

Resilient Team

Team development program

Resilient Team is a team development program. With this program, the team learns to work together more effectively and to strengthen each other in challenging situations.

This is Resilient Team

- 3 Team sessions.
- Together with colleagues, you work on bouncing back and collaborating better in changing circumstances.
- An inspiring mix of dialogue, transferring knowledge and learning from and with each other.

This is what you will learn

- To increase self-awareness and become aware of your own and each other's strengths.
- Strengthening psychological safety.
- To get started on team development and mutual connection as a team.

This is what you will achieve

- You are part of a resilient team.
- The team is able to function under changing circumstances.

This is what makes Resilient Team unique

- A positive and innovative view on stress.
- Based on current scientific insights, but practically translated for daily use.
- Available in Dutch and English.
- Personal approach by a Shared Ambition trained team coach.
- Group intervention that encourages to actively get started with team development and connecting with each other.

Individual - **group**

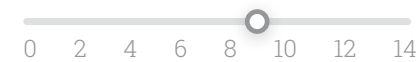
1:1 - online

Educational - **preventive** - curative

Matched Care category:



Number of hours:



Duration in weeks:



Shared Ambition offers solutions for three target groups

@Work

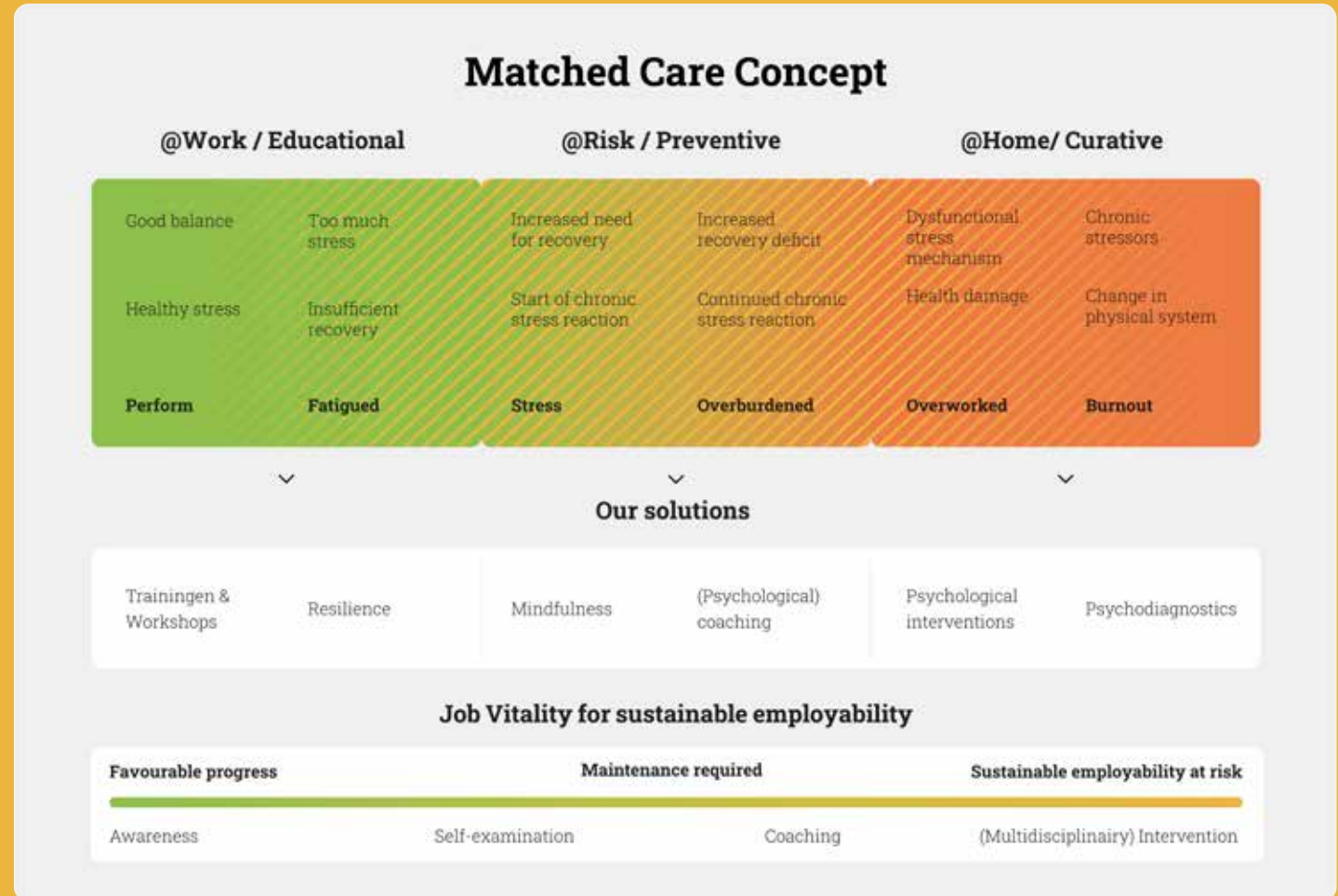
For employees who are working and want to remain mentally healthy

@Risk

For employees who are at risk of falling out

@Home

For employees who are partially or entirely absent



Working together

Shared Ambition specializes in work-related psychological health.

If you would like to learn more about Shared Ambition and/or our products and services, please visit the website or get in touch.

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