



Workplace Resilience Accelerator

Develop Bulletproof Resilience
for the Modern Workplace

ONLINE CERTIFICATION PROGRAM

**12 weeks
20 hours of learning**



CORPORATE
EDUCATION

OVERVIEW

Employee fatigue is plaguing organisations and employees around the world. In 2020, we endured a global pandemic, a massive economic crisis and widespread social unrest. Layer on top of that forces that are fundamentally reshaping societies - technological innovation, business-model disruption, social inequality and workforce automation - and it's clear that an epidemic of stress has been building with the COVID-19 crisis at the tipping point.

In the workplace this translates to workers feeling less positive, less connected with their peers and leaders, and ultimately less engaged and productive. There's no silver bullet to solve all professional and mental-health problems in one go but there is a trait that every employee can start developing to tackle these challenges. And that trait is Resilience. The exciting thing about resilience is that it's a skill and like any skill, with practice, resilience can be learned.

The inDEEstructible™ Workplace Resilience Accelerator program is exclusively designed to equip employees with the resilience skills they need to thrive in today's workplace. The curriculum is built to be flexible, fitting easily into busy schedules, requiring attendance at a one-day inDEEstructible™ workshop and then 1 hour per week of activities after that (a total 20 hours of learning). Successful completion of the program leads to an accredited continuous professional development (CPD) certificate.

So, if you are looking to re-energise your employees, leaders or teams and give them the skills to bounce back and thrive even under the most stressful of circumstances, inDEEstructible™ is the ideal solution for you.



HIGH-IMPACT ONLINE LEARNING EXPERIENCE

Dee is for Digitals inDEEstructible™ Workplace Resilience Accelerator program helps employees build long-term resilience strategies that work. Combining a blended learning approach of:

- Interactive one day inDEEstructible™ workshop
- Practical activities with our weekly inDEEstructible™ Missions and
- Opportunities to get feedback and support in our inDEEstructible™ Dialogue sessions

Participants have the opportunity to uncover their inherent resilience responses, identify areas where they are susceptible to experiencing unhealthy levels of stress and build a personalized resilience plan that matches their unique work and life pressures.

WHO IS IT FOR?

The program is perfect for any employee who:

- Is experiencing excess levels of fatigue, stress or burnout and needs a clear, structured and tailored approach to becoming more resilient
- Works in an industry or organization that is under-going or regularly goes through significant change
- Has been through a pro-longed period of excessive workload, work-life balance is out of alignment and/or showing signs of fatigue

KEY PROGRAM TAKEAWAYS

- Employees uncover their personal strategies for how to quickly and easily bounce back from adversity and deal with regular change.
- Discover their triggers for fatigue and stress and identify unresourceful patterns of behaviour that hinder their resilience responses.
- Develop a range of techniques to perform at an optimum level even whilst under pressure and working in stressful situations.
- Measure and conduct a personal assessment against the five pillars of Resilience: Emotional Wellbeing; Promote Inner Drive; Foster Future Focus; Robust Social Network; Physical Health & Wellbeing.
- Tap into increased self awareness and personal empowerment, employees learn to self-manage their physical, psychological and emotional health.
- Develop a toolkit of resilience resources that map to their personal areas of development allowing speedy response and reaction to fatigue, burnout and/or stress.
- Build a signature Resilience Blueprint outlining strengths and opportunities for development to ensure long-term focus and development of resilience skills.

PROGRAM HIGHLIGHTS



FLEXIBLE

A clever blend of live, self-paced and hands-on learning that fits easily into a busy schedule with a flexible calendar of activities.



REAL-WORLD APPLICATION

Our inDEEstructible™ Missions activities ensure immediate application of learning in the workplace building participants confidence and giving additional insights as learning is applied.



AWARD WINNING DESIGN

inDEEstructible™ has been designed by Dee Hutchinson - award winning instructional designer and bestselling author of 'The Hard Facts About Soft Skills'.



HIGH TOUCH

Live inDEEstructible™ workshop, monthly inDEEstructible™ Dialogue calls, an active online community and 24/7 support from instructors gives a high touch experience to remote learning.



