



Get   
**Future  
Ready**

**Mental  
Resilience**

 **GP Strategies**

# Mental Resilience

Strong mental resilience enables employees to manage stress, maintain productivity, and develop effective coping strategies for mental health challenges. This leads to improved well-being and a reduction in absenteeism. Resilient employees adapt better to changes, contributing to an agile and competitive organization. They also foster a positive workplace culture, enhance team cohesion, and are more likely to take on leadership roles.

This Mental Resilience course has been designed to guide learners through a full well-being journey. The course begins with an introduction to “The Good Zone” and then unpacks what resilience looks like for individuals, along with practical models and tools for managing our “bouncebackability” when times get tough.

Suitable for individual contributors and people managers alike, this course aims to enable learners of all levels to recognize and regulate the signs of stress and to help them navigate difficult events and circumstances.



## The Good Zone

What is a “Good Zone?”

Recognizing possible red flags

The impact of moving out of the good zone

## Mental Resilience

What is resilience?

Understanding mental resilience and our desires for the future

Mental health vs. mental resilience

## Resilience Tools

“Thinking, Feeling, and Doing” tools.

Problem-solving and emotional coping skills

Neuroscience and prompts to our reactions



# The Experience

The journey begins with “The Good Zone,” where you’ll learn to recognize balance indicators, stressors, and red flags. Engage in insightful discussions on emotional and physical impacts and discover how to balance activity and pressure effectively.

Next, learners dive into resilience training. Explore personal and team resilience and master energy and emotion management. Learn how to develop resilience skills to handle pressures like a pro.

In the final section, learners gain practical tools for resilience management. Utilize cognitive, emotional, and behavioral techniques such as gratitude journaling, reframing thoughts, labelling feelings, deep breathing, and engaging in hobbies.

Conclude with action planning, envisioning your “resilient self” and pinpointing key actions to achieve it. Participate in a dynamic group annotation activity to solidify your plan.



## Objectives

Upon completion of this session, participants will be able to:



Define resilience and identify personal indicators of the "Good Zone."



Recognize and articulate when pressure or situations become unmanageable and describe their impact on thoughts, feelings, and behaviors.



Apply specific tools to establish a positive psychological state when feeling triggered.



Implement strategies to create meaningful change in personal and professional mental resilience.

### Duration

(1) 3-hour ILT or  
(1) 2-hour VILT session.

### Target audience

Individual contributors,  
people leaders

### Class size

This course is designed  
for up to 25 participants.

### Available language

English



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