

RESILIENCE CHECKLIST

HOW RESILIENT IS YOUR ORGANIZATION?

These are 6 things your organization needs to build a healthy foundation for Resilience. Resilience Factors support people, teams, and bottom-line functions when times get tough.

TRANSPARENCY

Total security is never a given, but transparency cultivates trust and encourages innovation & problem-solving.

RELATIONSHIPS

Resilient organizations nurture relationships and offer support for navigating both positive and challenging dynamics.

COPING STRATEGIES

When individuals and teams acquire and apply coping strategies, they enhance their work-life balance, minimize conflicts, and avert burnout.

EFFICACY

Acknowledging team contributions within the organization and community fosters empowerment. Small victories = greater success.

BELONGING

Belonging means having an equal stake in opportunities and success. When everyone feels valued, organizations thrive.

STORYTELLING

What's your organization's story? A heroic struggle? Scrappy go-getter? The wise elder? Your story inspires your team and your customers.

HOW WE HELP

LEADERSHIP & STAFF COACHING

STARTING RATE: \$75

- IDENTIFYING ROADBLOCKS TO SUCCESS
- SUPPORTING PERSONAL IMPROVEMENT PLANS
- SUPPORTING DECISION-MAKING
- APPLYING THE GBB RESILIENCE FACTORS
- SUPPORTING WORK/LIFE BALANCE

STAFF WORKSHOPS

SUGGESTED TOPICS

- Intro to AI integration
- Managing change
- Resilience & Anti-Burnout Actions
- Organizational Harmony
- Post-DEI & Belonging

- **1-DAY WORKSHOP (up to 2.5 hours): Practical resilience and anti-burnout tactics. \$1,350**
- **2-DAY WORKSHOP (up to 4.5 hours per day): Resilience strategies tailored to organizational challenges (See Suggested Topics). \$3,750**
- **CUSTOMIZED WORKSHOP: Designed to meet your team's unique needs. Price negotiated.**

ARCHETYPE "READINGS"

Discover your archetypal journey using Tarot Cards as a way to identify where you are in the classic heroic journey story.

One-on-One Readings for Clarity & Growth

Feeling stuck in work or home life? Our one-on-one readings using Jungian and Tarot archetypes to uncover patterns, challenges, and untapped strengths. This isn't fortune-telling—it's a powerful tool for gaining clarity and creating intentional change.

Single Reading: \$75 for 25 minutes

Bundle with Coaching: \$150 55 minutes

Pricing effective February 2025 and subject to change.

All sessions including coaching are conducted remotely unless otherwise arranged.

Workshops prices include pre-workshop meeting, preparation time and follow up (up to 4 hours), unless otherwise stated. Maximum attendance at quoted price is 15 individuals. Any travel time or other costs not included.

