

Resilience Training & Coaching

RESILIE
Laboratory Inc.
Workplace Behavioral Science





What is Resilience?

According to Darwin,
"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change."

Currently, advanced technologies such as AI, IoT, big data, and cloud have become widespread, and the speed of business has increased due to digitalization and networking. Darwin's statement really fits our society now.

Resilience was defined by most as the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity. In the workplace, it also means the need to keep up with the inexorably accelerating pace of change.

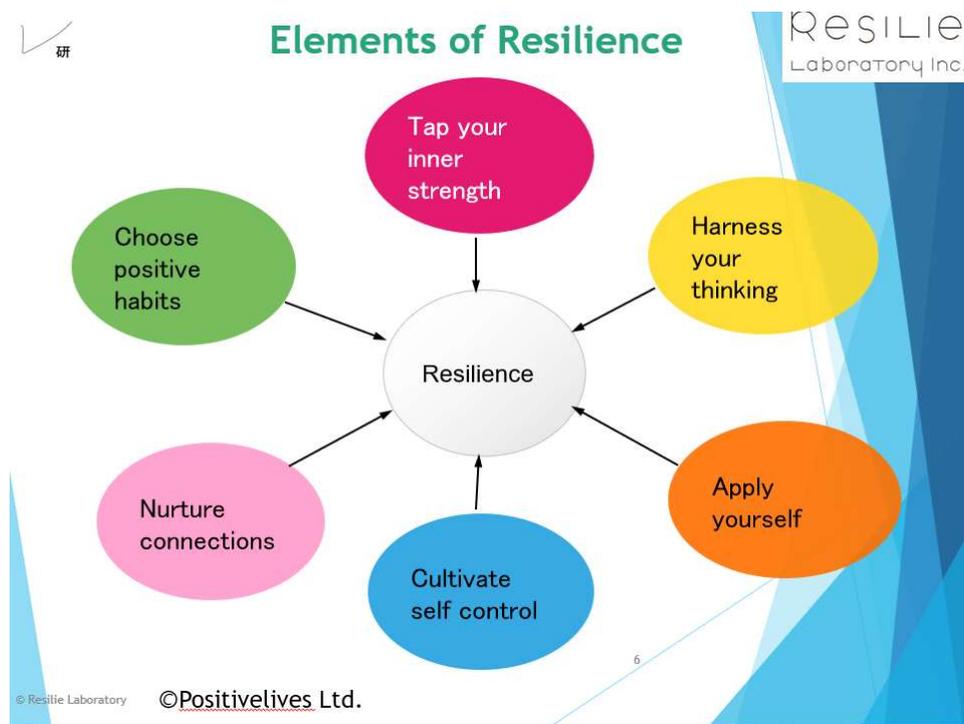
Many companies are now investing in wellbeing of employees and workplace, which will lead to enhancement of productivity and work engagement and create sustainable corporation.

At Resilie Laboratory, we make efforts to assist individuals and organization to obtain and maintain optimum level of wellbeing by enhancing their resilience so that we can jointly create sustainable society.



Kaoru Ichikawa, Ph.D.
CEO, Resilie Laboratory Inc.

6 Elements of Resilience



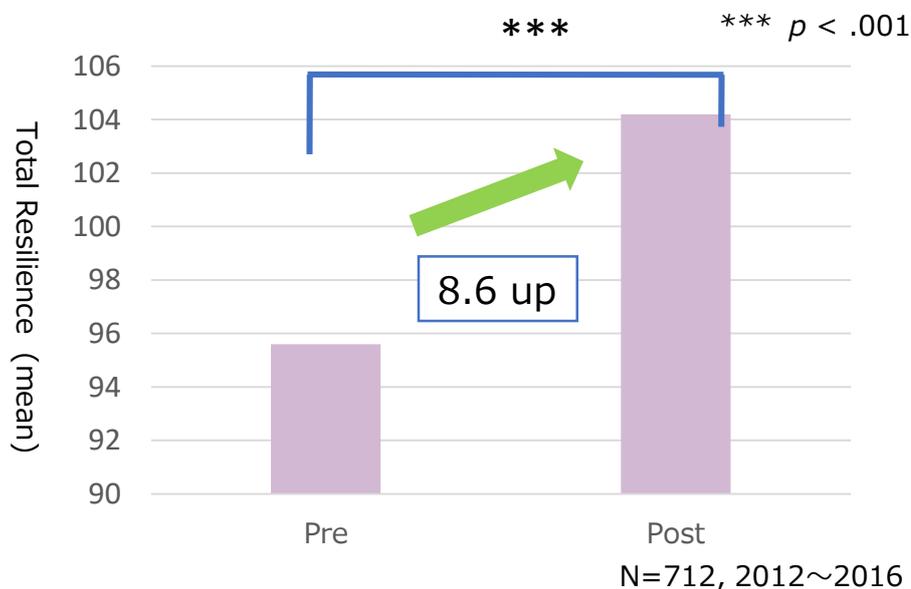
<Resilience is key word for success>

Resilient people adapt to changing situations by drawing on their internal and external resources. With the knowledge that change is a certainty in life we adapt and handle this better if we employ identified resilient skill sets and behaviors.

By acquiring 6 elements of resilience skills, we can not just prevent stress but also train both mind and body so that we can maintain ourselves in best condition always.

Scientifically proven Resilie Coaching

At Resilie, we measure resilience score before and after the coaching sessions. Our data shows the average Resilience score increase significantly at post training assessment compared to pre-training assessment. This has been presented at academic conferences.



6 elements	Pre (average)	Post (average)	delta
Inner Strength	17.5	20.6	3.2 ***
Harness Thinking	16.7	17.7	1.0 ***
Apply Yourself	14.4	15.8	1.4 ***
Nurture Connection	17.1	18.0	0.9 ***
Self Control	15.4	16.3	0.9 ***
Positive Life Habits	14.7	15.7	1.0 ***

Source : Japan Occupational Mental Health Association. Vol.25 No.4 2017 Resilience: adapting to change. Ichikawa K.

6 Steps of Resilience Coaching



Healthy Corporation and Resilience Coaching

In an aging society with a declining birthrate, the environment surrounding working people is constantly changing. The era of investing solely in improving corporate performance and corporate growth is over, and many companies are now investing in wellbeing of employees and workplace to create sustainable corporation. By investing in wellbeing of employees, we improve the productivity and work engagement. Improving individual resilience in the era of VUCA, will surely be useful. The healthy corporation index requires employers to take action to prevent mental and physical illness. Resilience training is an important tool to achieve organizational vitalization by creating healthy workplace.



※健康経営は、NPO法人健康経営研究会の登録商標です。

Resilie Coaching Development Team

Resilie has exclusive rights to use Positivelives' Resilience assessment and tools. Positivelives, lead by Emerald-Jane Turner invented resilience approach for Transport for London and conducted resilience training for drivers of Transport for London and reduced the stress related medical leaves of drivers significantly. Later, Positivelives conducted resilience training for 8,000 employees of Transport for London who were involved in London Olympic/Paralympic. Resilie has adapted Resilience assessment and coaching methods to Japanese culture and mentality and has implemented Resilience program in Japanese corporations, government, universities and community organizations.



Dr. Kaoru Ichikawa



Emerald- Jane Turner

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