



RESILIENT LEADER, RESILIENT TEAM PROGRAM

FOR BETTER BUSINESS

“Resilience training can improve personal resilience, develop mental health, increase subjective well-being, enhance psychosocial functioning and improve performance in the workplace.”

Robertson, I., Cooper, C. L., Sarkar, M., & Curran, T. (2015). Resilience training in the workplace from 2003-2014: A systematic review. Journal of Occupational and Organizational Psychology, 88,533-562.

ABOUT

Resilience is a quality that can be developed in adults. High employee resilience can increase productivity, job satisfaction, and prevent stress and burnout. Helping an individual in organization build and develop his resilience leads to a better work climate for all.

Resilient Leader, Resilient Team Program is designed to meet the specific needs of an organization and help managers and team leaders build their inner resilience and spread this know forward to their teams. It is a three to five-days program, where on different levels participants will focus on the main topics that individual's ability to be resilient includes: attention, thought, actions and motivation.

WHAT WILL PARTICIPANTS LEARN?

- How to access energy and stress management from a new level,
- How to role model their own healthy working behaviors and proactively influence employee well-being
- How to manage emotions and confidently approach difficult situations
- How to apply resilience in daily business: optimize meeting culture, positive conversations and feedback, team socials/events, etc
- How to inspire resilient behavior in team and minimize stress in the workplace.

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BUSINESS COACHING & TRAINING
Personal Development for Business Success

HOW WILL THIS PROGRAM BENEFIT YOUR ORGANIZATION?

- Enhance productivity
- Develop adaptive responses to stress, prevent burnouts and mental illness
- Smoother organizational change
- Improve employee engagement
- Decrease absenteeism and increase employee wellbeing

WHY IS THIS PROGRAM UNIQUE?



All the content of the training has been developed by academics with both a scientific and practitioner backgrounds



The length and agenda of the training can be adjusted to the specific needs of your organization



The training is facilitated by a professional business coach and organizational psychologist



ABOUT THE TRAINER

Olga Zimmermann is an Organizational Psychologist, professional Business Coach & Trainer focused on work with teams and individuals in organizations.



CONTACT

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