RESILIENCE BLUEPRINT

Each participant walks away with their very own documented inDEEstructible™ Resilience Blueprint giving a clear, structured and personalized roadmap to long-term resilience.



EXPERIENCED FACILITATORS

Our facilitators are no ordinary trainers. They have all held senior roles in the corporate world, are gifted facilitators and coaches, they know what it takes to thrive in the modern workplace.



WELL-ROUNDED CURRICULUM

Incorporating a blend of academic theory, soft skills development and practical exercises to ensure maximum learning retention and application.

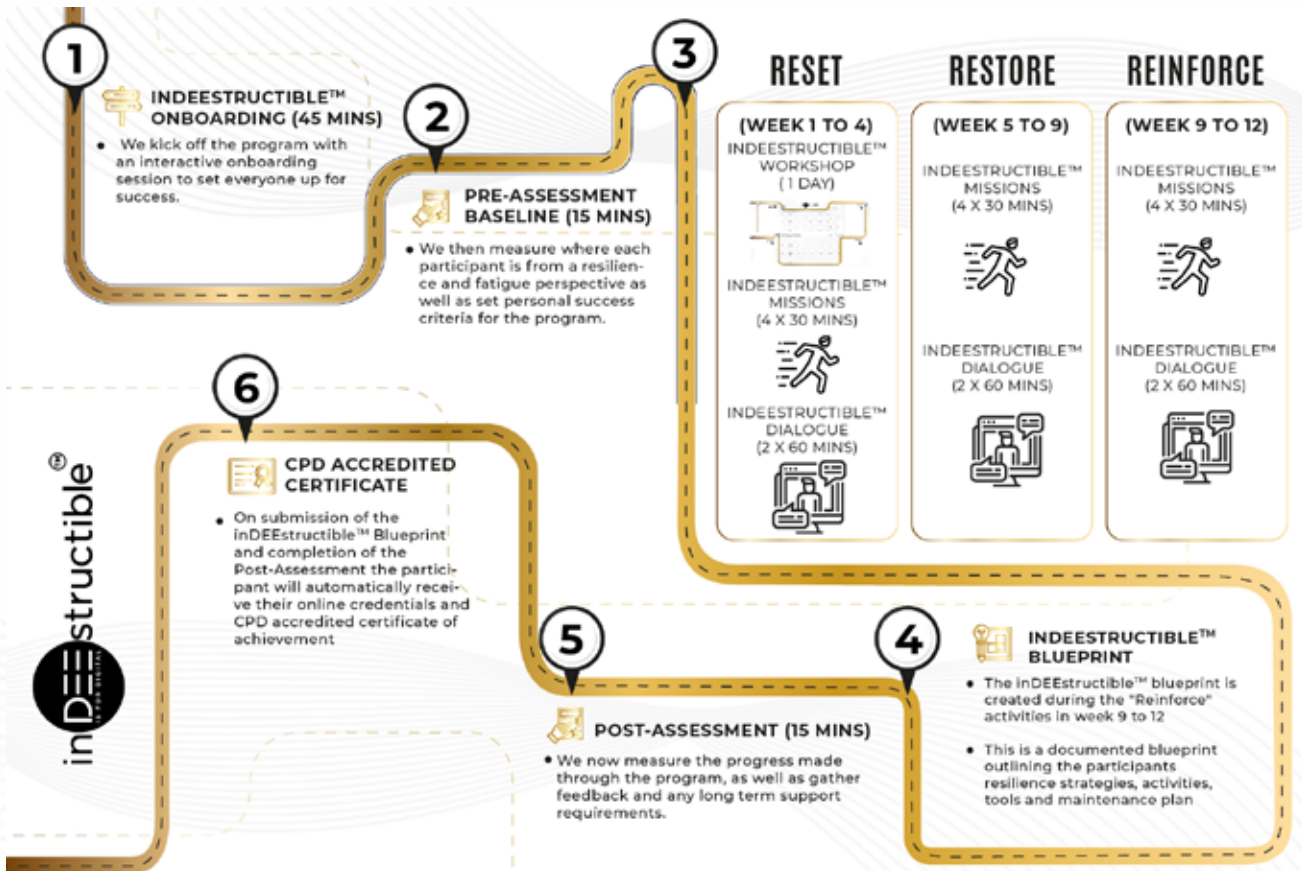


CERTIFICATE OF ACHIEVEMENT

Receive a Continuous Professional Development (CPD) accredited Certificate of Achievement from Dee is for Digital on successful completion of the program.

