



RESILIENCE

AND WELLBEING

SERVICES

Multi-award winning resilience and wellbeing support.
Ensuring your organisation is fully equipped to succeed through
challenge and change



ABOUT US

PROFESSIONAL RESILIENCE SERVICES

Operating since 2013, we are a team of highly experienced Clinical Psychologists using psychological methods and theory to enhance mental health, wellbeing and resilience in the workplace.

We offer a range of evidence-based solutions aimed at helping individuals and organisations to successfully overcome challenge, manage change and thrive, whatever the circumstance.

Our support services ensure the long term development of employee resilience and wellbeing, and contribute to a psychologically safe workplace in which employees can function at their best. These services include group training, support for individuals and interventions aimed at organisational support.



GROUP
TRAINING



SUPPORT FOR
INDIVIDUALS



ORGANISATIONAL
SUPPORT

We feel passionately about our mission:

"To share our healthcare expertise with businesses to create a lasting culture of resilience"



GROUP TRAINING

ESSENTIAL RESILIENCE WORKSHOP

Backed by scientific evidence and based on our published Skills-based Model of Personal Resilience, this training provides the essential ingredients for great resilience and wellbeing.

From building self-awareness, to managing difficult emotions, thinking more flexibly and prioritising great self-care, this programme leaves no stone unturned in the quest for a mentally healthy workforce.

Delivered in workshop format by experts in mental health and resilience, the combination of didactic and experiential learning ensures maximum engagement and accessibility. Perfect for anyone wishing to build skills that boost their capacity for wellbeing and resilience, now and over the longer term.

Benefits

- Recognise early warning signs of stress before they become a problem
- Regulate upsetting emotions that undermine performance and wellbeing
- Build strong relationships for improved team cohesion and collaboration
- Manage negative thinking and build self-confidence
- Balance demands and prioritise self-care for optimum bounce back-ability
- Develop a personal action plan with 10 weeks of email support to build skills

"Felicity was excellent to work with during the scoping of the workshop, she quickly got to grips with our organisation and culture, she is clearly an expert in her field. Feedback on the workshops were that they were engaging, grounded in research and accompanied by quality materials. I highly recommend them." Amy Turner, HR Advisor & Learning and Development Lead, Office for Students



FEEL
HAPPIER



BOUNCE
BACK



GROW
THROUGH
CHANGE



GROUP TRAINING

RESILIENT LEADERSHIP WORKSHOP

Leaders who build a resilient workforce achieve heightened productivity and improved team co-operation, collaboration and cohesion.

Drawing on and extending our Skills-based Model of Personal Resilience, this workshop-based programme teaches staff in leadership positions all the resilience skills needed to grow personal and team resilience.

Through a combination of didactic and experiential learning, we support leaders to recognise and overcome threats to individual and team resilience, ensuring that your business will thrive.

Benefits

Our Resilient leadership Training will support your leaders to:

- Grow their own personal resilience
- Create a culture of trust and psychological safety
- Understand and manage threats to individual & team functioning
- Successfully support employee mental health and wellbeing
- Build teams that are resilient to manage challenge and change
- Grow organisational resilience

"We worked with Ultimate Resilience to develop a programme for Senior and Middle Leaders around Resilient Leadership. The programme was extremely relevant, well planned and professionally delivered. All staff reported that they found the sessions informative and useful and all staff reported learning and developing their resilience."
Emily Dalton , Vice Principal, Arnold Hill Academy



FEEL
HAPPIER



BETTER
SUPPORT
OTHERS



BUILD
TEAM
RESILIENCE



SUPPORT FOR INDIVIDUALS

E-LEARNING RESILIENCE COURSE

Designed for maximum engagement and accessibility, this online training offers a route to great resilience and wellbeing for remote workers, teams working across several locations or wanting to learn at a time, pace and location of their choosing. This E-learning Resilience Training Course contains all the *essential* ingredients from our Essential Resilience training, delivered in an accessible online format that you can progress through at your own pace.

Backed by science and based on our published Skills-based Model of Personal Resilience this training provides all you need to overcome challenge and change. From building self-awareness, to managing difficult emotions, thinking more flexibly and prioritising great self-care, this programme leaves no stone unturned in the quest for a mentally healthy life.

Benefits

Learn new skills to:

- Recognise early warning signs of stress before they become a problem
- Regulate upsetting emotions that undermine performance and wellbeing
- Build strong relationships for improved team cohesion and collaboration
- Manage negative thinking and build self-confidence
- Balance demands and prioritise self-care for optimum bounce back-ability

"It's been of real value and I feel less stressed, more aware of arousal triggers and overall happier - understanding what's happening and the science is an eye opener."

Stuart Summers,
Sales Manager, Ascent Business Solutions



**FEEL
HAPPIER**



**BOUNCE
BACK**



**GROW
THROUGH
CHANGE**



SUPPORT FOR INDIVIDUALS

THE BURNOUT CLINIC

For employees and leaders who are struggling with stress and overwhelm The Burnout Clinic offers a bespoke coaching journey tailored to your employees' needs. Our focus is not just on banishing burnout but fostering a resilient, balanced and fulfilling life aligned with their unique values and definition of success.

