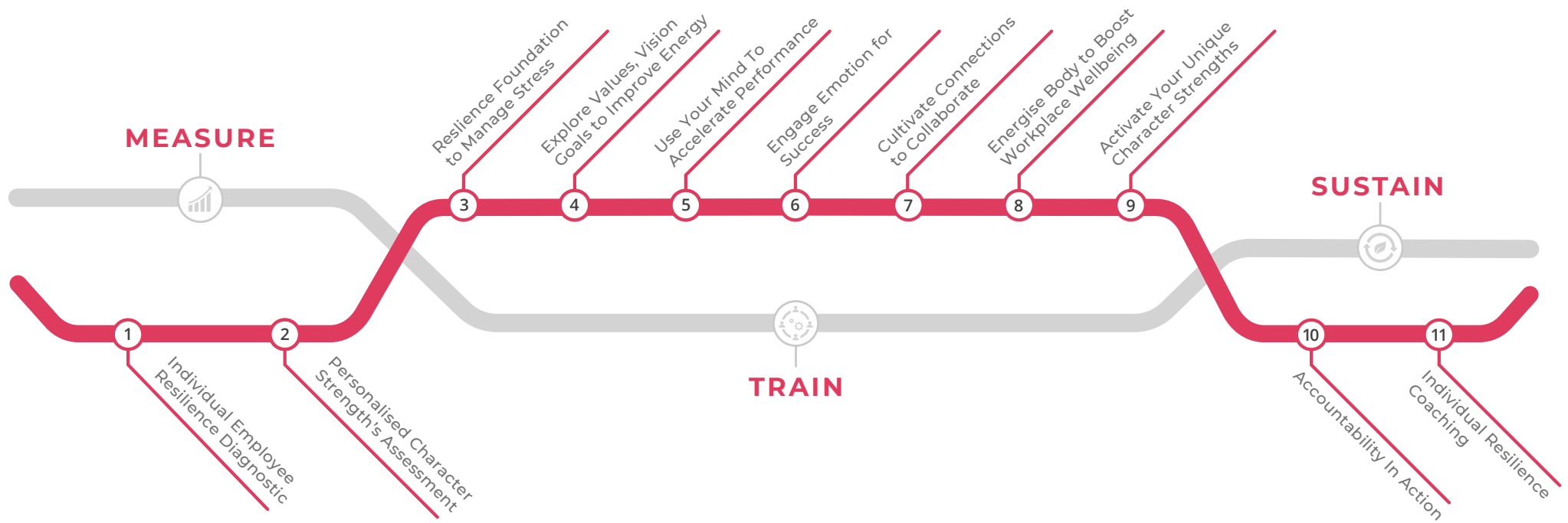
For companies who want to embed resilience across their organisations, Infinity delivers transformative training that results in confidence in employing your character strengths to your advantage. Working across all the Resilience Capabilities, this training drives sustainable change that will help leaders, employees and the wider organisation to be resilient for the future.



The Resilience Ready Journey Map



THE
RESILIENCE
ADVANTAGE™



What Our Clients Say



THE
RESILIENCE
ADVANTAGE™

We've delivered our Resilience Advantage™ programme to a range of businesses – here's what they have to say:



Richard Woods, Founder, Million Dollar Sprint

"Thrivewell Global are awesome at building employee resilience.

Our objective was to boost our team's mindset and build their resilience skillset to deal well with work pressures and demands of daily life. As a result of working with Thrivewell Global through their Resilience Advantage programme, we saw measurable gains harnessing the power of resilience.

Sincerely, if you want your workforce to perform within our ever-changing and challenging times then I cannot recommend Thrivewell Global enough."



Jamie Burrows, Jamie Burrows Recruitment Training

"I asked Thrivewell Global to deliver some evergreen resilience training for my clients. Cara's insights, methodology and Resilience Scorecard were an immediate win for all my recruiters. It was far more than I had hoped for – professional, creative and impactful.

I thoroughly enjoyed working with Cara and as a result, she will be running additional training for my client base."





We advocate for the United Nations Goals for Sustainable Development. In particular we support Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

We do this through the organisation Buy 1 Give 1, an established organisation that supports charitable work to be integrated into businesses, ensuring a constant stream of support.

What do we do?

For every individual booked on our courses, we donate a pair of shoes to a Ukrainian child. This helps them to stay comfortable and helps them to get to and from school in difficult times.

Education is the key to a brighter future. By providing access to education, we're not only empowering every child, but we're also empowering communities and countries to build a better future.

We work with businesses and charities to develop resilient employees who can contribute to solving the meaningful problems that we face today. Resilient employees who create, connect and contribute more, as a force for good help address poverty and climate change within their own business spheres.



Book your complimentary Resilience Advantage™ Strategy Session

These sessions are designed to discuss the current levels of employee resilience within your organisation and how to improve them.

Each session is tailored to you and you will receive a ResilienceReady™ Report on completion of our complimentary assessment which shows you the areas you could work on to improve the way your organisation builds employee resilience.

Just book your session using the link below.

[BOOK NOW](#)

<https://calendly.com/caracunniff/resilience-to-thrive-strategy-session>

