



Course Overview

# EVERYDAY RESILIENCE

# RESILIENT EMPLOYEES AREN'T BORN. THEY'RE MADE.

Today's workforce—especially younger generations—is facing record levels of stress, anxiety, and emotional fatigue. Yet most employees have never been taught how to build resilience in a practical, sustainable way. At the same time, managers are under pressure to support their teams' well-being but often feel unequipped to help. *Everyday Resilience* is a ½-day course that fills this gap with actionable tools, personalized insights and learning activities, and a proven framework that empowers employees to face challenges, bounce back from disappointment, and learn to thrive, no matter what comes their way.

Resilience is a skill. Everyone can learn it. We will teach it.



**84%**  
of employees say  
workplace conditions  
contribute to at least one  
mental health  
challenge.\*



# ARE YOU AT RISK? IS YOUR TEAM?

Employee burnout is no longer a buzzword. It's a workplace epidemic. Recent studies reveal that 85% of workers have experienced symptoms of burnout and exhaustion due to work-related stress, with nearly half (47%) having taken time off for mental health reasons. Managers are also under immense pressure, with 36% reporting high levels of stress and burnout in 2024.<sup>+</sup> Despite increased awareness, many organizations still lack the tools to address these challenges effectively.

## Why this Program?

*Everyday Resilience* is for individuals who feel overwhelmed, overextended, or under-supported at work, and for organizations seeking to prevent burnout before it starts. It's especially valuable for the newer generation of employees navigating uncertainty, and for managers who want to better support mental health and employee well-being, but don't know where to start.

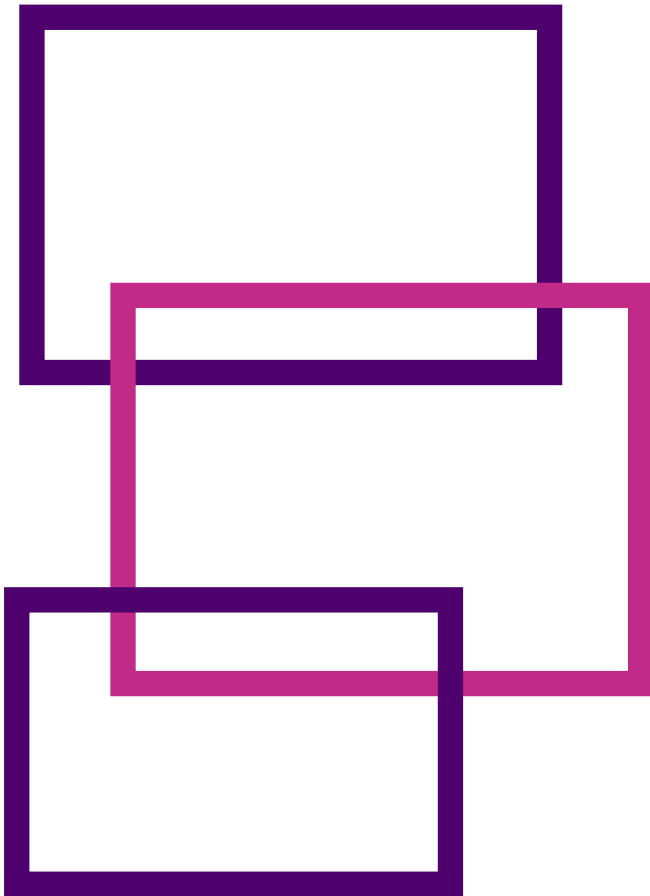
**75%**

of Gen Z have quit a job for mental health reasons.

**50%**

of Millennials have quit a job for mental health reasons.

# COURSE DETAILS



## What You'll Learn:

- Understand the root causes of workplace anxiety and how to recognize early signs in yourself and others.
- Build practical skills to face uncertainty, bounce back from setbacks, and let go of not meeting unrealistic standards.
- Learn strategies to prevent work overload and burnout by setting boundaries and redefining success.
- Foster connection and inclusion by learning how to lean into healthy conflict and reduce isolation.
- Use the **Resilience Index** and **THRYVE model** to assess and improve resilience across four key dimensions.

