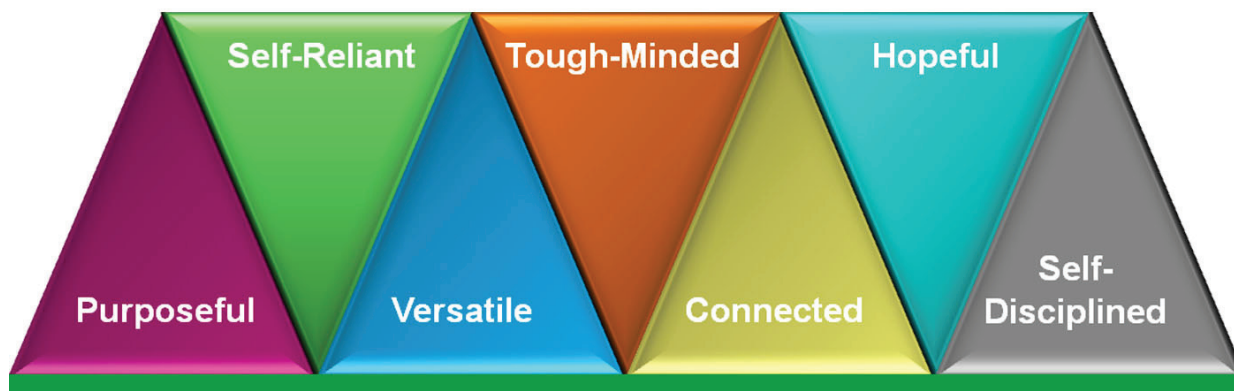


Resilience – essential skills for supporting high performance and well-being

Resilience Model



ABOUT THE AUTHORS



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Director, Extend Limited

Frances Tweedy Frances formed Capability Group Limited following a career in human resource management in the computer industry. She has worked extensively in the areas of organizational change and development in Australia and New Zealand. Many assignments have involved strategic planning with senior teams and developing learning events in the area of leadership and personal development. Assignments also include developing resilience workshops as part of change management strategy, team building (including interpersonal skills), customer service, leadership development. She is a Past National President of the Human Resource Institute of New Zealand.



Cheryl Wright
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Cheryl Wright began consulting following a career in human resource management. She has worked with diverse public and private sector organizations. Cheryl's areas of focus are organizational change, strategic HR, leadership development, emotional capability and resilience. More recently Cheryl has been involved in change leadership, delivering business effectiveness through enhanced people performance and achieving organizational alignment with key business strategies. Cheryl facilitates learning across a wide range of leadership/management skills and knowledge and strongly believes that the best learning takes place in a participative, supportive and enjoyable environment.



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