LEARNING JOURNEY

Dee is for Digitals inDEEstructible™ Workplace Resilience Accelerator program is a 12 week learning journey that is broken up into 6 distinct sections, blending the development of all relevant resilience skills into a holistic learning experience. The journey is highlighted below:



LEARNING METHODS

Methods and tools used in this program include:



RESILIENCE PERSONAL ASSESSMENT EVALUATION



LIVE INDEESTRUCTIBLE™ WORKSHOP (1 DAY)



INDEESTRUCTIBLE™ DIALOGUE CALLS WITH AWARD WINNING COACH



PRIVATE ONLINE COMMUNITY WITH INTERACTIVE MODERATED DISCUSSION BOARDS



PRACTICAL APPLICATION THROUGH WEEKLY INDEESTRUCTIBLE™ MISSIONS



FINAL INDEESTRUCTIBLE™ BLUEPRINT PROJECT

THE TEAM

The inDEEstructible™ program has been designed by award winning instructional designer and founder of Dee is for Digital – Dee Hutchinson. Dee was recently awarded the gold Stevie Award for the Most Innovative Woman of the Year and has won Coach of the Year (gold award) two years in a row. She is the best-selling author of “The Hard Facts About Soft Skills” and “The Beginners Guide to Being You”. She is also a Forbes contributor and member of the Forbes Business Council.



Most Innovative
Woman of the Year
(Social Media)



Mentor or Coach
of the Year
(Business)



Female Entrepreneur
of the Year
(Business Products)



Female Entrepreneur
of the Year
(EMEA)



Coach of the Year
(Business)



Solo Entrepreneur
of the Year



Women Helping
Women in Business

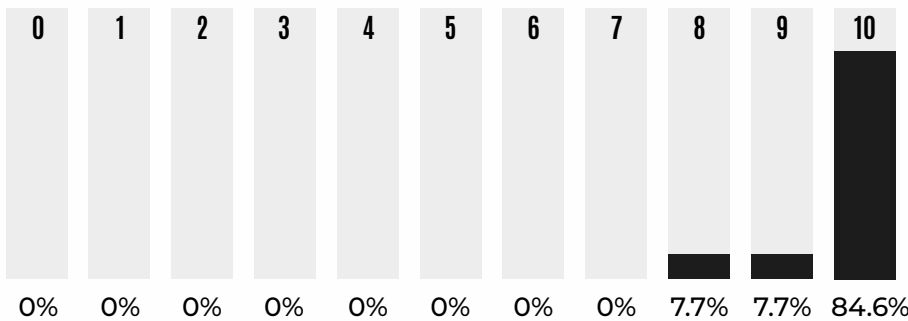
The team responsible for the delivery of the inDEEstructible™ program have been specifically selected because they have worked at very senior levels in the corporate world, they are gifted trainers and coaches and they understand the pressures faced by employees in today's workplace. Our facilitators have held C-suite and senior executive roles and have worked in highly diverse organisations around the globe. They are uniquely qualified to bring employees through this program managing the delicate balance of ensuring organizations achieve their business objectives AND employees develop the skills to supercharge their productivity, build exceptional levels of resilience and re-energise themselves whenever they need.

CUSTOMER FEEDBACK

PLEASE RATE YOUR LEVEL OF SATISFACTION WITH THE INDEESTRUCTIBLE™ PROGRAM



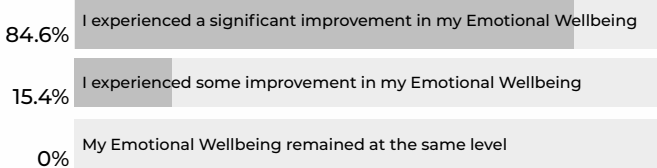
ON A SCALE OF 1-10 HOW LIKELY WOULD YOU RECOMMEND INDEESTRUCTIBLE TO A COLLEAGUE, FRIEND OR FAMILY MEMBER?