## Program Outcomes & Problems Solved

- Reduce emotional fatigue, presenteeism, and absenteeism caused by burnout and stress.
- Equip managers to lead more open, stigma-free conversations about mental health.
- Increase psychological safety, resilience, and personal capacity to handle adversity.
- Tackle rising mental health challenges among younger workers and across teams.

# THE RESILIENCE INDEX

The **Resilience Index** is a research-backed self-assessment that helps individuals understand how well they're navigating four key drivers of workplace stress and anxiety: burnout risk, unrealistic standards, conflict avoidance, and feeling valued at work. More than just a reflection of how you bounce back, the Index gauges your current resilience levels based on real-time experiences and provides a personalized score along with practical, targeted strategies to improve.

# THRYVE™ FRAMEWORK

The **THRYVE Framework** is a simple, actionable model that helps learners build resilience by focusing on key behaviors. Each behavior offers a practical lens for responding to stress, setbacks, and everyday demands at work. When paired with the insights from the **Resilience Index**, THRYVE gives employees a personalized roadmap for strengthening mental well-being and fuel sustainable performance.

**T** Take Stock

Differentiate between stress and anxiety. Learn how to recognize the signs in yourself and others using the latest research on workplace mental health.

**H** Handle Uncertainty

Understand the root causes of uncertainty and apply proven techniques to stay grounded and focused even when things are unclear.

**R** Restore Capacity

Burnout isn't a weakness. It's a signal. Create routines that help you build capacity, avoid burnout, and restore energy by balancing demands.

**Y** Yield What's Unrealistic

Let go of unrealistic expectations. Learn to embrace imperfection and use setbacks as learning opportunities.

**V** Voice What Matters

Avoiding conflict increases stress. Resilience increases when ideas can be challenged constructively through "productive tension."

**E** Embrace Others

Inclusion and a sense of belonging builds resilience and creates connection when people feel seen, heard, and valued.

# DELIVERY & LEARNING OPTIONS



### IN-PERSON

Our experts come to you and train your team in-person at a classroom location of your choosing.



### VIRTUAL

Our experts train your team from the comfort of their home or office. Ideal for remote teams or limited travel budgets.



### CERTIFICATION

You certify a member of your team to become a subject matter expert and train the course within your organization.

# PROGRAM MATERIALS



### For Participants

- Participant Guide
- Resilience Index Assessment
- Personal Guide to Building Resilience

### For Trainers

- Facilitator Guide
- Facilitator Hub Access
- Trainer How To Videos
- Course Slides and Videos

# THE FINDMOJO LEARNING SUITE

Grounded in behavioral science and built for today's modern workforce, FindMojo's ½-day training programs and assessments are designed to work together as a comprehensive system for elevating the employee experience—helping individuals become more **engaged**, **resilient**, and **connected** at work.

## Courses



**Find Your Mojo  
Engagement**



**Find Your Mojo  
Teams**



**Everyday  
Resilience**



**The Essential  
Communicator**



**Recognition  
Habits**



**Core Motivators for Sales  
Performance**

## EVERYDAY RESILIENCE COURSE OVERVIEW

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The world's leading companies work with FindMojo to build emotionally resilient employees.



**INCLUDING  
75% OF THE  
FORTUNE 500.**

“

I can't emphasize enough the difference this course made for our folks. It's been a great investment into the well-being of our staff. The feedback has been incredibly positive. Hundreds of employees have taken the course, and each one find multiple things they can implement into their daily work routines to mitigate burnout, bounce back from disappointment, and feel more resilient.”

**Cyndee Radford, Wellness Engagement & Development Lead  
Idaho National Laboratory**



# LET'S WORK TOGETHER

Ready to build a  
more resilient  
workforce?

Contact us to learn  
more about the  
**Everyday Resilience  
Program** today!

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