



RESILIENCE TRAINING

Skills to thrive during trying times

In today's fast-paced world, we're under more pressure than ever. Offering resilience training from Blue Cross and Blue Shield of North Carolina (BCBSNC) can help your employees face life's challenges head-on, bounce back from stress and bring their full energy to what matters most. After all, resilience isn't a fixed trait—it's a range of skills that anyone can learn and grow with the right training!

Unleash the power within

- + Our workshops equip participants with tools and action plans to help them thrive during times of adversity or change
- + Research shows that resilience training in the workplace improves employee performance and mental health¹
- + Resilience can support better physical health as well, since chronic stress causes wear and tear on the body²

One size does NOT fit all

When it comes to building a strong culture of wellbeing, this program is just one piece of the puzzle. Our experts can tailor a comprehensive wellness plan around your company's unique needs and goals. Learn how at bcbsnc.com/healthpromotion.

"It was the best training we have had! I got many rich nuggets that I have already put into place. Bringing my BEST self to the game!"

~ Resilience workshop participant

Let's talk!

Contact your Health Promotion Specialist or email HealthPromotion@bcbsnc.com to learn how you can offer our resilience training.

3 reasons you'll love this program

Creates Balance



Employees learn new and better ways to prepare for the challenges of everyday life

Stronger Morale



Resilience helps people avoid burnout and stay engaged at work as well as at home

Flexible Choices



We offer package options for both personal and team resilience training

¹ Robertson, Ivan T., et al. "Resilience training in the workplace from 2003 to 2014: A systematic review." *Journal of Occupational and Organizational Psychology* 88.3 (2015): 533-562.

² Source: www.apa.org/helpcenter/stress.aspx (accessed August 2016).

NOTE: Wellness programs can be purchased off cycle.

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