

OIM CONSULTING

BUILDING RESILIENCE

IN A WORLD MARKED BY RAPID CHANGE AND INCREASING DEMANDS, RESILIENCE IS MORE CRUCIAL THAN EVER.

The Building Resilience course provides practical tools to foster resilience in personal and professional spheres. This transformative journey covers resilience foundations, stress management techniques, and the powerful connection between resilience and grit.

Our focus is on building adaptable mindsets and empowering individuals to thrive through life's challenges.

Objectives

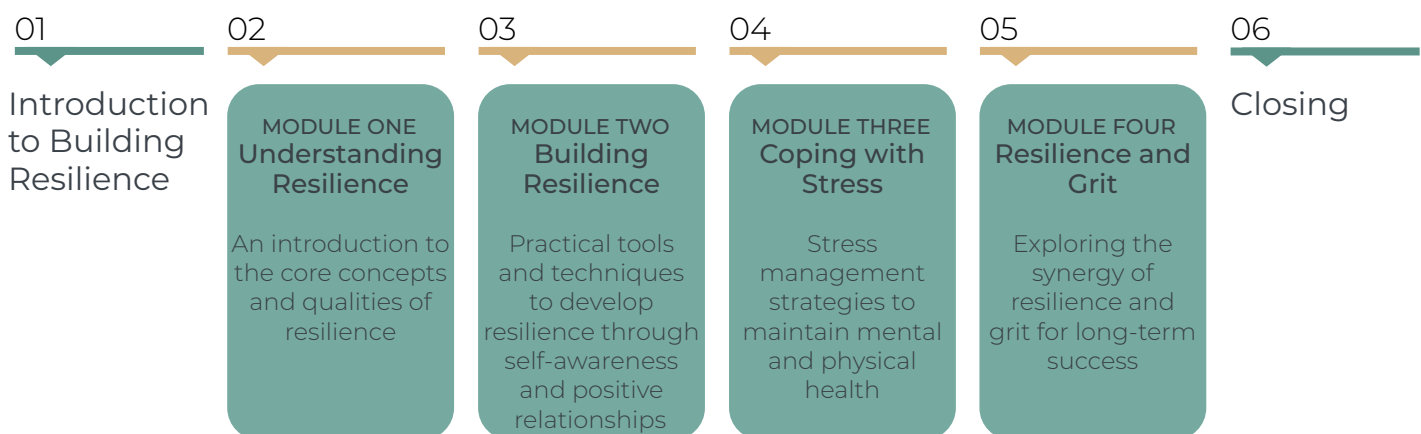
- * Define resilience and understand its impact on personal and professional growth.
- * Identify and cultivate the core qualities that make up a resilient mindset.
- * Explore the five pillars of resilience: Self-awareness, mindfulness, self-care, positive relationships, and purpose.
- * Develop actionable strategies for managing stress effectively.
- * Strengthen perseverance through the combination of resilience and grit.

Outcomes

ON COMPLETION OF THIS COURSE **PARTICIPANTS WILL**

- Gain a deeper understanding of resilience and its long-term benefits.
- Master the essential qualities of resilience, including emotional regulation, adaptability, and self-efficacy.
- Apply stress management techniques to maintain focus and prevent burnout.
- Cultivate a resilient mindset and a roadmap for overcoming obstacles.
- Integrate resilience and grit to enhance perseverance in achieving personal and professional goals.

Course Format



Personal Benefits

01

Increased self-awareness and emotional regulation skills

02

Improved ability to manage stress and prevent burnout

03

A resilient mindset that enhances well-being and adaptability

04

Confidence to face personal challenges with strength and clarity

05

Enhanced self-leadership, fostering growth and personal fulfilment

Professional Benefits

Improved performance and perseverance through resilience-building strategies.

Enhanced interpersonal skills for fostering positive relationships.

A growth mindset that supports innovation and adaptability in the workplace.

Increased capacity to lead teams through challenges effectively.

An empowered approach to achieving long-term professional goals, even in complex situations.

Additional Features

- * **INTERACTIVE WORKBOOK**
Practical exercises and activities for personalised learning
- * **FOUR PART MODULE STRUCTURE**
Each module dives into a critical aspect of resilience
- * **REAL-WORLD CASE STUDIES**
Insights into how resilience applies to actual challenges
- * **ACCESS TO COACH**

THIS COURSE IS DESIGNED FOR PROFESSIONALS, LEADERS AND ANYONE LOOKING TO STRENGTHEN THEIR RESILIENCE

It is particularly valuable for those facing high-stress roles, undergoing career transitions, or aiming to enhance personal and professional growth



André Gouws

HEAD OF PRODUCT AND METHODOLOGY

As the Head of Product and methodology at OIM, Andre brings a wealth of expertise as an HR and Learning and development (L&D) executive. His extensive experience spans leading large L&D teams in listed companies to founding a skills development company focused on business and process improvements for medical laboratories. Through LEAN and Six Sigma methodologies, he successfully expanded this venture globally, reaching markets across the USA, South America, Canada, the UK, Europe, and Southern Africa.

With a career spanning 30 years, Andre has been instrumental in designing, developing, and implementing a range of HR systems and accredited management and leadership development programs. These initiatives have had a significant financial impact on both internal and external clients and remain in active use today. Andre's expertise encompasses business and process improvement methodologies, global skills development standards, coaching, and the management of multi-disciplinary teams across regions. His commitment to skill advancement is further demonstrated through his roles on various skills development committees and as an external moderator for engineering subjects at South African universities.

Gavin Julyan

SENIOR CHANGE AND ORGANISATIONAL DEVELOPMENT EXPERT



With a robust 30-year track record, Gavin Julyan is a recognised leader in change management and organisational development, specialising in culture transformation and business performance optimisation. Gavin has successfully led transformative projects across diverse sectors, including mining, financial services, and FMCG, consistently delivering measurable improvements and substantial return on investment (ROI) for his clients.

His notable projects include a large-scale culture shift and operational realignment at Gold Fields, yielding an impressive ROI of 28:1, and the turnaround of Malawi's Kayelekera Uranium Mine, which achieved cost reductions and productivity gains through leadership development and strategic alignment. Additionally, Gavin has driven impactful supervisory training initiatives for Anglo American's Kumba Iron Ore, which delivered an ROI of 11:1, and implemented leadership coaching at Northam Platinum Mine, where his efforts contributed to a rapid production increase.

Gavin's expertise in leading value-driven, people-focused transformations makes him an invaluable partner for organisations seeking sustained improvements in performance and culture. His portfolio includes collaborations with top-tier companies like PPC, Standard Bank, and Imperial Logistics, underscoring his ability to deliver customised solutions that elevate leadership and operational effectiveness.

GET IN TOUCH

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