



# Resilience at Work



**BRANDHEART**

Empowered People – Empowering Organisations

# Course overview

---

## Increasing people's ability to thrive and embrace change in the workplace

Today's workplaces are demanding and dynamic and more than ever we are expected to continue to produce high-quality outcomes while working with the stresses and changes to structures, processes, systems, resources and strategic priorities. During this interactive workshop participants will examine what they currently do that enables them to effectively manage the demands of workplace pressure and organisational change. Staff and managers will also have the opportunity to build more strategies into their repertoire for being more emotionally resilient to stress and change at work and to life's challenges in general. This workshop will assist staff and managers to thrive and remain positive and productive in their workplace environment regardless of the demands and changes they face.

## An engaging and interactive course full of practical tools and strategies

The Resilience at Work workshop is highly interactive and enjoyable while providing an opportunity for participants to raise their self-awareness and increase their 'tool-kit' of resilience strategies in a safe and supportive environment. The workshop is highly practical in nature so participants can expect to leave with tools that they can immediately apply in all aspects of their lives.

## Your workshop facilitator

Your facilitator for this workshop is either Claire Wynn or Christine Theissen from Brandheart. Claire and Christine have a combined experience of 33 years as facilitators and trainers and even more years of combined experience as people who are also on their journey to building their resilience to life's daily challenges.

## Duration

The Resilience at Work workshop is a 1.5 day course of professional development, with pre-course preparation and post-course application. Duration and format of delivery can be modified to suit participant availability and budget.

# What they'll learn

---

## People who attend the Resilience at Work course will:

- Renew their ability to constructively handle challenging workplace situations while keeping up their performance and productivity
- Increase their level of self-confidence to influence positive change at work
- Build their understanding of how their thinking drives their behaviour and outcomes, and to reframe their thinking for a new and positive perspective
- Increase their understanding of what their early warning signals of stress overload are and to put timely strategies in place to bring themselves out of stress overload
- Increase their ability to disconnect from drama and negativity at work and to participate in healthy and constructive conversations that move forward
- Be able to apply practical resilience strategies and tools into their everyday situations to increase their resilience to whatever life throws at them at work and in their private life
- Increase their ability to build and maintain positive, healthy and stress-free workplace relationships
- Apply tools for increasing their sphere of influence and for letting go of what they cannot control
- Increase their ability to maintain life balance between their work life and their private life
- Enhance their appreciation of themselves by reframing their negative self-talk
- Build their courage and skill in addressing concerns with others
- Increase their ability to make the most of the opportunities that organisational change presents

Get in touch...  
[info@brandheart.co.nz](mailto:info@brandheart.co.nz) or 04 384 9962

## Previous course participants said:

---

“It was FANTASTIC! The facilitator had me engaged from the first moment and made the whole group feel welcome and open to questions etc. I feel that it should be a requirement for all staff to attend this course, as I think EVERY single person in Council would benefit. By far the BEST and most useful course I have ever been on.”

“This workshop was one of the best I have ever attended. I strongly believe that all staff from the top level to the bottom require attending this course in order to create some understanding between each other. The course made me feel self-confident and taught me that there are other ways to deal with stress overload. It was simple, helpful and will allow me to take positive action in the future. Thank you Claire for sharing your knowledge with us.”

“This by far has been the most comprehensive and relevant course to my role. I strongly recommend this workshop to all staff.”

“The facilitator, Claire was absolutely brilliant. She spent a lot of time answering our many questions and it was fabulous and exciting to us to see her passion.”

“Make the workshop compulsory for all staff from the managers to boards. This course will enable decisions to be made effectively surpassing negative attitudes or behaviour. It is a great life-skill professionally and personally, and will help staff to be well rounded who are able to give their all to an organisation they enjoy working for and believe in.”

“It was excellent and I think most people would gain something valuable from it.”

“I would recommend this course to everyone - I learnt so much about myself and I am already using the new tools, which I know will make my work place experience so much more positive. Loved the facilitator she used real life scenarios which helped me a lot, enjoyed it fully.”

