

Workplace Resilience and Wellbeing Train the Trainer



Deliver wellbeing solutions with lasting impact

In an economic landscape defined by Covid-19, uncertainty and disruption have become the new normal. As employees adapt to each new wave of adjustments, fatigue and strain are setting in, and engagement and performance are at risk. No longer nice to have, resilience and wellbeing have become strategic imperatives.

Wraw Accreditation gives internal teams the knowledge and skill to **design and deliver comprehensive resilience and wellbeing solutions** that are truly flexible:

- Deliver a **rapid in-house wellbeing response** during times of disruption
- **Proactively support resilience and wellbeing** as your organisation adapts
- Maintain **healthy high performance** as your organisation grows

At the heart of the approach is a powerful psychometric tool that gives **data-driven insight into resilience and wellbeing**. With reports for individuals, teams, leaders and the whole organisation, you have the information you need to tailor your interventions for maximum ROI. To find out more, watch this [short video](#).

Depending on your professional development goals, there are two routes to accreditation:

- **Certified Practitioner:** operate as an internal resilience and wellbeing **coach and consultant**
- **Master Practitioner:** operate as an internal **coach and consultant** and **offer a range of workshops** to support individuals, teams and leaders

All practitioners have access to the **full suite of Wraw psychometric reports**

“I am so grateful for you all – this has given me new hope in humanity at work.”

Ann Louise Tisdale-Ramos, MBA, Senior Manager, Talent Development, Envision

Develop sought-after wellbeing expertise

Wraw Accreditation gives you a deep understanding of **The 5 Pillars of Resilience**. It is a scientifically validated, evidence-based model that brings together up-to-date research from the fields of cognitive and positive psychology, neuroscience, medicine and nutrition and presents it in an accessible, easy to understand way. You will gain a holistic understanding of **physical, emotional, mental and social wellbeing and resilience** to confidently deliver coaching and training programmes.



ENERGY

Sustain and renew physical energy

FUTURE FOCUS

Have a clear sense of purpose, meaning and direction

INNER DRIVE

Maintain self-belief, confidence, motivation and perseverance

FLEXIBLE THINKING

Have an adaptable, open and optimistic mindset

STRONG RELATIONSHIPS

Build and access open and trusting support networks

Gain live data-insight into wellbeing and resilience

With access to a **full suite of Wraw psychometric reports**, you will gain live data insight into resilience and wellbeing through every level of your organisation. Each report includes **practical strategies for building resilience** as well as space for action planning. Follow the [links](#) below to see a sample of each report.

 <p><u>Snapshot</u></p>	<ul style="list-style-type: none"> • Top line insight into current levels of resilience • Suggested strategies to enhance each of the 5 pillars
 <p><u>Individual</u></p>	<ul style="list-style-type: none"> • Detailed profile of personal resilience and wellbeing • Focused strategies to strengthen all 5 pillars
 <p><u>Team</u></p>	<ul style="list-style-type: none"> • Comprehensive overview of a team's collective resilience and wellbeing • Robust approaches to build team resilience
 <p><u>Leader</u></p>	<ul style="list-style-type: none"> • 360 feedback on how a leader role models resilience and supports wellbeing in their team • Detailed strategies to support resilient leadership
 <p><u>Organisation</u></p>	<ul style="list-style-type: none"> • Comprehensive overview of resilience and wellbeing within the organisation • Robust data to inform and enhance your wellbeing and strategy

To find out more about the development of Wraw and the 5 Pillars model, read the [technical manual](#).

Deliver impactful resilience and wellbeing workshops

Facilitate effective and engaging **group learning experiences** with a full suite of Mastering Resilience workshops.

Drawing on the latest research, these workshops bring together validated models from a broad range of disciplines. These highly interactive sessions are supported by a full suite of **toolkits, slides, facilitator notes and handouts**. You will have everything you need to start from day 1.

 <p>Resilient You</p>	<ul style="list-style-type: none"> • Manage your energy and install healthy boundaries • Know what you want and how you'll get there • Build confidence, self-belief and perseverance • Flex in the face of uncertainty by thinking positively and laterally • Cultivate your support network to build strong relationships
 <p>Resilient Teams</p>	<ul style="list-style-type: none"> • Map yourself and your team on the pressure performance curve • Address the early warning signs of strain within the team • Understand how to leverage existing strengths • Identify tools and techniques to target areas of development • Build a team charter to proactively support healthy high performance
 <p>Resilient Leaders</p>	<ul style="list-style-type: none"> • Understand how to build and maximise your own individual resilience • Know how to leverage and optimise existing strengths • Identify tools and techniques to target areas of development • Role model resilience and create a climate of healthy high performance in your team

Accreditation Programmes

Wraw Accreditation programmes are available for **bespoke in-house delivery** for teams of 6 or more. Alternatively, join an **open programme** with professionals from other organisations.

Certified Practitioner

Delivery: Virtual classroom
Duration: 2 days
Suitable for: All employees including HR and L&D teams



Course Outcomes

- Run Wraw psychometric assessments for individuals, teams and leaders
- Deliver resilience coaching debriefs to individuals and teams
- Track changes in wellbeing to demonstrate ROI
- Access Resilience Toolkits to support behavioral change
- Apply highly effective tools and techniques to support resilience and wellbeing
- Use a gold standard framework to support your organisation's wellbeing strategy

Master Practitioner

Delivery: Virtual classroom
Duration: 4 days
Suitable for: All employees including HR and L&D teams



Course Outcomes

- Access all the learning of the Certified Practitioner training
- Confidently deliver resilience and wellbeing workshops for individuals, teams and leaders
- Access a full suite of training materials
- Tailor materials to target interventions for maximum ROI
- Call upon a dedicated mentor for support and guidance
- Deliver wellbeing solutions that result in real business impact