

Building Resilience

The events of 2020 have caused everyone to wrestle with higher amounts of uncertainty, stress, and fear.

According to Gallup's recent report, Employee Burnout: Causes and Cures, 76% of employees experience burnout on the job at least sometimes. In addition, the American Psychology Association found that "more than half of employees report some amount of lost productivity due to stress while at work."

You can have the smartest, most dedicated team, but if they don't have the tools and support to overcome challenging moments, skills and smarts can't carry them through. In this moment, how can people and organizations be at their best?

By building resilience.

Resilient teams are more engaged, more productive, and more capable of tackling difficult tasks. Dr. Heather Daly of Courageous Hearts, in partnership with David Couper Consulting, is offering an immersive, highly interactive training program to help participants create and implement their own **Personalized Resiliency Plan**.

This is a 6-week program that includes:

- Live Interactive Training on ZOOM
- Guided Personal Reflection
- Accountability Meetups

Participants can expect to:

- Bounce back from challenging moments quicker
- Increased physical, mental/emotional, and spiritual wellness
- Improved Self-awareness and more effective stress management tools
- Ability to support colleagues in building Resiliency
- Integrate their own **Personalized Resiliency Plan**

Increase worker engagement, mitigate stress, and reduce burnout by investing in Resilience training.

For more information on how to build a stronger, supported team, email:
info@davidcouperconsulting.com.