“I really enjoyed it, found the content to be relevant both for work and outside of work. I have thought about the content each day since the course and have put resilience strategies in place, therefore I think I will have on-going benefits from it.”

“Claire did a great job in making people feel comfortable, keeping the course moving, and explaining everything in an engaging and thought-provoking way.”

“Fantastic facilitator with excellent notes and tools to take away with us.”

“I don't usually like the 'touchy feely' workshops but although this started out as possibly being one of those types of workshops to begin with, the facilitator was great and the subjects were actually really insightful and actually really helpful in dealing with many different aspects of the workplace, as well as life in general. Awesome.”

# Why choose us?

---

## **We get results**

Brandheart has a reputation for our highly customised approach to working collaboratively in partnership with clients to design fully tailor-made organisational and culture development processes and training programmes which integrate, align with and reinforce our client's operating model, strategic goals, vision, desired culture, values, leadership and staff competencies and performance management frameworks.

## **We have a track record of success**

Since 1998, Brandheart has worked with most central government agencies, local government authorities and many private sector organisations. Our courses are consistently rated 'agree' or 'highly agree' in participant satisfaction and impact surveys, and many of our new clients contact us via word of mouth after referrals from previous clients and participants. We have a positive and enduring reputation in the marketplace.

## **Transformational workshops resulting in long-term shifts in behaviour**

Brandheart's programmes enable participants to build their self-awareness about their thinking, attitudes, beliefs and assumptions that drive their behaviour while building practical skillsets to ensure that behaviour change and the positive impact into role performance is sustained into the long-term.

## **We relate to a diverse range of people**

We have worked with people from across all organisational levels, from CEOs and Secretaries and Senior Management Teams to front line staff. We believe everyone, no matter his or her role, has a significant contribution to make.

## **Brandheart's workshops are programmes of development not just workshops**

We provide a range of blended learning tools to enhance learning and to sustain behaviour and attitude changes into the long-term not just through the workshop itself but also through the provision of Prepare and Apply Phase tools.

## **Stimulating and enjoyable experience**

Brandheart has a reputation for delivering enjoyable, stimulating and interactive workshops. We connect with people because of our down-to-earth, no 'BS' style and a bit of humour!

## **We keep it simple and real**

Although our workshop content is based in the principles of human psychology, we avoid psychobabble and aim to demystify psychological concepts making them accessible and easy to apply for participants.

## **We are flexible, adaptive and easy to work with**

We are known for our adaptive approach, our flexibility and our willingness to work collaboratively with our clients to produce a solution that suits their requirements.

## Our clients

---

The Treasury	2degrees Mobile
State Services Commission	Peter Jackson's Park Road Post
Ministry of Foreign Affairs and Trade	Peter Jackson's Vintage Aviator
Auckland Council	Tower Insurance
Office of the Clerk of the House of Representatives	AIG Insurance
Ministry of Business Innovation and Employment	Inland Revenue Department
ACC	Otago University
Land and Information New Zealand	New Zealand Fire Service
Parliamentary Service	ANZ Bank
New Zealand Transport Agency	ASB Bank
Statistics New Zealand	New Zealand Institute of Accountants
Department of Conservation	Wellington International Airport
GNS Science	Telstraclear
Ministry of Education	Contact Energy
Careers New Zealand	Media Monitors
Te Kura	Quinovic Property Management
NZQA	Iplex Pipelines
Immigration New Zealand	Porirua City Council
Wellington City Council	Invercargill City Council
Ministry of Justice	Kapiti Coast District Council
Te Papa	Environment Canterbury
EECA	Queenstown Lakes District Council
Ministry of Women's Affairs	Horizons Regional Council
ERO	Napier City Council
Tertiary Education Commission	Upper Hutt City Council
Society for Local Government Managers	Hastings District Council
Environment Bay of Plenty	Red Cross
Christchurch City Council	Outward Bound
Allied Press	Cable Price
	Financial Markets Authority

