

OUR VIEW ON RESILIENCE

THE WORLD TODAY

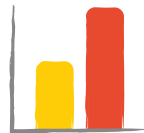


WHAT DOES THIS MEAN FOR BUSINESS?



There is an annual cost (of low mental health at work) to UK employers of between £33 billion and £42 billion (Stevenson-Farmer report, 2018)

FTSE100 companies that addressed employee mental health and wellbeing in their 2017 annual reports enjoyed up to 2 x more profit in 2018 (Soma-Analytics report)



OUR APPROACH

Personal resilience is the ability to take the challenges and changes of life in your stride and say yes to the opportunities that excite you.

Awareness: Recognising your early warning signs on the slippery slope to burnout enables you to take proactive steps to get back to full capacity, and to spot the signs in others.

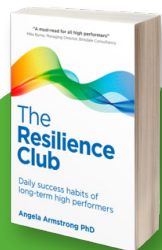
Beliefs: Stress is a choice. The trigger of the stress might be outside your control, how you perceive the stress and how you respond to it are within your control.

Knowledge: There are 7 categories of resilience practices that can provide a wide range of free, fast and simple stress-reduction strategies. Ask about our FREEDOM Model or read The Resilience Club.

Habits: Taking small actions consistently will significantly increase your resilience. It takes approximately 66 days to make or break a habit.

Banter: Our conversations are contagious, we literally cause more stress just by talking about it, let's discuss resilience instead and change the workplace culture one conversation at a time.

Performance: Building personal resilience is a necessary skill to sustain performance under pressure. Vitality can be a competitive advantage.



The Resilience Club
available on Amazon.com



www.youtube.com/watch?v=m7_ukQGPM_w
Search "How to Solve the Stress Epidemic TEDx"
on YouTube (17 mins)

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