



# Resilience: For Organisational Change

## With Resi-Coaching Profiling

NAME:

DATE:

## FIRST THINGS FIRST...



### ABOUT YOU

Most Resilient  
Person?  
Why?  
Favourite Movie?



### ABOUT ME

Leadership  
Coach  
Married 30 years  
Triathlete



### ABOUT US

Open  
Honest  
Safe

## THE 3 OUTCOME



**Team Building**



**Resilience**



**Reframing**

## BEFORE WE START...

8 10 12 2

## WORKSHOP SLIDES

### DAY 1: Team Building Activity – Straw Bridge

**For:** Creative Problem Solving & Collaboration Skills  
**Link:** There are times when you need to work together to solve problems  
**Provided:** Paper straws, sticky tape, paddle pop sticks

**Instructions:** Using just these supplies, which team can build the strongest bridge?

1. The bridge must be at least 40cm long (between pylons) and 10cm high
2. The bridge must be able to support at least a Yeti water bottle for at least 30 seconds (full or empty)
3. The bridge can be supported by no more than 4 pylons (only 4 points of contact with the ground)

**Duration:** 10 minutes for planning  
 30 minutes for building  
 20 minutes for debriefing

### DAY 2; Resilience: For Organisational Change

With Resi-Coaching Profiling

Session with Anton Guinea

May 2025



### NOTES / REFLECTION

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GUEST SPEAKER



### NOTES / REFLECTION

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## WORKSHOP SLIDES

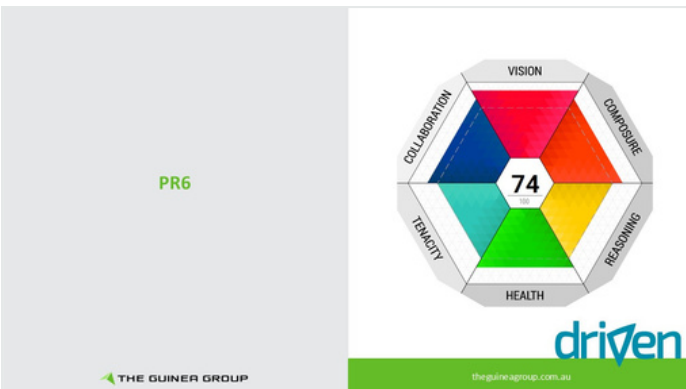


### NOTES / REFLECTION

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Overall Resilience  
Score for your team

### NOTES / REFLECTION

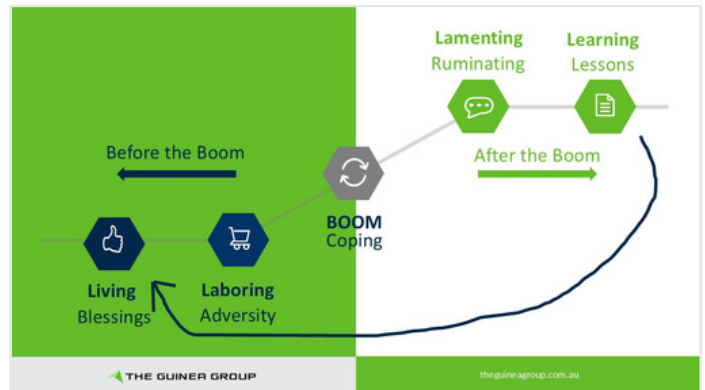
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## WORKSHOP SLIDES



### NOTES / REFLECTION

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### NOTES / REFLECTION

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## WORKSHOP SLIDES

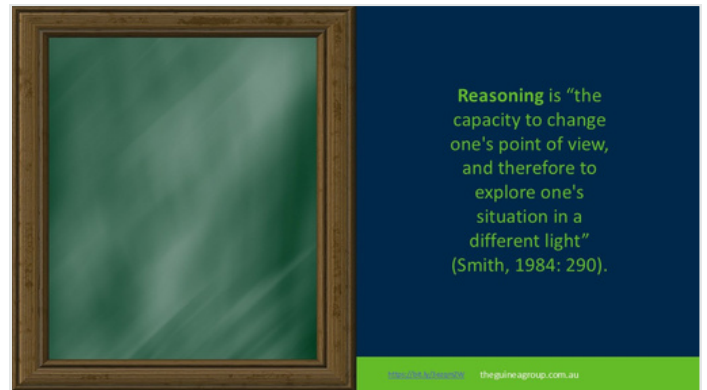


### NOTES / REFLECTION

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### NOTES / REFLECTION

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## WORKSHOP SLIDES



How could you positively explain the organisational changes that were 'applied to' your team?

THE GUINEA GROUP theguinagroup.com.au



GUEST SPEAKER

THE GUINEA GROUP theguinagroup.com.au

### NOTES / REFLECTION




Haystack

Thread

Injection

Hurt

Sharp

Sewing

Pain

Eye

Picked

Pin

Thimble

Point

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### NOTES / REFLECTION

## WORKSHOP SLIDES

NOTES / REFLECTION

[illegible]



NOTES / REFLECTION

## NOTES / REFLECTION

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## NOTES / REFLECTION

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## ANY QUESTIONS? WE'RE HERE TO HELP

We exist to support leaders to upgrade their mindset, upskill their leadership, and uplift their teams, to create psychologically safe and high performing teams!

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