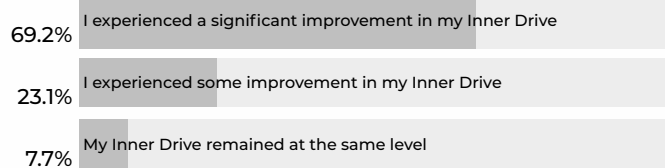
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NET PROMOTER SCORE (NPS)

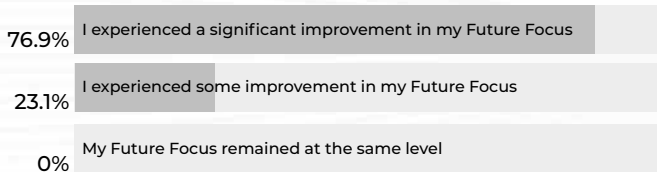
ON COMPLETION OF THE INDEESTRUCTIBLE™ PROGRAM DID YOU EXPERIENCE AN IMPROVEMENT IN YOUR EMOTIONAL WELLBEING?



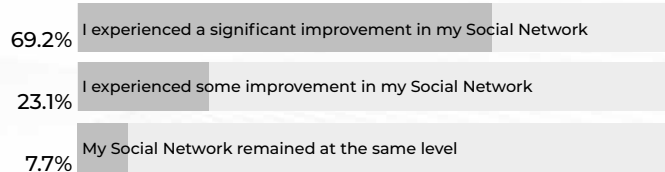
ON COMPLETION OF THE INDEESTRUCTIBLE™ PROGRAM DID YOU EXPERIENCE AN IMPROVEMENT IN YOUR INNER DRIVE?



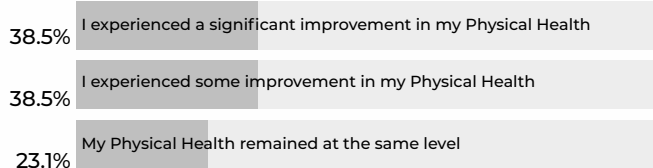
ON COMPLETION OF THE INDEESTRUCTIBLE™ PROGRAM DID YOU EXPERIENCE AN IMPROVEMENT IN YOUR FUTURE FOCUS?



ON COMPLETION OF THE INDEESTRUCTIBLE™ PROGRAM DID YOU EXPERIENCE AN IMPROVEMENT IN YOUR SOCIAL NETWORK?



ON COMPLETION OF THE INDEESTRUCTIBLE™ PROGRAM DID YOU EXPERIENCE AN IMPROVEMENT IN YOUR PHYSICAL HEALTH?



LEARNING EXPERIENCE

Our programs are designed to meet the needs of individual learning styles, whilst also leveraging the power of peer learning. This is achieved through a user-friendly learning platform that enables participants to easily navigate the program content to achieve learning objectives.

KEEPING IT REAL

Our pedagogical approach is designed to bring concepts to life, including:

- Byte-sized learning techniques
- Real-world application
- Peer learning discussions
- Live, interactive teaching