## Our team

---

### Claire Wynn

Bachelor of Arts – Victoria University  
Certified Neuro Linguistic Programming Practitioner  
Certified *Communication Styles @ Work* Facilitator  
Certified Tetramap Facilitator  
Accredited GENOS Emotional Intelligence Facilitator



Claire's experience as a corporate trainer and facilitator is extensive. She has designed and delivered training programmes and facilitated workshops for public and private sector organisations at all levels – from CEs, Secretaries, Senior Leadership Teams, Boards, Members of Parliament to front-line delivery teams and staff. Claire has managed many major national training and facilitation projects, developing a national reputation for managing key client relationships and designing and delivering staff and leadership development initiatives in the public and private sector. Claire has also managed and led a team in a nationwide training consultancy company before establishing Brandheart in 1998.

Claire's training and facilitation style is engaging, witty and thought-provoking.

In programme design and content, Claire's training programmes have a reputation for being transformational, assisting participants to make positive and sustainable shifts in both their mindsets and behaviours resulting in a positive impact on the professional and personal lives of her clients.

### A word from Claire...

*I feel very privileged that every day in Brandheart through training and facilitation, I am able to fulfil my life's purpose and passion: to positively influence people's professional and personal lives and to assist them to step more into their power. In fact, empowerment has become a central theme in all our training and development programmes.*

*This involves assisting people to deepen their understanding about themselves, how they impact on their relationships and their team's performance and to gain awareness about the contribution they make to their organisations and to the success and happiness of others. Over the years this has seen me working with people across all organisational levels from Secretaries, CEs and Boards, to Councillors and Members of Parliament to staff and community groups.*

*It's inspiring to see individuals and teams gain clarity on who they are and what they want to achieve and then take 100% responsibility for making it happen for themselves. It's about being a conscious and empowered contributor to their own well-being and to the well-being of their organisation and the planet.*

## Christine Theissen

Masters Degree in Business  
PROSCI Change Management facilitator  
LEADR Accredited Mediator  
HBDI (Hermann Whole Brain Thinking)



Christine is a highly experienced facilitator, trainer and HR practitioner. Christine has established her experience and specialist skills as a business and culture transformation facilitator as a practitioner in senior management and consulting roles across multiple sectors including Manufacturing/FMCG, Local Government, Health and Education, as well as in Fonterra and Cadbury's. Christine is a regular guest lecturer in Strategic Human Resources Management at Otago University.

Christine's passion and expertise lie in culture transformation and organisational change and assisting people to develop their resilience to workplace challenges. She also has vast experience in building team effectiveness as a facilitator. Christine is also an experienced mediator and investigator in workplace bullying and restorative justice processes for employment.

Christine is known for her warmth and her ability to build trust and rapport quickly with her clients and for her intelligent, insightful and down-to-earth approach as a facilitator and trainer.

### *A word from Christine...*

*It's exciting to see that when people achieve a higher level of self-awareness, understand more about how they impact on the happiness and success of others and define what success looks and feels like for them, they start making conscious choices and take positive action to transform their workplace relationships and work experience.*

*Sometimes we just need some timely reminders about what we are capable of and to be given the opportunity to sharpen our existing tools and to gain new and practical strategies for achieving the success we are looking for in our careers and professional relationships. And I feel honoured and humbled to be part of that experience as a trainer, facilitator and coach in Brandheart.*

*I love it when clients throw a challenge my way whether it be designing and implementing significant organisational and cultural change, building leadership capability, transforming conflict or assisting teams to break-through difficulties and achieve high-performance.*



## Rachel Matheson

Bachelor of Business Studies  
Certified International PEP facilitator  
Certified International PEP Mindfulness and Resilience coach



Rachel brings Brandheart a depth of experience as an international facilitator and coach. With a Business degree in Marketing and Japanese Rachel started working in tourism before launching her marketing career in one of NZ's leading export companies. This role saw her managing major export projects within various Asian markets.

