

# Building A Resilient Workplace

with  
**Justine Martin**  
The Queen of Resilience



A workbook will be supplied to each participant in the workshop.

- Workshops are conducted in-person at your venue.
- Workshops can be conducted virtually.

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# Building a Resilient Workplace ... starts with the individual.

**What does the workshop cover;**

## **1. Workshop | Introduction by Justine Martin**

### **2. Defining resilience:**

- a. What does resilience mean and why is it important in the workplace?
- b. Resilience is the ability to bounce back from setbacks, adapt to change, and overcome adversity.

### **3. Recognise the role of the individual:**

- a. Resilience starts with the individual.
- b. Each employee has a responsibility to develop their own resilience, and this contributes to building a resilient workplace.

### **4. Identifying key resilience-building skills:**

- a. A practical guide on the TOP tips to building resilience for each individual.
- b. How the top tips can assist you emotionally, physically and mentally.

### **5. Why is Resilience Important in the Workplace:**

- a. Resilient individuals are better able to manage stress, stay focused, and make good decisions.
- b. This MEANS businesses will be better to adapt to change, recover from setbacks, and maintain high levels of productivity.

### **6. Q&A Session**

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