KEEPING IT CONVENIENT

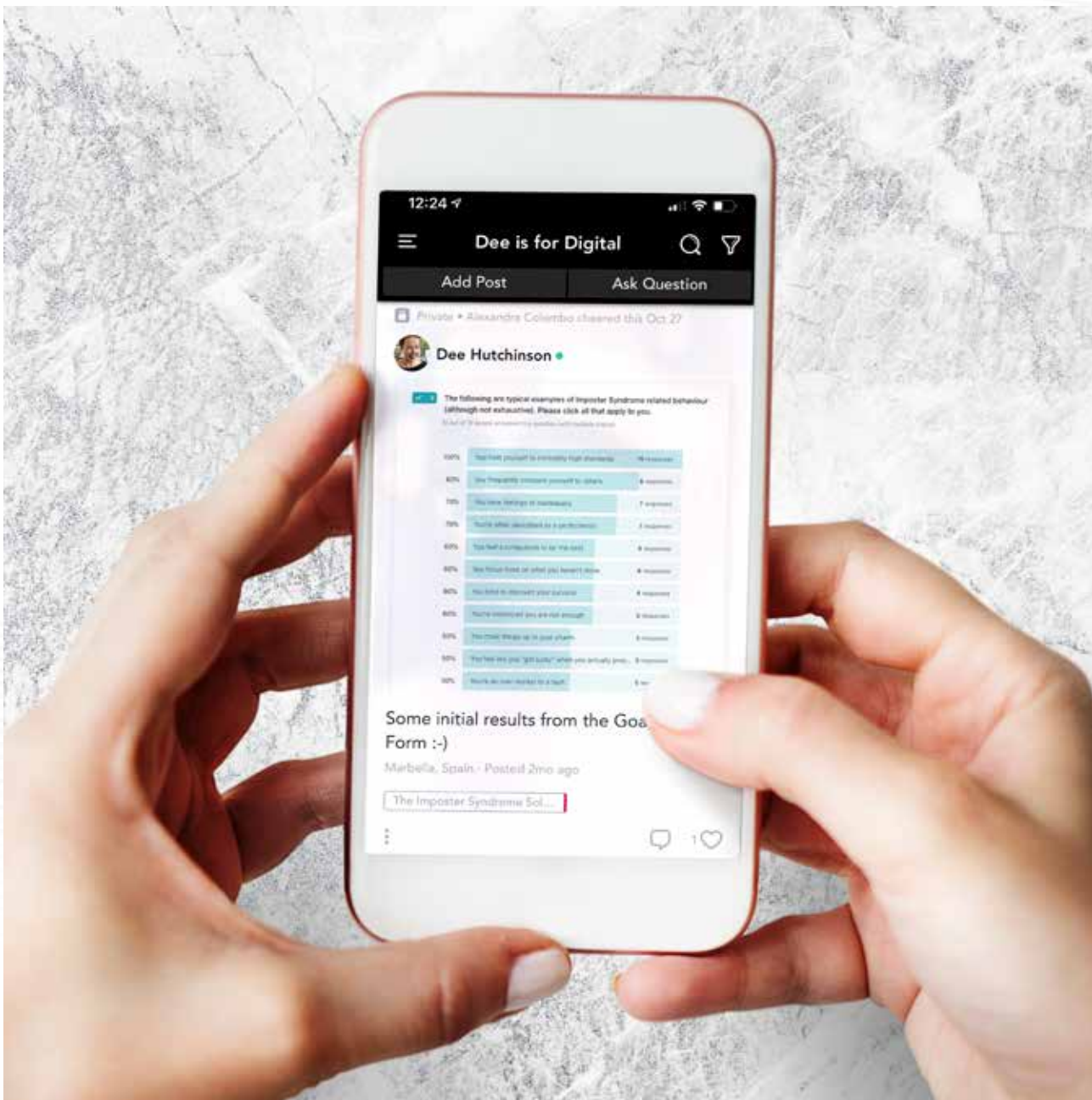
Access to program content is flexible and available through multiple devices, allowing working professionals to easily manage schedules and learn remotely - anytime, anywhere. The inDEEstructible™ community, calendar of events and self-study learning content is accessible via a dedicated portal (in app and web format). Program modules including a variety of teaching instructions such as:

- Video lectures
- Discussions
- Class materials
- Assessments
- Assignments

To further personalize the program modules, participants can choose the focus of their self study work based on the five Resilience pillars. Our industry-leading learning platform allows participants to create a profile; connect with instructors and collaborate with peers. Assignments are linked to participants' real-world situations, making concepts inherently practical.

KEEPING IT INTERESTING

Our globally connected classrooms enable participants to seamlessly interact and network with peers, engage in discussion on assignments, and stay on track toward program completion — having culturally enriching encounters along the way.



DURATION

12 WEEKS, ONLINE

20 HOURS OF LEARNING

PROGRAM FEES

EUR 299 PER PERSON

Easily schedule a call with a program advisor to learn more

["SCHEDULE A CALL"](#)

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in **DEE**structibleTM
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