



## Lead with Resilience: R@W Toolkit Accreditation for Leaders

The Resilience at Work (R@W) Toolkit offers evidence-based assessments and practical strategies to strengthen resilience by taking a systemic approach that aligns employee, leader, and team behaviours with organisational processes and stakeholder expectations.



### UPCOMING COURSE

**R@W Toolkit accreditation** is open to psychologists, coaches, and experienced organisation development and human resource practitioners.

If it's been a while since your original R@W accreditation, consider joining this session as a refresher.

### VIRTUAL TRAINING

<b>Location</b>	Accreditation is offered virtually
<b>Duration</b>	The core program includes a minimum of 12 hours of webinars, pre-work and completion of activities between 4 sessions
<b>Session Dates</b>	22, 25 June, and 6, 9 July 2026 09:30am to 13:00pm GMT
<b>Facilitator</b>	Paul Chudleigh, Resilience @ Work Coach & Certified Principal Business Psychologist
<b>Total Accreditation Cost</b>	£795 + vat





The Resilience @ Work™ (R@W) Toolkit, developed by organisational psychologist Kathryn McEwen and associates, designed for high-pressure work environments, offers proven strategies to build resilience across every level of your organisation. It helps by strengthening employees, leaders, and teams, it fosters optimal performance, greater engagement, and lasting personal wellbeing.

Join our next Accreditation Course, facilitated Paul Chudleigh Resilience @ Work Coach & Certified Principal Business Psychologist. This virtual accreditation program runs over three weeks via Zoom.

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## PROGRAM CONTENT

The core program includes a minimum of 6 hours of webinars, pre-work and completion of activities between sessions.

### The format varies across regions but all include:

- \* Pre-reading
- \* Completion of the R@W Individual Scale
- \* Coaching practice using personal R@W Individual reports
- \* An introduction to the R@W Individual Scale
- \* An introduction to the R@W Team Scale
- \* An introduction to the R@W Leader Scales
- \* Organisational applications of the R@W Toolkit
- \* Discuss and explore debrief and coaching sessions with each of the R@W Scales
- \* Facilitating workshops using the R@W Toolkit
- \* Case studies: Review and discussion Resources: How to use the R@W workbooks and reflection cards
- \* Promotion and marketing of the R@W Toolkit
- \* Research opportunities

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## YOUR REALITY

### Change and transformation are constant

High-performance organisations anticipate and manoeuvre skillfully from today's shape to tomorrow's, and the demands placed on you and your teams to adapt are ever-present.

### Today's leaders are asking:

- \* How do I prepare for or rebuild after a major change in organisational direction or structure?
- \* How do I support my staff who deal with difficult tasks, unrelenting schedules or demanding customers?
- \* How can I support my people through constant change and uncertainty?

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## THE OPPORTUNITY

### Resilience can be grown

Resilience isn't a fixed trait. It's dynamic, built or depleted depending on the environment and how we nurture it in ourselves and our teams. **When organisations invest in resilience, the benefits are clear:**

- \* Improved staff engagement
- \* Improved staff health and well-being
- \* Improved ROI on change initiatives
- \* Reduced business disruption
- \* Reduced change implementation timeframes

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## WHY RESILIENCE?

### Who Are We?

Working With Resilience was established in 2010 to help people stay productive and well in work environments that were turbulent, complex and pressurised. We are an international consortium of practitioners and academics who have combined our skills and experience to determine how best to build workforce resilience. Our vision is creating work environments where people perform optimally while staying well. To achieve this we have developed practical evidence-based measures and resources that help embed sustainable work practices.

### How do we Define Resilience at Work?

There are a multitude of definitions of resilience, many of which are non-work related. More recently we have seen emerging concepts such as emotional agility, anti-fragility and grit used inter-changeably. For us, work resilience involves having individual and collective strategies to deal with challenges and setbacks, adapt to changing demands and to look beyond the horizon to determine how best to position for the future.



