



Resilience is the ability to recover from external stress or shock and to maintain, restore or repair function and purpose.

Navigating Through Complexity

To assist organisational leaders in their response to the Covid-19 pandemic and support employees through the times ahead, we are offering a webinar targeted at strategies to promote resilience and responsiveness for you, your team and your organisation.

Promoting Resilience in Turbulent Times

This year has already seen more stress and pressures placed on our organisations, teams and team members than in living memory and we aren't though it yet!

Leading through this extra ordinary uncertainty brings concepts and practices that promote resilience and responsiveness into sharp focus.

There are evidence-based insights and practices that individuals, teams and organisations can adopt to promote resilience, wellbeing and responsiveness.

This webinar provides a timely, insightful and practical exploration of the most useful mindsets, routines and approaches for these turbulent times.

Ideal for Executive Teams and Seniors Leaders, we can also tailor the webinar for employees at all levels.

What we will cover

- Understand resilience, responsiveness and wellbeing and why they are key right now
- Review current research on resilience and self-care
- Practices to build individual, team and organisational resilience and responsiveness
- Developing a personal, team and leadership resilience and responsiveness plan
- Agree as a team what we can do to support one another...



You will receive

- 90-minute interactive online delivery
- A workbook of key slides
- A plan to capture your key insights and actions

Other webinars in the Series...

- Leading Through Complexity
- Engaging and Connecting Conversations



HEALTH
ROUNDTABLE

Navigating Through Complexity

Western Australia

Thursday April 23, 7.30 - 9.00 am

Investment

Webinar

Complimentary

Registration

To register and attend, [Click here](#) or follow the link below

<https://www.healthroundtable.org/AttendEvent/UpcomingMeetings/tabid/1446/ctl/View/mid/4659/ItemID/481/Default.aspx>

Contact for further information



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Brendan is a registered Psychologist in Australia, a qualified executive coach and facilitator, he heads up our Organisational Culture and Leadership practice at the Health Roundtable and has both an insightful and pragmatic approach to improving resilience and effectiveness.

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Responsiveness
is the capacity
to sense and
respond to
external pressure
for change.



HEALTH
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