

Businesses are being forced to adapt to a new kind of "normal." In addition to usual work stressors, employees are operating with immediate concerns for their health and safety, while simultaneously dealing with a transformed work structure and environment.

## YOUR EMPLOYEES ARE STRESSED

This level of change puts our body and brain on high alert, intensifying negative emotions and causing us restless nights and unproductive days. Mental Health America states that 58 percent of US workers are anxious in the face of the global pandemic. Further, almost two in five report that this anxiety is *interfering with their workplace productivity*, while one in four state that it is *negatively impacting the quality of their work*.

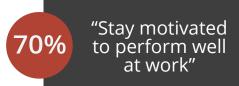
# HOW TRACOM IS HELPING

Because L&D leaders are dealing with constrained budgets and resources, TRACOM is offering *unlimited usage* of our Resilience training at a *fixed*, *cost-effective* price to help support companies and employees in 2021.

### SINCE ATTENDING RESILIENCE TRAINING, I AM BETTER ABLE TO...









#### ABOUT TRACOM'S RESILIENCE TRAINING

This unique Resilience training opportunity will help organizations strengthen their Resilience during uncertain times. Critically, it teaches us how to recognize these emotional triggers and gives proven strategies for changing our mindset and behavior to overcome unexpected changes in our lives.

Our Resilience training programs, *Developing a Resilient Mindset* and *Resilience Concepts Course*, will be available to you with unlimited usage.

### For \$25K, you'll receive...

- —Unlimited usage of electronic course material through 2021
- Participant materials, assessments, and facilitator materials
- —Unlimited number of learners
- —Two virtual facilitator certifications



- Resilience assessment and training focused on workplace skills
- Researched, developed and piloted over two years
- —Certified instructors all over the world
- —Delivered in over 25+ countries