PERFORMANCE DEVELOPMENT CONSULTANTS

MERGING MINDS
DEVELOPING PEOPLE

BUILDING TEAM RESILIENCE (BTR)

Team resilience is a core capability that determines how effectively teams respond to challenges, adapt to change, and maintain high levels of performance under pressure.

This 2-day program is designed to equip leaders and managers with the mindset, frameworks, and practical tools to build and sustain resilient teams.

Learn how leadership behaviours directly influence team resilience, how to create environments where individuals feel safe to speak up and take ownership, and how to respond effectively to pressure and disruption.

Discover strategies to manage challenges - convert them into opportunities for growth, innovation, and sustained performance

Objectives

- **Understand the fundamentals of team resilience and its critical role in sustaining team and organizational performance**
- **Strengthen leadership capabilities in shaping resilient team behaviours through intentional communication, alignment, and trust-building.**
- **Create and sustain psychologically safe environments that encourage open communication, learning, and responsible risk-taking.**

Highlighted Topics

1. **The Role of Leaders in Shaping Team Resilience**
2. **Mending the Team - How Team handle challenges ?**
3. **Psychological Safety**
4. **Sustaining High Performance**

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