



ADAPTIVE MINDSET[®]

Developing a Resilient Mindset[™]



One-Day Course

AUDIENCE

Managerial, Sales & Universal

ASSESSMENTS AVAILABLE

Adaptive Mindset for Resiliency[®]
Multi-rater Profile

USE

Resiliency training course helps participants understand sources of stress and manage their reactions for greater workplace performance.



PRODUCT DESCRIPTION

Developing a Resilient Mindset is TRACOM's one-day course to build resiliency and high performance in a fast-paced world. Resiliency is a way to productively deal with stress and overcome the brain's natural, counter-productive ways of thinking.

Research shows that highly resilient people respond to challenges with flexibility, bounce back from challenges, and even find opportunities within workplace stress. They perform more effectively in their jobs, are healthier, more engaged with their work, and have higher commitment to their organizations. The good news for employees and organizations is that resilience can be learned and developed.

This program teaches people about the sources of their stress, their response pattern to stress, and practical strategies for altering those responses. The program is based on decades of research on resiliency as well as new and groundbreaking research in neuroscience.

STRESS IN THE WORKPLACE

Research shows that stress has a negative influence on individuals and organizations including:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Job pressure is top cause of stress in the United States
- Stress is linked to the six leading causes of death
- Stress costs American companies \$300 billion annually and causes one million daily work absences
- Stress is 4 times more likely to cause absences than workplace accidents or disease

BENEFITS

- Recognize your personal stress and the effect it has on your behavior
- Describe common reactions to adversity, and recognize those patterns within yourself
- Identify your own strengths in terms of personal resilience
- Enhance resilience in yourself and others using certain key strategies

ABOUT SOCIAL INTELLIGENCE GROUP

The **Social Intelligence Group** has partnered with **Tracom** – the creators of the **Developing a Resilient Mindset** course, and is the Australian-based Authorised International Distributor and Master Trainer in the region.



SOCIAL INTELLIGENCE GROUP