



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).



[^]Rossouw & Rossouw (2017)



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

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.

Delivering sustainable resilience outcomes.



Resilience
Measurement



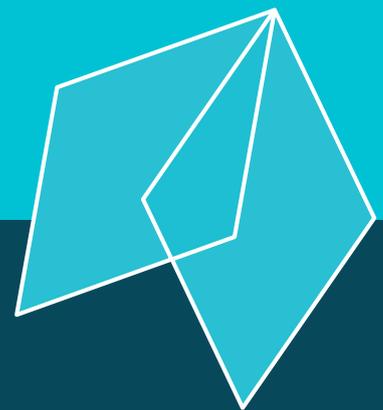
Interactive
Workshops



Personalised
Coaching



Online
Learning



Feeling positively inspired?

Let's talk about it.

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