The Resilience Institute

PILLAR 2 · RESILIENCE IN CHANGE & CHALLENGE · 2.2

Thrive with Resilience

Bounce back, recover well, keep performing.

Our signature programme. When change drags on, people tire long before targets slip. Thrive with Resilience builds the full skill set to bounce back, protect energy and think clearly under sustained pressure, with results you can measure.

At a glance

FOR	Teams and leaders under sustained pressure
FORMATS	Full-day, half-day or multi-session
DELIVERY	In person or virtual, across APAC
MEASURED	Resilience Assessment, before and after

WHY ORGANISATIONS BRING US IN

- Long-running change is wearing people down
- Overload, worry and broken sleep are rising
- You need a team-wide reset with measurable results

WHAT PEOPLE LEAVE WITH

- **Insight** into their own resilience strengths and risks
- **Faster bounce** after setbacks and tense moments
- **Recovery habits** that protect sleep and energy
- **A focused, positive mindset** under pressure

THE PROGRAMME — Four modules, one resilient team

1 · INSIGHT
Know yourself
Read your profile and notice when you drop below your best.

2 · BOUNCE
Recover faster
Manage triggers and stay steady when pressure spikes.

3 · ENERGY
Grow wellbeing
Balance pressure with recovery, sleep and focus.

4 · MINDSET
Think clearly
Quieten worry, reframe threats and build positivity.

"I always have a choice to be bigger than the situation."

HOW IT RUNS — Measure, train, practise, re-measure

1. **Measure** — Resilience Assessment for everyone, plus team results
2. **Train** — A full-day, highly practical workshop
3. **Practise** — Weekly nudges and peer coaching pairs
4. **Re-measure** — Follow-up assessment after 3 months

Go further: add a team results session, 1:1 coaching or Fit for Change for leaders guiding the change.

IN PRACTICE · MARINA BAY SANDS, SINGAPORE

+25% resilience ratio across 68 matched staff

50 of 68 people improved their score

−19% worry after the programme

Also run for teams at Danone, Schindler and L'Oréal.

"Learning that little self care habits makes a big difference."

"Opening my eyes to how I can be better at work as well as at home."

Team members, Marina Bay Sands, 2022

WHY THE RESILIENCE INSTITUTE

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

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

Help your people thrive, not just cope

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

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Explore the series