



* Approximate play time

RESILIENCE

by **ROBERTSON**

See results in **under 2 hours**

Play the Resilience Game!

A fun, fast, conversational way to build people's resilience and so increase performance, reduce stress and improve mental health.



www.robertsontraining.co.uk



About the Game

The game allows players to explore the topic of resilience in a safe and conversational way.

Players take turns to pick up cards and discuss them on the way to simple practical actions.

The cards offer advice, guidance and tips for players to use immediately - bringing to the surface often buried resilience capabilities and build new ones.

As with all great games it's simple to play.

Just roll the dice and begin...

The game helps players to build:

- Resilience tips to use immediately
- Knowledge of the latest practice from experts
- Understanding of others' resilience perspective
- Confidence from appreciating they're already resilient
- Their ability to help colleagues
- An action plan of practical next steps
- New resilience capabilities

Time: 1 hour plus debrief

Nos: 4-12 players

Who for: Anyone wishing to build resilience

The journey through building resilience increases players' ability to bounce back when the next challenges appear.

Box contents

- Facilitator's guide
- Game board x 2
- Instructions
- Playing pieces
- Timer
- Player action planners
- Cards
 - Fact or fiction
 - Resilience builders
 - Resilience consultants
 - Support a colleague

Facilitator's role

1. Set up the game boards, cards and playing pieces
2. Introduce the topic and game instructions
3. Observe the game unfold, listening out for points to use in the debrief
4. Once game play ends, facilitate the debrief to consolidate learning
5. Lead a sharing of players' actions

Facilitator's Guide has full guidance and lots of helpful information to guarantee success.

Exact contents may vary from those shown



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Customer “ Testimonials

The game provoked really good discussion for us. We liked the topic and format.

Sarah Anderson
HR Manager • SSE “

Good fun, with thought provoking scenarios. Would be great for newly promoted managers to build their confidence.

Lisa Connell
Head of Training “
The Scottish Salmon Company

A very effective and easy to use learning tool. The simplicity of the game was one of the main pluses for me.

Senior Change Leader “
National government agency




Ordering

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 www.robertsontraining.co.uk/building-resilience-game

 **Delivery:** UK usually the next day, elsewhere 1-6 working days depending on location.

