



Building Team Resilience Program

A structured, psychology-based program designed to build the conditions and collective capability that support sustained performance under pressure

WHAT YOU GET

The core package includes:

Phase 1 – Initiation

- 60-minute kickoff call with leader and relevant stakeholders to understand context, concerns, and logistics
- Project plan with timeline and milestones
- Communication templates to introduce Team Resilience Program to the team
- Confidentiality protocol

Phase 2 – Diagnosis

- Team resilience profile survey (15-20 minutes online) completed by all team members and leader
- 60-minute confidential leader interview covering pressures, systemic constraints, and current observations
- Team Resilience Profile showing aggregate team resilience results, identifying strengths, risks and opportunities to leverage
- Key Findings Briefing (60 minutes) with leader covering team resilience strengths, development areas, connections to operational pressures, and controllable vs. uncontrollable factors
- Initial recommendations for immediate quick wins

Phase 3 – Intervention

- Half-day team workshop to debrief team resilience profile, deep dive into priority dimensions, co-design practical strategies tailored to operational realities, identify barriers, and develop a Team Resilience Action Plan
- Debrief with team leader after team session with recommendations for follow-up
- Leader Coaching Session (90 minutes) debriefing the Team Resilience Action Plan, identifying your role in its success, discussing the leadership adjustments that will make the biggest difference, and establishing how to maintain momentum

Phase 4 – Post-Program Support

- 3-month check-in call with leader to review team resilience action plan progress

OPTIONAL ADD-ONS

Additional services available to extend the impact of your program:

- **Follow-up team workshop** – to review progress on the action plan, address emerging issues, and co-design practical artefacts to sustain team resilience
- **Team resilience re-assessment** at 6 months with recommendations for continuous improvement
- **Quarterly facilitated resilience check-ins** – ongoing support to maintain rigour and momentum
- **Individual resilience coaching** – targeted support for team members who want or need additional development
- **Extended leader coaching** – additional coaching sessions beyond those included in the core package
- **Work design review** – specialist review to identify systemic points of friction
- **Bespoke leader toolkit** – development of a tailored toolkit for sustaining team resilience

INVESTMENT

Core package starts from \$19,500 (ex GST)

Final investment depends on team size, number of workshop sessions required to accommodate shift patterns, complexity of issues, and additional services requested.

Contact us for a detailed quote tailored to your specific requirements

READY TO BUILD RESILIENCE IN YOUR TEAM?

Contact us to discuss your team's situation and explore how this program can help you build the conditions for sustained performance under pressure.