

The Team Resilience Project

A resilient team isn't just a collection of resilient individuals. It is a group of people that work collectively and with a shared sense of ownership and commitment; who focus hard on what matters most, while supporting and challenging one another to leverage their strengths; and who collaborate and distribute effort to minimise stress on any individual.

The Team Resilience Project is an online course that will equip you to understand how your team could be more resilient and gives you a step-by-step guide to put the theory into action.

Based on the latest organisational change theory and decades of practical experience, this course is easy to apply and quick to bring results. Designed for anyone managing a team, it will help to create:

1. **Shared ownership:** everyone is accountable, knows how they can contribute and takes an active role in moving work forward.
2. **Energy, positivity and optimism:** team members feel energised about what is possible, what they are working towards and that it is achievable.
3. **Adaptability:** like elastic, the team flexes and responds to pressure but keeps its form and function.

4. **Focus:** the effort of the team is aligned and committed to making progress on what everyone agrees are the most important things.
5. **Collaboration:** the team plays to strengths and balances effort evenly to minimise stress on any single individual.

The results? Improved and sustained productivity, innovation and growth through discretionary effort and higher levels of team satisfaction, morale and retention.

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The impact of the resilience project has been dramatic on myself, my leadership team and their teams.

Vice President, Global Pharmaceuticals

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 rubica.

The Team Resilience Project

Format
Online course

Duration
Own pace

Price
£1997*

Course structure

Over a series of modules, our experts will guide you through The Team Resilience Project. Using a mix of teaching sessions, downloadable toolkits and practical tips you will be equipped to assess, address and reinforce the resilience of your team and get results quickly.

Module 1 Introduction to The Team Resilience Project

An orientation around the course – understanding how the programme will work, the materials and support you'll have available and how to get the most from the course content.

Module 2 Understanding team resilience

A look at what team resilience means, how it's different from individual resilience and why it is so important. The 4 building blocks of team resilience (Fig.1) are introduced and you'll get 5 quick kick start ideas to start building your team's resilience.

Module 3

Diagnosing team resilience

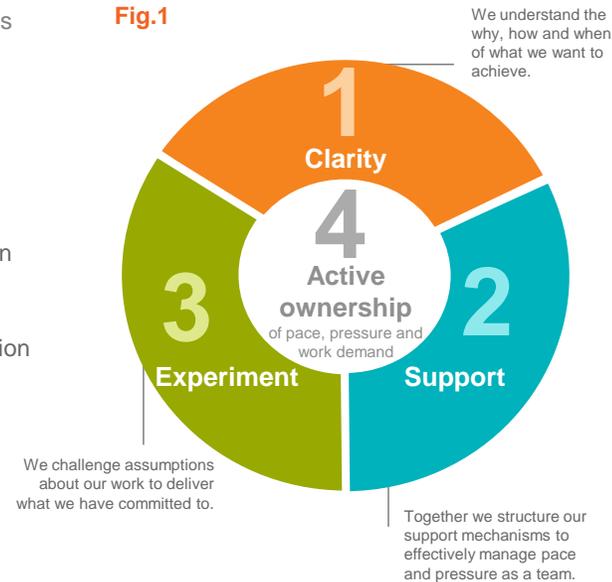
Using Rubica's exclusive team resilience diagnostic you'll get to measure and understand the current level of team resilience across the 4 building blocks - highlighting where your team is strongest and where there is opportunity for improvement.

Module 4-7

The building blocks of team resilience

Gain a deeper understanding of the 4 team resilience building blocks: active ownership, clarity, support and experiment. Then, based on your own team resilience diagnostic results, explore how to best sustain or improve these areas in your organisation through the application of proven methods

Fig.1



About Rubica

Rubica is an organisational change consultancy.

We work with organisations that know they need to change, but want expert help to make it happen.

We are on a mission to give individuals, teams and companies the confidence and know-how to make and sustain significant change so they can achieve their goals.

* All prices exclude VAT

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