



“ The secret of change is to focus all of your energy, not on fighting the old, but on building the new ”

Socrates

“Building an organisational culture that encourages and supports resilience training just makes good business sense.”

Umbrella provides best practice facilitated resilience training and support.

RESILIENCE SKILLS HELP STAFF:

- Cope well during change.
- Remain productive under pressure.
- Bounce back from stress.
- Manage uncertainty and transition.
- Thrive on challenge.
- Enhance a team commitment to building resilience.

In our rapidly changing world organisations need employees who are agile and resilient, able to navigate major changes and disruptions.

Research and our experience tell us that resilience is set of skills that can be learnt and strengthened.

Umbrella has worked in collaboration with a wide range of organisations delivering resilience training to thousands of employees. Helping people and organisations to thrive is our passion.

UMBRELLA RESILIENCE TRAINING:

- Is facilitated by experienced clinical psychologists, who are experts at helping people make lasting behavioural change.
- Equips participants with knowledge and practical skills to improve personal and professional resilience.
- Is delivered via interactive facilitated workshops.
- Provides on-going support to maximise participant’s transfer of learning from training to workplace.

“Participants in the resilience sessions have learned skills and techniques that are relevant and practical for the challenges and circumstances they face. Umbrella’s work makes a positive difference for our people -both at work and in their wider life.”

– Ministry for Primary Industries
Luke Southorn
Director Human Resources

“The Resilience work that Umbrella tailored for us was right on the mark. We are a business built on our people and to have them skilled with tools and techniques they can use multiple times a day has been transformational. Everyone is using consistent language helping themselves and each other regularly and professionally. Feedback has been fantastic from the team and the investment was worth every penny. Thank you.”

– Inside Recruitment
Troy Turner
Managing Partner

FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:

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