

# The Neuroscience of Resilient Teams



## Introductory

For practitioners who would like a good foundation to improve their skills.



2.5 CPD Hours

There is no doubt that many workplaces go through periods of significant and ongoing stress; there are the day-to-day challenges of high workloads, challenging clients, and difficult personalities. But there are also major challenges like restructures, major change initiatives, new IT systems, and the pressure of people being expected to do more work with less staff and resources.

In some teams, these pressures coming out in very human ways; increased sick leave, decreased tolerance, shortcuts, and withdrawing into their own work.

With a greater understanding of positive psychology, resilience and some tools to manage these circumstances you can help your team work through the tough times and become stronger individuals and members of a focussed team.

People often think that resilience is a state of being. This session will help you to understand that it is more what we do and think when faced with adversity.

### Sessions topics include:

- What is resilience
- What is team resilience
- Why is it so important
- Action planning
- A leaders guide to building team resilience



### Presenter - Steven Colligan

Steven is a registered psychotherapist and organisational development specialist with over 20 years' experience. Steven specialises in capability building, business transformation, change leadership, and human resources transformation.

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