

Resilience Dynamic Coaching and Resilience Accreditation Programme



NELC & NHS Grampian

RESILIENCE
ACCREDITATION
PROGRAMME

Game-changing
workforce
resilience

COACHING




North East Learning Collaborative (NELC) and NHS Grampian required resilience support to help staff manage high levels of complexity and change across the organisation.

Since 2019, the Resilience Dynamic has supported NELC and NHS Grampian in an ongoing way through workshops and the building of an internal resilience capability through the Resilience Accreditation Programme.

The Problem

Staff across North East Learning Collaborative (NELC) and at NHS Grampian were dealing with the pressure of ensuring quality patient care while undergoing extreme organisational change and the financial constraints of austerity, with stress negatively impacting on both wellbeing and productivity.

The Resilience Dynamic was commissioned to support staff in resilience and wellbeing from 2019 onward.



"Really useful and informative workshop with the right balance of information received and practical sessions."

What We Did

SEE IT



A series of workshops were tailored to different roles within NELC; enabling managers, leaders and coaches/mentors.

Tools such as the Resilience River® offered a simple way to see the truth about their own resilience.

UNDERSTAND IT



The workshops explored Resilience Dynamic tools such as the top barriers and enablers of resilience, offering practical understanding of how to enable resilience in others.

OPTIMISE IT



The Resilience Dynamic book and materials such as Stress postcards are distributed within NELC to support staff to inform and enable staff to optimise their resilience in an ongoing way.

NHS Grampian invested in the Resilience Accreditation Programme, building an inhouse resilience capability which supported staff with coaching throughout Covid.

Results

Participants shared their learning with colleagues, leading to more demand for further workshops to be delivered.



Participants made personal commitments to change, which most had stuck with in a follow up 6 weeks post-programme.

89%

Understood the changes needed to improve their resilience after the programme.

“Learned a lot and took away a number of action points to implement at an individual level and within my team.”

“Very good, gave me tips which I have taken away and use on almost a daily basis.”

Contact Us

Want to know more?

If you are interested in the Resilience Dynamic Dashboard® and Resilience Dynamic Coaching solutions for yourself, your team or organisation, book in a demo with us today to see how you can boost your resilience!

Get in touch with us via info@resilienceengine.com where one of our team will be able to discuss your needs with you.



DEMO