Why host a program just for HR leaders?

Workplaces Today

- 55% of people worry excessively
- 50% are hypervigilant
- 45% experience distress symptoms
- 30% have impulse control problems
- 35% are unable to relax
- 30% experience excessive work intensity

• The sobering reality depicted in the stats raises a number of concerns about the human condition in today’s workforce and the flow on effect on to teams, customers and organisations.

• In times of disruption and uncertainty, HR is often the ‘glue’ supporting leaders and teams.

• Sometimes HR can be committed and customer-focused to the point of self-neglect.

• By bringing together like-minded leaders with similar challenges, we hope to create a safe environment where participants can honestly discuss the “tests of resilience” that HR practitioners face, learn from one another and create bonds that will extend well beyond the day.

• HR professionals often enquire about the opportunity to try Springfox’s offering before bringing a full program into their organisation – this program provides a cost-efficient way to accomplish this goal.

HR practitioners who have attended/sponsored Springfox programs in the past have said:

This is one of the best programs I have been to in years! There were so many tips and learnings that I was able to take away and easily implement in my day to day life. I left the workshop wanting to know more.
- HR Leader, Tertiary Institution

I left the session feeling a sense of clarity on my goals and mindset. The principles that we learned in the 1 day session are ones that I will embed into my personal and professional life going forward. The content that was delivered was meaningful, valuable and relatable. The session has certainly allowed me to think more broadly about my professional and personal approach - learning how to manage stress, clear my mind and feed these strategies and principals into my family and child’s life.
- HR Professional, Energy Sector
Thriving Through Change and Challenge

Resilience is an evidence-based, integral method for professional and personal fulfilment

Thriving Through Change and Challenge is Springfox’s foundational 1-day Learning Lab. Engaging, fast-paced and interactive, this program provides an understanding of resilience, an orientation to our Resilience Model and its importance as a foundation for agility through change.

This Learning Lab encourages participants to move beyond coping to thriving. People leave Springfox programs motivated and engaged, and equipped with practical strategies to enable immediate change.

The Sustainable High-Performance Organisation

We believe that an organisation’s performance is enabled by the resilience of its people; foremost in the executive team and ultimately throughout the organisation.

What you will learn

This interactive Learning Lab for HR professionals introduces participants to the fundamentals of Resilience and explores four key areas:

- **Stress Mastery**: Maintaining calm, alertness and engagement
- **Energise Body**: Building energy, strength and endurance
- **Performance Mindset**: Aligning your mind and emotions for performance.
- **Spirit in Action**: Authentic happiness and integral daily practice.

The Learning Lab includes

- A personalised Resilience Diagnostic report (online self-assessment with results debriefed in the learning lab)
- Evidence-based, best-practice tools for overcoming stress and fatigue and rejuvenating performance
- A second Resilience Diagnostic report, based on completion of the online self-assessment at 3 months post program
- Healthy lunch as well as morning / afternoon tea
- Networking opportunities
- Time for personal reflection

Facilitator

**Sharon Griffin**  
E: sharon.griffin@springfox.com  
Learn more about Sharon  
springfox.com/profile-sharon_griffin

Facilitator

**Paul Salmon**  
E: paul.salmon@springfox.com  
Learn more about Paul  
springfox.com/profile-paul_salmon