## Principles Guiding Our Work

The guiding principles in our work are that resilience is:

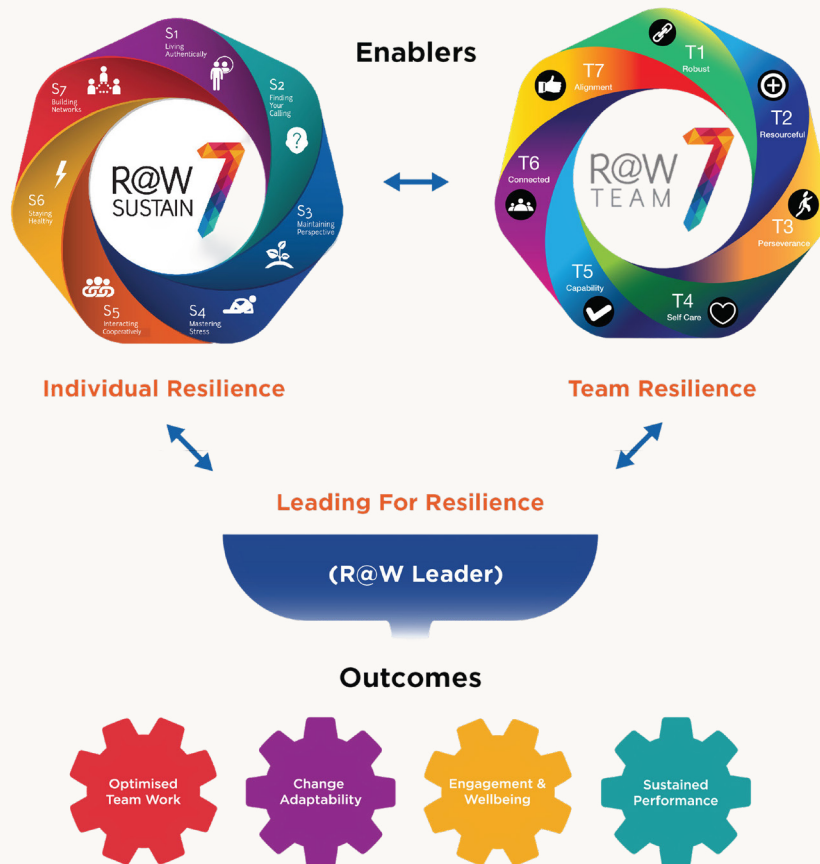
- \* A capability that can be developed
- \* A dynamic state that results from the interplay of individual factors and the organizational context (rather than an inherent individual trait)
- \* The capacity to positively respond not only to major setbacks but also to everyday challenges such as change, uncertainty and workload
- \* A resource that protects against burnout through exploring how performance can be sustained while preserving wellbeing
- \* Enabled through both the availability of organisational resources (e.g. collegial support and flexible work) plus a willingness to access these
- \* Achieved through a systemic approach that aligns employee, leader and team behaviours with organisation processes and stakeholder expectations.

## Introducing The Resilience at Work® Toolkit

Our growing global community of talented practitioners are accredited in the use of the Resilience at Work® (R@W) Toolkit – a set of integrated measures and resources that build workforce resilience.

The R@W Toolkit has been designed specifically to help people at work to:

- \* Adapt to frequent change and uncertainty
- \* Stay productive despite increasing demands to deliver more with less
- \* Manage customer expectations that may exceed delivery capabilities
- \* Maintain physical and emotional wellbeing despite job pressures.
- \* It includes a complementary suite of measures that recognise the inter-relatedness of employee, leader and team behaviour at work.
- \* The measures can be used independently or together, dependent on the circumstances. The Resilience at Work® Toolkit





## Resources Included as Part of Accreditation

Accredited users have access to a comprehensive range of resources via our website member portal including:

- \* Coaching Guide: Building Team Resilience
- \* Coaching Guide: Building Personal Resilience Using the R@W Individual Scale
- \* Promotional fliers for the R@W Toolkit and each of the scales for use with clients
- \* Presentation slides
- \* White paper: Building Resilience at Work Sample reports for each of the R@W Scales
- \* Coaching demonstration videos: Conducting feedback for R@W Individual Coaching video: How to debrief the R@W Team report
- \* A list of R@W publications
- \* Copies of the research papers on design of the R@W Scales
- \* Email signatory showcasing your accreditation



## Workbooks, available only to accredited members, include:

- \* Team Workbook – Building Team Resilience
  - \* Client Workbook – Leading for Resilience
  - \* Client Workbook – Building Personal Resilience
- Accreditation Overview Books available at discounted rates include:
- \* Building Team Resilience
  - \* Building Your Resilience: How to Thrive in a Challenging Job

**Note:** Some programs include samples of these workbooks in hard or e-version and hard copies of the books.

Accredited with ICF



**Are you ready to lead a culture of resilience in your organisation?**

Join us and empower your leadership for long-term impact.

Register to secure your spot.

REGISTER