The Resilience Institute

PILLAR 2 · RESILIENCE IN CHANGE & CHALLENGE · 2.1

Power Up Resilience

Bounce faster. Stay energised. Think clearly.

Change rarely waits for people to be ready. Power Up Resilience is a practical, assessment-led workshop that gives every participant the tools to recover from setbacks, manage energy under pressure and keep a clear head when things shift.

At a glance

FOR	Employees, teams and leaders facing change
FORMATS	2-hour or half-day workshop
DELIVERY	In person or virtual, any group size
MEASURED	Resilience Assessment and action plan

WHY ORGANISATIONS BRING US IN

- Restructuring, mergers or new ways of working
- Overload, fatigue and worry building in teams
- A town hall or change kick-off that needs real tools

WHAT PEOPLE LEAVE WITH

- **Calm** when they feel triggered or pressured
- **Energy habits** for sleep, recovery and focus
- **A clearer mindset** on what they can control
- **A personal action plan** from their own data

THE PROGRAMME — Three capacities you can learn and train

BOUNCE 1
Recover faster
Recognise your triggers, steady yourself in tense moments and respond rather than react.

ENERGY & WELLBEING 2
Stay energised
Understand your daily energy and build recovery rhythms, including sleep, that hold up under pressure.

PERFORMANCE MINDSET 3
Think clearly
Quieten unhelpful thinking, focus on what you can influence and reconnect with what matters.

"You can't stop the waves, but you can learn to ride them."

HOW IT RUNS — From your data to daily practice

1. **Assess** — Everyone completes the Resilience Assessment
2. **Insight** — See your own strengths and risks
3. **Practise** — Live tools for all three capacities
4. **Plan** — Commit to a personal action plan

Go further: add weekly practice nudges, e-learning and a 3-month re-measure, or extend to a full-day programme.

IN PRACTICE · DBS BANK STAR PROGRAMME

137 high-potential leaders, three annual cohorts

7 markets, from Singapore to the UK

−12% self-doubt at the 3-month re-measure

Also delivered for L'Oréal teams in Dubai, Bangkok and Chennai.

> *"Reminder that I have the power to change."*
>
> *"How to find an opportunity whenever we are getting triggered."*
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> **STAR programme participants, DBS Bank, 2023**

WHY THE RESILIENCE INSTITUTE

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

B Corp Certified · ISO 27001 · ICF CCE Provider · HRM Asia Gold 2023

Planning a change? Start here.

Book a 30-minute conversation on what your people are facing, plus a free Resilience Assessment for up to 5 people.

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Explore the series