Rachel then joined an Auckland based marketing consultancy firm managing projects in banking, construction, manufacturing, transport and sport. Much of this work focused on customer service, company culture, building leadership capability and branding and building effective teams.

Rachel is a qualified facilitator in the international Personal Efficiency Programme (PEP) which has seen her deliver programmes throughout Australia and New Zealand within the private and public sectors from CEs and Members of Parliament to front-line staff. Rachel is passionate about the benefits of mindfulness which enables people to understand their mindset, to support and improve sustainable workplace change and has since achieved her certification as a mindfulness coach.

Rachel has an energetic, switched on, engaging style and has a passion to help people be the best they can be, while maintaining a healthy work/life balance.

### *A word from Rachel...*

*It's hugely rewarding for me when participants on our courses realise how their perceptions and mindset have such a big influence on the reality they are creating and ultimately on the happiness and success they experience at work and at home.*

*We can all learn new tools and techniques on how to be more successful and effective in all parts of our lives and across all of our relationships. However, the key ingredient is first of all cultivating a positive relationship with ourselves and developing the self-awareness to manage our behaviours and impulses as well as our habitual thoughts that drive our outcomes. This is when we get sustainable change and this is what I love about delivering Brandheart's workshops. My passion is to enable people to be the best they can be, bounce back from adversity and get the most out of life.*

## About Brandheart

---

Based in Wellington and working throughout New Zealand, South East Asia and the South Pacific in the private, central and local government sectors, Brandheart specialises in the development of customised and organisation-specific programmes to achieve our vision of 'Building Cultures of Success' for our client organisations. Brandheart works throughout all levels of client organisations focusing on the key areas of staff, leadership and team development, and organisational/culture development.

Brandheart was established in 1998 and has a solid track record of experience in programme delivery in the public and private sectors. The Brandheart team have a combined experience of 43 years in the design and delivery of quality best practice training programmes and the facilitation of organisational and culture development processes.

Over the years, the Brandheart team have been engaged in a number of interesting leadership and staff development and organisational development and culture transformation projects within the public and private sectors. Brandheart's reputation for delivering high quality and effective outcomes from its programmes is demonstrated by its many long-term satisfied clients and referrals. It is also built upon the consistently positive feedback received from operational managers and programme managers within HR and Learning and Development units of its client organisations, who regularly comment on the high level of transfer of learning and 'real world results' of Brandheart's leadership and staff development programmes.

The success of Brandheart's programmes lies in the positive and respectful relationship developed between the facilitators and their participants which acknowledges, taps into and builds upon, the expertise and experience of the participants in an enjoyable, challenging and interactive way.

Brandheart's approach is to assist people to understand themselves as the primary influence upon all other relationships, whether at work or outside of work. This is the basis for the proven effectiveness of Brandheart's programmes, which recognise the whole person and the naturally positive desire for all leaders and employees to contribute positively to their own life and the lives of others. While building self-awareness is a key aspect of the Brandheart learning experience, Brandheart also has a reputation for delivering highly practical and relevant tools and skills which can be immediately applied to assist participants to build effectiveness in their role and workplace relationships.

# Our services

---

Brandheart provides consultancy and professional staff and manager development in:

- Leadership development
- Business leadership communication skills
- Delivering exceptional customer service
- Managing challenging customer interactions
- Organisational culture transformation
- Influencing for strategic outcomes
- One on one executive coaching
- Transformational leadership
- Coaching and performance feedback skills
- Team development workshops
- Leadership and engagement
- Communicating for success
- Emotional Intelligence at work
- Communication styles at work
- Building successful relationships at work
- Personal effectiveness and productivity
- Giving and receiving feedback
- Leading for change
- Building emotional resilience
- Training and Facilitation skills
- Effective meeting facilitation
- Negotiation and mediation skills
- Courageous conversations
- Beyond conflict to understanding