Our experienced Burnout Coaches have been helping people to overcome workplace burnout and foster lasting resilience for decades. Unlike most coaches, we're all trained clinicians using evidence-based methods proven to beat stress and promote a healthier working life.

Benefits

Working collaboratively with an experienced burnout coach, your employees will:

- Understand their unique sources of stress
- Build skills and strategies to manage stress, overcome challenge and rebuild confidence
- Respond more effectively to their own self-care needs
- Overcome personal barriers to making change and building skills
- Reconnect with their passion and perform at their best

"The time I spent with Jo has been transformational. She helped my to unpick a tricky situation and to find ways to adapt and develop. I felt listened to and cared about, and she gave me great tools to rebuild my confidence."

Hina Thakker, SM Marketing Manager



HAPPIER
STAFF



FEEL
SUPPORTED



REDUCED
ABSENCE
COSTS



ABOUT US

AWARD WINNING RESILIENCE & WELLBEING SERVICES PROVIDED BY EXPERTS

Our team and associates are experienced healthcare professionals with extensive expertise in senior leadership, mental health, coaching and supervision.



Dr Felicity Baker C.Psychol., AFBPsS

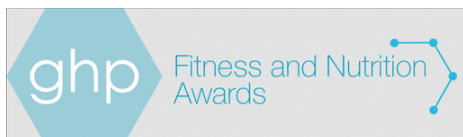
With many years experience as a Clinical Psychologist and leader in the NHS, Felicity specialises in supporting people to manage emotional difficulties, challenge and change. She is co-founder of Ultimate Resilience Ltd and is passionate about sharing the psychological know-how to manage challenge and change, and to stay mentally healthy in the workplace.



Dr Joanna Burrell C.Psychol., AFBPsS

With over 20 years experience as a Clinical Psychologist and leader, with specialisms in neurodiversity and mental health, Jo is co-founder of Ultimate Resilience. She is passionate about building workplace cultures that protect wellbeing and support employees to perform at their best.

Ultimate Resilience - AWARDS



enquiries@ultimateresilience.co.uk

"THE MAINSTAY IN OUR PROVISION OF HIGH QUALITY WELLBEING SUPPORT"

*Ultimate Resilience have been the **mainstay in our provision of high quality wellbeing support** for our staff..... We sought out UR because of their track record in delivering evidence-based resources that support staff wellbeing and the **extremely high level of clinical experience** of their training team.*

They have delivered resilience training on a rolling basis and 1-1 resilience coaching. Other initiatives that they have supported our Charity with are working with our HR team to develop and implement staff well-being surveys and most recently they have run bespoke training for those staff who have expressed interest in acting as wellbeing champions.

*Staff have **consistently provided positive feedback** about the training and support delivered by UR:*

*"**Absolutely brilliant training.** Really made me think about how I approach situations and how I can think about things differently to look after my mental health better. **Thoroughly recommend** anyone to take part."*

*"**Fantastic training** session. It really made me step back and think about things differently in both my work and personal life. Very thought-provoking, thank you!"*



Dr Naomi Wilson
Associate Clinical Director & Head of
Psychological Therapies
Combat Stress



View this and our other recommendations on our personal pages on LinkedIn: [Dr Jo Burrell](#); [Dr Felicity Baker](#)



"LIFE CHANGING COACHING EXPERIENCE"

I had a series of five coaching sessions with Ultimate Resilience and really noticed a difference in my ability to deal with stressful situations. I found it to be a useful mix of working to understand my reactions and a toolbox to cope with stressful situations. I also got to work on preventing the stress in the first place through a variety of different tools and techniques. I would definitely recommend them! Thank you so much.

Rachel on Trustpilot

"REALLY FANTASTIC EXPERIENCE"

I have attended a 2 day training course run by Jo and Felicity through work and also had 5 individual sessions with Jo. The training course was great and the individual sessions have been extremely helpful. Jo was really easy to talk to and brilliant at understanding me and what was going on for me at the time. Every session had really useful actions that she emailed me afterwards with a summary of what we had covered in the session. Overall, the sessions have really helped me through a tricky transition in my life so I would thoroughly recommend Ultimate Resilience

Holly on Trustpilot

"GREAT COURSES & ONE TO ONE SUPPORT"

My employer has used Ultimate Resilience to run in house training for several years as we have been through a great deal of organisational change which has affected the resilience of our staff. I initially undertook a face to face course with colleagues over several weeks and then more recently attended several online courses during the disruption caused by the Covid pandemic. Felicity and Jo work really well together and sessions are always engaging and stimulating, skills learned have really helped ease the stresses encountered in recent months. ... I was able to have three resilience coaching sessions with Felicity in which she identified issues with which I needed further help and was a great support. I can thoroughly recommend their courses whether in a group or one to one. As a result I deal with things in a much more positive and optimistic way.

Pete on Trustpilot



[Click here to view these & our other reviews on Trustpilot](#)



enquiries@ultimateresilience.co.uk