



Well-Led Workplaces Core Program

Building Resilience at Work

A Practical, Evidence-Based Program to Sustain Capacity, Connection, and Confidence at Work

Why Resilience Matters

Resilience isn't about bouncing back or toughing it out—it's about sustaining performance and well-being in complexity. This program builds the internal capacity of individuals and teams using the evidence-backed Resilience at Work (R@W®) model. It's designed for everyday workplaces navigating change, demand, and uncertainty.

The Business Case for Building Resilience

- ✓ Reduced stress and burnout through practical skills for managing workload and emotions.
- ✓ Improved team connection and trust with a shared language for support and purpose.
- ✓ Increased personal accountability and energy with clear development planning.
- ✓ Strengthened individual and team capability to adapt, align, and sustain outcomes.

Program Format

This program is delivered in five guided sessions, either weekly or fortnightly. Each session includes:

- Interactive workbooks for each topic
- Conversation-based format, designed for high engagement
- Optional integration with R@W Individual and Team assessments

Program Structure

Session	Focus Area	Resilience Component(s)
1. The Power of Knowledge	Foundations of resilience, mental health awareness, psychological safety	Introduction to the R@W model
2. The Power of Authenticity & Purpose	Values, strengths, alignment with role and purpose	Living Authentically, Finding Your Calling
3. The Power of Perspective	Optimism, stress mastery, reframing setbacks	Maintaining Perspective, Mastering Stress
4. The Power of Mutual Support	Feedback, team connection, psychological safety	Mutual Support, Staying Healthy
5. The Power of Networks	Strategic networking, trust building, sustaining change	Supportive Networks, Development Planning

This coaching program is delivered across 5 x 60-90-minute sessions, face-to-face or online.

Why Choose Well-Led Workplaces?

At Well-Led Workplaces, we go beyond the theory—we dive deep into how people can be resilient and feel more in control of how they can be ready for anything.

- Practical and evidence-based: Built from neuroscience, psychology, and real-world workplace experience—not theory alone.
- Delivered by experienced facilitators: Sessions are run by professionals with leadership and operational backgrounds who ‘get’ workplace pressure.
- Focused on conversation, not content dumping: We build connection and practical insight through facilitated discussion, not slideshows.
- Tailored to your business: The language, framing, and case examples are adapted to fit your industry, workforce needs, and leadership maturity.
- Built for systemic impact: Can be scaled to include individual and team assessments, leadership coaching, and integration into L&D pathways.

What People Say

From the moment we contacted Julie (who came highly recommended from an industry peer) we knew she understood what we were looking for and the communication and roll out was easy and seamless. The feedback from our staff via anonymous survey was glowing.

~ Karen Hall - Business Manager, Cole School Experts



Take the Next Step

Ready to build a workforce that's ready for anything?

Get in touch to explore delivery options, pricing, or a tailored program for your team.

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