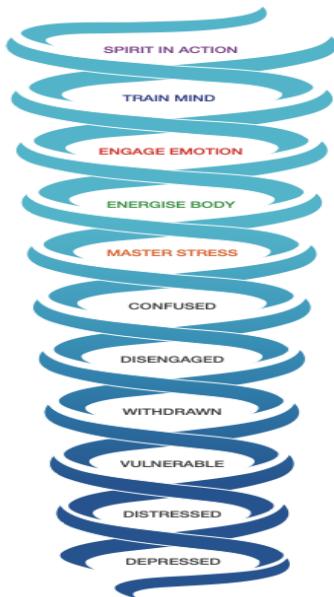


# Wellbeing & Resilience Sessions

The SHA is offering Leaders an opportunity to participate a 6-part interactive learning lab to promote individual wellbeing and resilience. These workshops will leverage the Resilience Institute (RI) App and framework to support operational leaders to manage themselves, demonstrate character and lead more effectively.

## Committed to Strengthening Resilience

The protracted nature of the pandemic, together with the cumulative stress, has tested our collective resilience and taken a heavy toll on our teams. Supporting and strengthening resiliency is key to effective leadership and the recovery of our workforce.



<http://resilienceei.com/>

## Series Dates:

Session 1: Mar 23 - 2:30 - 3:30      Session 4: Apr 13 - 2:30 - 3:30

Session 2: Mar 30 - 2:30 - 3:30      Session 5: Apr 20 - 2:30 - 3:30

Session 3: Apr 6 - 2:30 - 3:30      Session 6: Apr 27 - 2:30 - 3:30

Begin on Mar 23 and complete in 6-weeks or finish later when it works for you. More dates will be added. Sessions must be attended sequentially.



Register here using  
QR Code

## Session 1: Cumulative Stress Debriefing / Resilience Intro

Pre-req: Download RI App with QR code, Watch the Intro to Resilience videos in RI App



- Cumulative Stress Debriefing
- The science and practice of resilience
- Resilience framework and diagnostic tool

## Session 2: Personal Resilience

Pre-req: Completed the RI Diagnostic Assessment & have available for the session

- Resilience Diagnostic Debrief
- Personal Resilience Planning

## Session 3: Bounce

Pre-req: Watch the RI Bounce Video Series

- Performance & Pressure
- How Resilience Fails
- Bounce practices

## Session 4: Grow

Pre-req: Watch RI Grow Video Series

- Holistic approach to growing resilience

## Session 5: Connect

Pre-req: RI Connect Video Series

- Connecting with self and engaging others to foster resilience

## Session 6: Flow

Pre-req: RI Flow Video Series

- Intentional practices to foster wellbeing, resilience and exceptional performance
- Post work: RI diagnostic re-assessment within 3 months



Saskatchewan  
Health Authority

*Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

[saskhealthauthority.ca](http://saskhealthauthority.ca)

