



PEAK PERFORMANCE
CONSULTING GROUP

Personal and Team Resilience

Strengthening leaders. Cultivating agile, flourishing teams.

Format: Corporate in-house program (In-person or online)

Overview

Resilience - the ability to bounce back from setbacks and persist in pursuing worthy goals - is crucial for leaders and high-performing teams. Resilient individuals excel in problem-solving, crisis management, and inspiring teams through change and uncertainty (Payne, 2023).

This program focuses on developing cognitive, emotional, social, and self-care skills needed to enhance personal resilience in the workplace. It will also explore factors contributing to team resilience, including effective leadership, contingency planning, and capacity building.

In addition, we will address six factors that contribute to low resilience in the organization. We will train participants to build flourishing teams by fostering psychological safety, sustainable work, a mastery-focused motivation, and adaptive leadership.



Key Takeaways

- Master skills to enhance personal resilience: stress appraisal, optimism, problem-solving, psychological flexibility, and social capital.
- Learn the strategies and tools to manage cohesive teams, foster cooperation, mitigate toxic behavior, and promote sustainable work.
- Apply six principles to build resilient teams.
- Develop the skills to enable your team to handle a volatile, uncertain, complex, and ambiguous (VUCA) world.

Benefits of the Workshop

- Equip leaders and HR professionals with tools for sustaining high performance, engagement, and motivation.
- Enhance the resilience and well-being of leaders and teams.
- Catalyze positive changes in leadership and team culture.

Who Should Attend

This program is designed for executives, managers, and HR professionals dedicated to fostering a thriving company culture where teams and individual employees can excel.

It is ideal for leaders aiming to develop and maintain high-performing teams while ensuring employee well-being.

Investment: Two Packages

I. Intro Package: Three-hour Intro Session

What You Will Learn:

- Increase personal resilience and manage chronic stress
- Appraise adversities as challenges, maximizing opportunities
- Create a psychologically safe team culture
- Optimize team performance by leveraging individual strengths

Price: Php130,000.00 + VAT (up to 30 participants per program)

II. Five Half-Day Sessions: 3.5 Hours per session

What You Will Learn:

Includes everything from the Intro Package, plus:

- Skills to enhance optimism, psychological flexibility, resourcefulness, and social capital
- Identify and counter four thinking traps

- Develop adaptive leadership, contingency planning, and capacity building
- Address the six major causes of low team resilience

Price: Php25,000.00 + VAT per participant (minimum of 10 participants per program)

Sample Schedule: 5 Half-Day Program

Note: Sessions do not have to take place on consecutive days



Program Facilitators



Yasmin Gonzales
Co-Founder | Partner
 Peak Performance Consulting Group

Yasmin holds a Master's degree (ALM) in Industrial-Organizational Psychology from Harvard University. She graduated with a 4.0 GPA and received the Dean's List Academic Achievement Award.

Her research interests focus on intrinsic motivation, resilience, power, social influence, and leadership.

Yasmin also serves as an adjunct faculty member at the Asian Institute of Management (AIM), teaching courses on social influence, motivation, and resilience.



Joanne Endaya
Co-Founder | Partner
Peak Performance Consulting Group

Jo holds an MBA from Queen's University, with expertise in operations and people management.

Her mission is to help individuals discover their value and self-worth, aiming to make them better and happier.

Additionally, Jo is a business owner and yoga teacher. She co-founded Happy Helpers, a professional cleaning company that provides livelihood for urban poor communities in Taguig.

Contact Information

Learn more about this program: Schedule a free consultation call

yasmin@peakperformance-consulting.com | joanne@peakperformance-consulting.com

 peakperformance-consulting.com