How are you building resilience in your managers?

Building a resilient workforce is critical

- Economists are claiming that we are experiencing the Fourth Industrial Revolution
- The founder and executive chairman of the World Economic Forum, described the speed of this change as having no previous historical model
- Organisations and employees need to manage this change in order to thrive

With 1 in 4 people viewing their jobs as the number one stressor in their lives and 94% of HR professionals with the belief that stress impacts employee performance, there has never been a more pertinent time for building resilience in your organisation.

Why Resilience?

More resilient individuals have been shown to:
- Thrive during challenging times
- Demonstrate sustainable high performance
- Manage change more effectively

How to build Resilience

At PSI, we define Resilience as an individual’s capacity to adapt positively to pressure, setbacks, challenge and change in order to achieve peak performance.

Our unique Resilience Questionnaire focuses on the aspects of an individual’s patterns of thinking, preferences and behaviours and enables individuals to gain insight into:
- How they are resilient,
- How they can develop their resilience further
- How they can apply these skills at work to tackle stress and to thrive
The Resilience Questionnaire

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

Self Belief  Optimism  Purposeful Direction  Adaptability

Ingenuity  Challenge Orientation  Emotion Regulation  Support Seeking

The questionnaire generates a range of insightful reports that can be used either to help develop or assess an individual’s resilience. It can be completed online in only 10 minutes. The feedback report provides a summary of an individual’s results in relation to the core components of resilience together with options on how they can develop each one.

Responses are also compared to one of a range of available norm groups, allowing leaders, managers, employees or other specific industry groups to understand how their levels of resilience compares to others.

Bringing Resilience to life in your organisation

We work flexibly with you to help you build resilience in a way which fits your culture and objectives.

- **Upskill** through a short e-learning module and be enabled to roll out a Resilience programme within your own organisation
- **Use our experts** to deliver a Resilience programme

Contact us to find out how to build Resilience
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