

Leadership Resilience Training

Soul Impact offers **Resilience Training** for middle management. We step into your workspace and deliver specialised training from a mental health perspective. We empower Leaders to emotionally manage themselves, their teams, and customers effectively.


Including:



Conflict &
Communication



Stress
Management



Empathy and
Compassion



Mental Health
Tools



'In a gentle way you can shake the world' - Mahatma Gandhi

Why & How?



WHY?

Middle management has highest leader to subordinate ratio but often the least mental health support when compared to advisors.

We believe, in the current climate, leadership needs psychosocial tools that foster resilience and compassion in the workplace. It is the one tool A.I. (and your competitors) cannot automate.

Our qualified, trauma-informed counsellors step into your workspace to deliver a workshop-style session(s) with your leaders. We create a safe space for leadership and middle management to learn the psychosocial tools that foster resilience and compassion in the workplace



HOW?

- 1) A pre-screening tool is distributed to your leadership
- 2) Leaders/campaigns who could benefit from training are highlighted via automation
- 3) Modules are designed according to your companies needs
- 4) Both Sessions (1,5 hour each) are delivered onsite by qualified mental health professionals.