

Fostering Team Resilience

Performance with care, led by your managers.

How a manager shows up under pressure shapes how the whole team copes. This programme helps people managers stay composed, spot distress early and build teams that recover fast and keep performing.

At a glance

FOR	People managers and team leaders
FORMATS	3.5-hour, full-day or team intensive
DELIVERY	In person, virtual or blended, APAC
MEASURED	Resilience Assessment for every manager

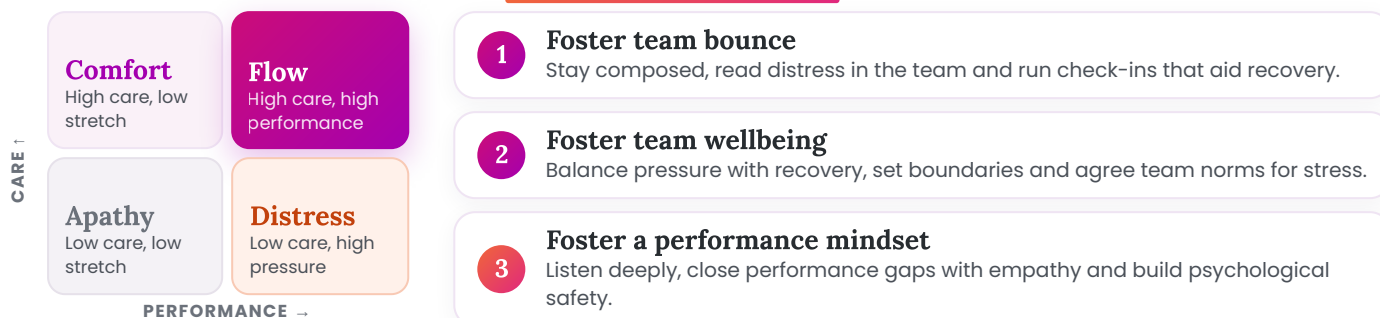
WHY ORGANISATIONS BRING US IN

- Teams stretched by restructuring, growth or change
- Early signs of burnout, absence and disengagement
- Managers unsure how to support wellbeing at work

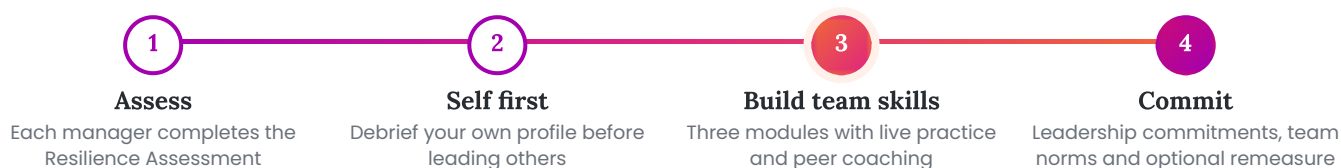
WHAT MANAGERS LEAVE WITH

- ✓ **Composure** when they feel triggered or overloaded
- ✓ **Early warning** of stress and distress in the team
- ✓ **Recovery habits** that protect energy and focus
- ✓ **Psychological safety** through human conversations

THE PROGRAMME Build teams that bounce and perform



HOW IT RUNS From personal insight to team practice



Go further: add team assessments, 1:1 coaching or pair it with Inside-Out Leadership for a full leadership journey.

IN PRACTICE · HSBC GLOBAL MARKETS, SINGAPORE

+11%

team resilience in 5 months

+50%

more people in the healthy range

100%

of 50 people assessed before and after

Measured with the Resilience Assessment, at the start and five months later.

"It is never a dull moment with Manish referencing his energy and deep insights into a topic that is getting increasingly relevant in today's VUCA environment."

Bernard Ho, Head of Learning & Talent Development, HSBC

WHY THE RESILIENCE INSTITUTE

- 22 years of resilience research
- Led by Manish Arneja, former Fortune 500 HR leader
- Trusted by HSBC, AXA, L'Oréal, Nestlé and Shell

B Corp Certified

ISO 27001

ICF CCE Provider

HRM Asia Gold 2023

Let's build it around your teams

Book a 30-minute conversation on your team's pressures, plus a free Resilience Assessment for up to 5 people.

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Explore the series