YOUR SOLUTION TO
Workforce Resilience & Wellbeing
Why does resilience matter?

Stress is the number one risk to your employees’ health and performance, causing an average of 3.2 days to be lost per worker per year.*

So it’s the number one risk to you. To succeed in today’s ever-changing world, people need resilience skills now more than ever.

By investing in resilience, employees are better able to build their capacity to manage change and stress at work and home. This in turn helps your business to thrive.

Investing in resilience can:
- Increase overall wellbeing and psychological health
- Decrease absenteeism and presenteeism
- Improve performance
- Reduce the impact of stress
- Increase job satisfaction.

Research shows that resilient individuals and teams demonstrate a holistic set of skills across six domains. *Medibank (2008).

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Support networks  
Social context  
Manage perceptions

Purpose, goals  
and congruence

Regulate emotions  
Interpretation bias  
Calm and in control

THE SIX DOMAINS OF RESILIENCE

TENACITY
- Persistence
- Realistic optimism
- Bounce back

HEALTH
- Nutrition, sleep  
and exercise

COMPOSURE
- Problem solving
- Resourcefulness  
Anticipate and plan

COLLABORATION

^Rossouw & Rossouw (2017)
Assure's Thrive Program.

Thrive is backed by decades of research in the field of positive psychology and neuroscience.

We don’t just offer training, we offer a practical and evidence-based resilience solution and the opportunity to systematically embed resilience into the culture of your organisation. So you know you’re in good hands.

Here’s what you can expect from us:

- **Fully customised** programs that are fit-for-purpose for your organisation
- **Qualified and experienced** psychologists and coaches
- **Measurement** to identify teams that need greater focus
- **Quantifiable** data to track program effectiveness
- **Sustainable** improvements in resilience and psychological wellbeing.

“ In an uncertain and complex world, resilience is a strategic asset.”

Delivering sustainable resilience outcomes.

- Resilience Measurement
- Interactive Workshops
- Personalised Coaching
- Online Learning
Feeling positively inspired?

Let's talk about it.

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