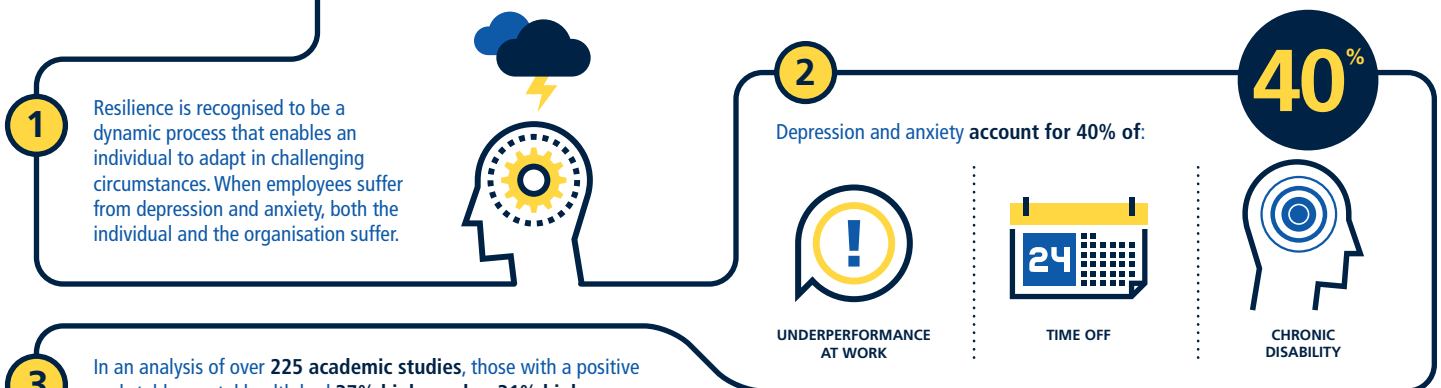


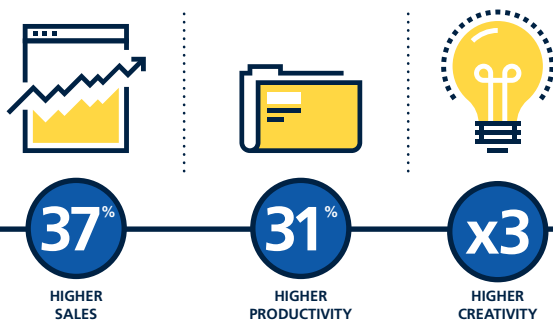


Journey of Resilience

What is Organisational Resilience?



3 In an analysis of over **225 academic studies**, those with a positive and stable mental health had **37% higher sales**, **31% higher productivity** and their **creativity was three times higher**.



5 Workplace stress affects people in different ways:



Some stress is good for us. Most of us need goals and a degree of pressure to fulfill our potential. However, establishing a good balance between drive and overworking is crucial for preventing levels of stress that can become detrimental to an organisation.

