



Develop a **RESILIENT MINDSET®**

Removing stress from the workplace and life is unrealistic, but improving the way people deal with and respond to change improves performance. TRACOM's unique Adaptive Mindset for Resiliency Model® helps individuals and organizations bounce forward in times of change or stress.

RESILIENCE IS...

Resilience is the ability to bounce forward in times of adversity and to see challenges as opportunities for growth.



More accepting of change

More engaged employees



WHY RESILIENCE?

People are hard-wired to fear change and view things with a negative perspective. These feelings can be overwhelming and hurt productivity. Resilience training helps people understand this negativity bias and provides practical strategies for dealing with work and life in a more objective, realistic way.

WHY NOW?

Resilience training prepares employees for the constantly changing workplace. Research shows that Resilient people more productively...

- Respond to challenges and changes
- Bounce forward from adversity
- Perform more effectively in their jobs
- Are healthier and more engaged with their work

WHY TRACOM GROUP?

The TRACOM Group is the Social Intelligence Company. We provide research-based models, assessments and training solutions to drive individual and organizational performance.

Become a More Resilient Organization

TRACOM's Social Intelligence programs are easy to deploy and have a measurable impact

MODEL

Resilience is needed more than ever as the pace of disruption adversely impacts the workplace. Organizations are just beginning to understand the positive impact Resilience training can have to help people better adapt to change.

TRACOM has worked with hundreds of companies to develop a Resilience Mindset Model with meaningful and measurable components. The model and training includes frameworks and strategies for how people...

- 1) filter information
- 2) act and respond to challenges
- 3) interact successfully with others

FEATURES

- Self-Perception or Multi-Rater Assessment
- Model developed for worldwide relevance
- Based on the latest neuroscience
- Actionable and practical strategies

FEEDBACK

"With the Resiliency assessment, we get our own internal perspective as well as outsider perspective. There's an element of our optimism, our worldview—if we tend to be 'glass is half empty' or 'glass is half full' kind of folks."

— Steve Harstaad, Business Growth Consultant, Enterprise MN

OUR CLIENTS



Building a better working world

[WHY we do it] We believe that improving peoples' understanding of themselves and others makes the world a better place.

[WHAT we do] We synthesize our discoveries into actionable learning and resources that improve an individual's performance in all parts of their lives. We call this Social Intelligence.

[HOW we do it] Through research and experience we uncover the hidden barriers to individuals achieving their maximum potential and identify how to overcome them.



Develop Resilient Organizations, One Mindset at a Time