

RESILIENCE refers to the ability to cope effectively and adapt to life's challenges. Characteristics such as psychological robustness, flexibility, adaptability and accepting are often used to describe resilient people.

TMS Consulting offers a series of resilience information and skills based sessions, which can be tailored to meet your organisation, group or individual needs. Sessions and workshops can be stand-alone or incorporated into any of the services that TMS Consulting provides.

Resilience - Information Session

This 1 - 2 hour session is ideal for an organisation or team where time is of the essence and where the team is considered to be generally resilient but could use a reminder. An ideal session for wellbeing workshops, lunch time check-ins, during annual induction or on-boarding of new staff.

Resilience - Information and Skills Session

This energised 1/2 - 1 day program is a mixture of information sharing and action learning and would benefit any organisation, team or individuals where time is of the essence. This session is designed for semi-resilient teams experiencing a high workload, where there is some evidence of team members feeling overwhelmed with their current circumstances.

Team Resilience (versus Individual Resilience)

This 1 day workshop is ideal for teams who want to enhance their team's effectiveness and build greater insight into their own individual resilience. The workshop looks at individual and team strengths and identifies areas where resilience can be enhanced.

Resilience for Leaders - (1 and 2 Day Workshops)

This program is specifically designed for leadership development, focusing on developing, managing and maintaining a resilient workforce.

This 1 or 2 day workshop aims to enhance the leaders awareness into the team's effectiveness and build greater insight into their own, individual's in their team, and the team's relative strengths and areas where development is necessary. Leaders spend time looking at aspects of their professional and personal life in order to develop further insight into their own style, how they typically cope and strategies to manage themselves and those they are responsible for.

Participants of workshops complete an Action Plan to apply to themselves in their workplace.

Optimise Your People & Performance

TMS Consulting is a trusted advisor who will work with you to optimise your organisation's performance through enhancing strategic alignment, improving workforce dynamics and increasing overall performance through innovative and tailored solutions. Contact TMS Consulting to find out how we can help you, your people and your performance.

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