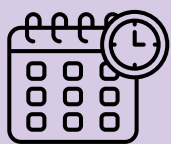


BUILDING TEAM RESILIENCE

LEARN HOW TO BUILD, MANAGE AND SUPPORT RESILIENT TEAMS AND PROMOTE POSITIVE TEAM CULTURES.



**1-DAY
WORKSHOP**



**IN-PERSON
OR ONLINE**



CPD HOURS



**LEARN MORE
AND REGISTER**

Building Team Resilience training explores the concept of team resilience and what managers and supervisors can do to promote positive and meaningful relationships within teams. It includes consideration of the challenges for staff working in the helping professions, and personal, professional and organisational responses that sustain team resilience and trauma-informed practice. Theory and research are interwoven with experiential exercises, aimed at resourcing you with tools to identify and respond to the impacts of the work on team relationships and organisational culture.

WHAT WILL YOU LEARN?

By attending this workshop, you will be able to:

- Describe key characteristics of resilient teams
- Identify how trauma-informed responses can build and sustain resilient teams
- Identify an activity/process for implementation to promote positive and meaningful working relationships within teams
- Identify an activity/process for implementation to promote team resilience in the workplace

WHO SHOULD ATTEND

Team leaders, program managers and supervisors in the helping professions. To assist with implementation, we encourage more than one participant from within the same service to attend.

WORKSHOP STYLE

Facilitators will help you explore key concepts and theoretical and practical frameworks. Small group activities aim to keep the course content relevant to you and your specific work context. The provision of reading and resources will help you put your knowledge into practice.