

A RECIPE FOR BUILDING RESILIENCE

REC-I-PE - A SET OF INSTRUCTIONS LEADING TO A PARTICULAR OUTCOME



Challenges are a certainty in life. Building resilience is key to adapting to those that are ahead.

Resilient workplaces are made of resilient people who don't break apart in challenging times. They have the ability to meet adversity and significant setbacks. Resilient people recover and move forward with sustained energy under pressure, coping with disruptive changes and adapting as needed.

RESILIENCE involves skills that can be learned and added to one's abilities as a way of adapting to situations and bouncing back when things don't go as planned.

A Recipe For Building Resilience is a two-hour interactive training that provides opportunity for self-discovery and application while teaching participants:

- What is resilience
- Why we need to develop it
- Where we predictably find ourselves amid adversity
- 5 ingredients that build resilience and release you from the grip of discouragement and defeat

While individuals benefit by building resilience, business benefits as well. Workplaces that promote resilience experience lower absenteeism, increased productivity, higher quality of work, elevated retention, reduced risk, increased safety and an overall more engaged workforce.

'Tony Cloud is the gold standard! His presentation skills and passion for training is unmatched. He speaks with a wealth of relatable knowledge that is easy to digest and apply. Tony has provided amazing training on numerous topics for unique and diverse groups of individuals ranging from front line employees to managers and executive leadership. His approach connects with everyone and finds common ground amid our social, political and financially charged environments. Truly the best trainer in my 30 years of public service!'

Ron Hussung, Risk Manager; Enterprise Risk Management Services
Washington State Department of Agriculture

'Tony has provided training for our organization several times. He's been great to work with. He comes prepared and practiced. When I host courses with him, I don't have to worry. We always receive high marks from our attendees. They consistently note the excellent presentation and practical information. Tony presents on tough subjects with realism, empathy, and understanding.'

Laura Juell, Risk and Training Coordinator
Washington State Transit Insurance Pool

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